



**2023 Michigan USATF Association
Open and Masters Outdoor Track & Field Championships
Olivet College
320 S. Main Street, Olivet, MI 49076**

Hosted by: **Michigan USATF**
Saturday, June 10, 2023, beginning at 10:00 a.m.

MAIL ENTRIES TO:
USATF Michigan
3521 Oakman Blvd.
Detroit, MI 48204

PRE-ENTRIES: Received by Monday, June 5, 2023
\$30 for the first event
\$10 for each additional event

LATE ENTRIES: Entries received on June 6th will have a Late fee charged. See entry form for amount below.

2023 USATF MEMBERSHIP required, go to www.usatf.connect to register or renew your membership.

AGE GROUPS:
OPEN competition from 16 years of age to 29
MASTERS competition in 5-year age groups starting at 30-34 through 90-94+ as needed

AWARDS:
Medals to top 3 athletes in each age group of each event. Non-Michigan athletes will receive equivalent medals and will not displace Michigan athletes.

9:00 a.m. Packet Pick-Up Only
TRACK EVENTS: Promptly at 10am
10:00 a.m. 5000 M race walk finals
10:45 a.m. 100 M finals
80/100/110 M hurdles
800 M finals
5000 M Run
1:00p.m. -1:30p.m. - Lunch Break
1:35p.m. 200 M finals
200/300/400 M hurdles finals
1500 M run finals
400 M finals
4x100 M & 4x400 M relays
FIELD EVENTS:
10:00 a.m. Shot, Discus, Javelin, Hammer Throw, Weight Throw
10:45 a.m. Long Jump followed by Triple Jump
11:30 a.m. Pole Vault
12:00 p.m. High Jump
12:45 p.m. Throws & Throws Pentathlon (49 age -Under groups): Same order as above.
Super weight after other throws (see Information page below)
WILL BE CONTESTED ONLY IF WE HAVE ENOUGH OFFICIALS.

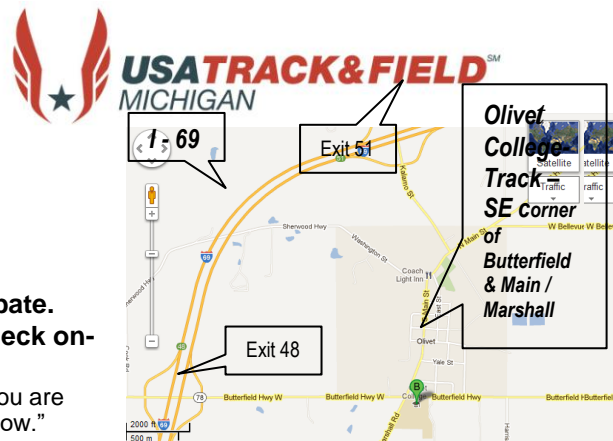
Last Name _____	First Name _____	Phone () _____ -- _____
Association _____	Male / Female _____	Age on June 10, 2023) _____
2023 USATF number (required) _____	Birth date ____/____/____	
Mailing Address _____	City _____	State _____ ZIP _____
Contact in case of emergency : Name _____ Relationship _____ Phone _____		
Email address (list if you don't already get my master's emails) _____		

	Name of Event	Fee Included
First Event--\$30		\$30.00
LATE FEE: Day of Event \$30.00. All Pre - Entries Must be received by June 5th. If received on June 6th \$20.00 Late fee will be charged		\$20.00 Late Fee (Circle)
Additional Event--\$10		
Additional Event--\$10		
Additional Event--\$10		
All Additional Events after 4 \$15		
Total Included (Checks payable to USATF Michigan)→		

I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event. In consideration for my being accepted, I, intending to be legally bound for myself, my heirs, executors and administrators, waive and discharge any and all rights, claims and damages which I have or which may accrue to me against USA Track and Field, Michigan USATF Association, Olivet College, Olivet, MI. Any sponsors, their agents and representatives, for all damages which may be sustained and suffered by me in connection with the entry in and arising out of my travel to, participation in, and return from this track and field meet.

