



# 19<sup>TH</sup> ANNUAL SELF-TRANSCENDENCE MASTERS TRACK AND FIELD 40 AND OVER

Sunday, September 19, 2010

CSU Long Beach

## USATF SANCTIONED

**DATE:** Sunday, September 19, 2010

**LOCATION:** California State University (CSU) Long Beach

**DIRECTIONS:** Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Fanwood Dr. into CSULB parking lot - LOT #14 on your right. \$4.00 charge, payable at Yellow Permit Dispensers

**DIVISION:** 5-year age groups

**FACILITIES:** 8-lane artificial surface track, 7mm (1/4") spikes; concrete rings, electronic timing

**ENTRY FEE:** First event \$20, additional events \$8 each. No refunds. Colorful Event T-shirt included. *(T-shirt availability on race day not guaranteed!)*

**DEADLINE:** All entries must be postmarked no later than **Sept. 9**, or phoned-in no later than **Sept. 11<sup>th</sup>**. Late/day-of-race entries add \$5

**AWARDS:** Medal to first three men/women in each event/age group

**AID:** Light refreshments throughout day to all participants

**ACCOMMODATIONS:** **Hotel Current**  
5325 East Pacific Coast Hwy. Long Beach CA, 90804 (\$70 plus tax; please mention event for this special group rate). Call **800.990.9991** for reservations

**NOTE:** 2010 USATF registration required (available at meet for \$30.50)

## TRACK EVENTS

9:30 am	5000m Racewalk
10:15 am	3000m Run
10:45 am	80/100/110m Hurdles
11:20 am	1500m Run
11:45 am	400m Run
12:00 noon	100m Sprint
12:50 pm	800m Run
1:10 pm	200m Sprint
1:40 pm	300/400m Hurdles
1:55 pm	50m Sprint

## FIELD EVENTS

9:30 am	Hammer
9:30 am	Pole Vault
9:45 am	Long Jump
10:15 am	Javelin
11:00 am	Triple Jump
11:00 am	Discus
11:30 am	High Jump
1:00 pm	Shot Put

*Attempting a World Record?  
Please let us know by September 10<sup>th</sup>*

**visit our website:**  
[www.srichinmoyraces.org/us/races](http://www.srichinmoyraces.org/us/races)

MAIL ENTRY TO: SRI CHINMOY MARATHON TEAM, • 6220 Bristol Parkway #315, Culver City, CA 90230  
Make checks payable to SCMT. • For more information please call 310.645.0271 or fax 310.645.8618

## ENTRY FORM

NAME (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 USATF# \_\_\_\_\_ PHONE \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_  
 T-SHIRT:  SMALL  MEDIUM  LARGE  X-LARGE  XX-LARGE  
 MY EVENT(S) 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_

**Athlete's Waiver:** In consideration of your acceptance of my entry, I hereby for myself and executor waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsor and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

