

Prefontaine Masters Track and Field Meet

Saturday, April 8, 2017

Meet Time Schedule

Field Events

9:00 – 11:00 AM	Implement Weigh-Ins	
11:00 AM	Men's and Throws Pentathlon Rotate Together	Hammer – Shot – Discus – Javelin – Wt. Throw
	Women's Discus	
	Men's Long Jump (women to follow)	
	Women's High Jump	Women's and Masters Pole Vault
12:00 PM	Women Hammer	Men's Pole Vault
	Men's High Jump	
1:00 PM	Men's Triple Jump (Women to follow)	Women's Javelin
2:00 PM	Women's Shot Put	

Track Events

11:00 AM	Women's Steeple Chase	
11:20 AM	Men's Steeple Chase	
12:00 PM	National Anthem	
12:05 PM	Women's 4 x 100 Meter Relay	
12:15 PM	Men's 4 x 100 Meter Relay	
Rolling Schedule	Women's 1,500 Meter	
	Men's 1,500 Meter	
	Women's 80 Meter and 100 Meter High Hurdles	
	Men's 110 Meter High Hurdles	
	Women's 400 Meter	
	Men's 400 Meter	
	Women's 100 Meter	
	Men's 100 Meter	
	Women's 800 Meter	
	Men's 800 Meter	
	Women's 300 Meter	
	400 Meter Intermediate Hurdles	
	Men's 300 Meter and 400 Meter Intermediate Hurdles	
	Women's 200 Meter	
	Men's 200 Meter	
	Women's 5,000 Meter	
	Men's 5,000 Meter	
	Women's 4 x 400 Meter Relay	
	Men's 4 x 400 Meter Relay	

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Meet Information

Entry Procedures	Enter online at directathletics.com . Please send other entries to dneal@socc.edu .
Entry Deadline	All entries are due by 11:59 p.m. on Thursday, April 6, 2017 .
Entry Fee Structure	<p>College, Masters and Open entry fees are \$30 for first three (3) events; \$5 each additional event.</p> <p>College team fees are \$100 per gender (e.g. \$100 for women; \$100 for men) or \$150 for both.</p> <p>Entry fees can be mailed in to SWOCC Masters Track Club, 1988 Newmark Ave., Coos Bay, OR 97420 or will be collected during packet pick-up on meet day. Athletes can sign-up on the day of the meet; one hour prior to their event.</p> <p>NOTE: Checks should be made payable to the <i>SWOCC Masters Track Club</i>.</p>
Special Events	80 and 300 Meter Hurdles for Masters athletes as well as modified field events for Masters athletes.
Meet Day Event Schedule	Field events and Steeple Chase will begin at 11:00 a.m. and will be on schedule. Track events will begin at 12:00 p.m. A tentative time schedule of events is attached. The final time schedule may be revised based on the entries received. Please be aware that this meet will be on a <u>Rolling Schedule</u> .
Packets	Coaches and athletes may pick-up packets at the Clerks Shed on meet day, beginning at 8:30 a.m.
Implement Inspection	Will be at the shed near the track. <u>Masters athletes need to bring their own implements</u> as Southwestern only has collegiate implements available for use.
Throwing Events	<u>All men's individual throwing events will take place during the Men's Weight Pentathlon rotation.</u>
Starting Heights	High Jump: Women – Open athletes 4' 00" / Men - 5' 00"; Masters to be determined Pole Vault: Women – Open athletes 6' 00" / Men - 8' 06"; Masters to be determined
Take-Off Boards	Long Jump: 10' 00"; Triple Jump: Women - 28' 00" / Men - 34' 00" Additional boards can be added.
Locker Rooms and Lockers	Dressing and shower facilities are available in Prosper Hall next to the track. Please bring your own towels and locks. SWOCC assumes no responsibility for your personal items and valuables.
Training Room	Athletic Training services will be available at the trainer's tent on the track during the meet. Requests for use of training modalities must be made to our trainer at 541-888-7157 before meet day.
Results	Results will be posted throughout the meet at the Clerk's Shed and will be online at www.socc.edu following the meet.
Questions	Please direct all questions to Dan Neal at dneal@socc.edu , 541-888-7334, or 541-404-5086 (cell).

7th Annual Prefontaine Masters and Track & Field Meet

Saturday, April 8, 2017

Athlete Information Form

First Name _____ Last Name _____
Address _____ City _____
State _____ Zip _____ Phone () _____
Gender: Male ___ Female ___ DOB _____ Age Division _____
USATF # _____ Team _____

EVENTS (check events you are entering) Official registration at directathletics.com.+

<input type="checkbox"/> Mile Run	<input type="checkbox"/> 1,500 Meter	<input type="checkbox"/> 80 Meter Hurdles
<input type="checkbox"/> 100/110 Meter HH	<input type="checkbox"/> 400 Meter	<input type="checkbox"/> 100 Meter
<input type="checkbox"/> 800 Meter	<input type="checkbox"/> 300 IM Hurdles	<input type="checkbox"/> 400 IM Hurdles
<input type="checkbox"/> 200 Meter	<input type="checkbox"/> 5,000 Meter	<input type="checkbox"/> 10,000 Meter
<input type="checkbox"/> Discus	<input type="checkbox"/> Shot Put	<input type="checkbox"/> Javelin
<input type="checkbox"/> Hammer	<input type="checkbox"/> Long Jump	<input type="checkbox"/> Triple Jump
<input type="checkbox"/> High Jump	<input type="checkbox"/> Pole Vault	<input type="checkbox"/> Throws Pentathlon

ENTRY FEE \$30 for your first three (3) events; \$5 for each additional event

NOTE: We will try to accommodate event additions the day of the meet.

General Entry Fee: \$30 (includes first three events)
Additional Fees of: for ___ additional events
Total Entry Fee:

I will pay by: Check (enclosed) Cash/check on day of the meet

Please make checks payable to SWOCC Masters Track Club.