SIGNATURE OF ATHLETE _____	DATE _____
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Please keep this **INFORMATION SHEET** for the
**2023 USATF Michigan Association
Open and Masters Outdoor Track &
Field Championships/Masters Midwest
Regional**



Saturday, June 10, 2023 at 9 a.m. Packet Pickup

For more **INFORMATION**: jdevose@yahoo.com / 313-623-3029

All athletes must be 2023 members of USA Track & Field to participate.

- **NOTE: Multi-year membership discounts are available—check on-line.**
 - **BEST OPTION:** If you do not already have a 2023 membership you are encouraged to join on line at **USATF CONNECT**. Choose “Join Now.” You will need a VISA credit card to join on line. When joining on line, you will be given your membership number instantly. **Please print and bring with you your confirmation.**
 - **Membership can also be purchased at the meet before the close of packet pickup at 11:00 a.m.**
 - Cash payments.
 - Credit card payments for membership only will be accepted on meet day.
- **PLEASE MAKE SURE TO BRING IDENTIFICATION (Copy of birth certificate or passport OR membership card with birth date “verified”)**

MEET NOTES: Pyramid SPIKES only (1/4” or less)

RUNNING / WALKING events:

- Most events will be contested older to younger, women first.
- **AGE GROUPS** will be combined in some events if entries warrant.
- **Hurdle heights** will follow USATF or USATF Masters rules according to the division.
- An interest in **RELAYS** has been expressed, so will try the 4 x 100m and / or 4 x 400m relays. Registration at meet.

FIELD EVENTS:

AGE GROUPS will be combined in some events if entries warrant.

EXCUSED COMPETITOR: Please check in at each event and check out with the official if you have to leave an event.

Get instructions for returning. You may request a turn out of order to facilitate running.

- **POLE VAULT** and **HIGH JUMP** will start at a low height and move upward with all groups (men and women) combined. The bar will **NOT** be lowered after event begins. In any event, if you miss your call, you forfeit that attempt.
- **LONG JUMP** will be contested “Open Pit” It will begin from 9:00a.m. (Based on last year’s participation.)
- **TRIPLE JUMP** will follow the long jump.
- **JAVELIN** will be contested on grass.
- **ALL IMPLEMENTS** for warm-up and competition **must be checked in for certification at WEIGHTS & MEASURES in the registration area from 8:30 to 9:00 a.m.**
 - Implement weights according to the USATF and USATF Masters rules.
 - Remember: In the Masters competition, privately owned implements are exempt from the loss of identity rule. You must ask if you are borrowing.
 - **IMPLEMENTS: All Athletes Must Provide Their Own Implements.**

THROWS schedule begins at 10:00 a.m. (See page 1)

- **NOTE: You must provide your own weights.**
- **Throws Pentathlon: Contested only if we have enough Officials.**
- **Super Weight: Contested only if we have enough Officials**
- **AWARDS:**
 - Age Groups are defined on the application. Non-Michigan athletes will not displace Michigan athletes.
 - Top 3 Michigan athletes in each group will receive medals. Non-Michigan athletes in the top 3 will receive similar medals.
 - Medals will not be mailed. Please pick them up at the awards area before you leave. Thanks.

DIRECTIONS: To Olivet College may be found at http://www.olivetcollege.edu/about/travel_directions.php. The track is located east of I-69 using **Exit 48** to Butterfield Highway east. Turn south on Marshall Road (called Main Street to the north). Track will be on the left.

PLEASE READ CAREFULLY

1. **COVID19 PROTOCOLS PER THE STATE OF MICHIGAN WILL BE FOLLOWED.**
2. **ALL FIELD EVENT ATHLETES MUST PROVIDE THEIR OWN IMPLEMENTS, HAND SANITIZER AND WIPES.** Registration area will have both on hand during Check in Process
3. **ALL ATHLETES MUST PROVIDE THEIR OWN HAND SANITIZER AND WIPES TO BE USED BEFORE TOUCHING STARTING BLOCKS.**