

**The Southeastern U.S. Masters, Inc.  
Hosting the  
40th Annual Bob Boal Masters & Open  
Track & Field Meet**

Including

2010 USA Masters Southeast Region Track & Field Championships  
and

NC USATF Association Masters Track & Field Championships and  
Open Race Walk Championships

NC State University in Raleigh, North Carolina

**June 11 & 12, 2010**

*Featuring*

Coach Fred T. Hardy Special Recognition Cash Awards Program

Throws Clinic with Jeff Gorski, Elite Throws Coach, June 11 at 5:30 pm

Race Walk Clinic with Michael Roth, June 12 at 9:00 am



**Check our website for updates and results at: [www.southeasternmasters.org](http://www.southeasternmasters.org)**

The Board and sponsors of the Southeastern Masters announce that all athletes 19 years of age and Race Walk athletes 14 years and over are eligible to participate in one of the premier Masters Meets in the world. We will be hosting a 40<sup>th</sup> Anniversary Celebration June 11, 7:00 pm. at the Holiday Inn/Brownstone Hotel, Raleigh, NC. There will be two days of competition featuring men's and women's pentathlons, weight pentathlons, 5,000 meters race walk, 1500 meters race walk, team relays and all regular track and field events.

- OPERATED BY** Southeastern United States Masters, Inc., 5900 Whittier Drive, Raleigh, NC 27609. Contact David Edge at (919) 870-2880, Monday – Friday 9:00 am - 5:00 pm, Eastern Time, or by e-mail at [david.edge@ci.raleigh.nc.us](mailto:david.edge@ci.raleigh.nc.us).
- AGE DIVISIONS** Based upon age on the first day of competition, all events (except Open Race Walks) will have a 19 to 29 age group and 5 year age groups for 30 and older individual athletes. Open Race Walk Championship events are for age 14 and older.
- ENTRY** \$25.00 includes first event plus participants booklet, then \$10.00 for each additional event. Relay entries - \$30.00 per team (on captain's form). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern U.S. Masters. No refunds after June 4, 2010. **Online entry available through link on our website and [www.usatf.org](http://www.usatf.org).**
- USATF** This meet is sanctioned by USA Track & Field, Inc. (USATF). Current year 2010 USATF membership is required for all U.S. citizens (except participants solely in the Team Relays and active military personnel). Non U.S. citizen athletes may also participate without USATF membership. USATF membership can be obtained online at [www.usatf.org](http://www.usatf.org) and also will be available at the meet.
- AWARDS** Distinctive meet medals to the first 3 places for age groups and relays (all participants). Southeast Region residents age 35 years and older are eligible for Southeast Region Awards. North Carolina residents age 35 years and older and open Race Walkers are eligible for Association awards. Additional awards to be given at the Awards Banquet, see page 3 herein.
- LATE ENTRIES** To ensure paper entry is accepted, postmark must be no later than June 2, 2010. No online entries or changes to track and field events will be accepted after midnight EDT, Wednesday, June 2, 2010. Entries in Saturday's Team Relays close one half-hour before race time.
- PACKET PICKUP** All participants must pick up their packets prior to reporting to their first event. Packets will be available at the 40<sup>th</sup> Anniversary Celebration on Friday evening and at the track during the meet.

**SCHEDULE OF EVENTS**  
(Refer to Packet for Final Time Schedule)

**FRIDAY, JUNE 11** **NORTH CAROLINA STATE UNIVERSITY**

Event #	Event (Notes 1,2,7 & g)	Time
01	Wt. Pentathlon (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss) (Notes 4 & e)	8:30 ~ 10:30 am
02	Women's Pentathlon (100 HH, HJ, Shot, LJ, 800 m) (Note e)	12:30 pm
03	Men's Pentathlon (LJ, Javelin, 200 m, Discus & 1500 m) (Note e)	12:30 pm
04	Tom Hare 3,000 meters (Sections will start at 30 minute intervals) (Note 7)	2:00 pm
05	Superweight Throws (Note f)	3:00 pm
06	Alex Almasy 1,500 meters NC Championship Open and Masters Race Walk (Notes 7 & g)	4:00 pm
07	Pole Vault (Note 5)	4:00 pm
08	10,000 meters (Note 7)	5:00 pm
	Throws Clinic – at track	5:30 pm
	<b>40th ANNIVERSARY CELEBRATION at the Brownstone Hotel (FREE) .....</b>	<b>7:00 pm</b>

**SATURDAY, JUNE 12** **NORTH CAROLINA STATE UNIVERSITY**

Event #	Event (Notes 1,2,7 & g)	Times	Event #	Event (Notes 1 & 2)	Time
	<b>TRACK</b>			<b>THROWS</b>	
09	Alex Almasy 5km Race Walk (g)	7:30 am	21	Hammer (Note f)	7:15 am ~ 9:00 am
10	5,000 meters (Note 7)	9:00 am	22	Shot Put (Note f)	8:15 am ~ 10:00 am
11	Straight Hurdles (Note 3)	10:00 am	23	Discus (Note f)	9:15 am ~ 11:00 pm
12	Mile	11:00 am	24	Javelin (Note f)	10:15 am ~ 12:00 pm
13	Distance Medley (Note d)	Noon	25	Weight Throw (Note f)	11:15 am ~ 1:00 pm
14	Curved Hurdles	12:45 pm			
15	100 meters (Note 3)	1:00 pm			
16	400 meters	2:10 pm		<b>JUMPS</b>	
17	Steeplechase (Note 7)	2:50 pm	26	Long Jump	9:30 am
18	200 meters	3:40 pm	27	High Jump (Note 6)	10:30 am
19	800 meters	4:10 pm	28	Triple Jump	2:00 pm
20	4x1, 4x4, 4x8 Relays (Note d)	4:30 pm			
				<b>Awards Banquet at Brownstone Hotel .....</b>	<b>6:30 pm</b>

**Notes:**

- 1 Both Track and Field events will begin with oldest and work down. All women's divisions will precede men's. Age groups will be combined at the discretion of meet officials.
- 2 Participants of all ages are to report to the Head Event Official 15 minutes prior to the printed starting time of that event.
- 3 Finals for multiple heats of 100 m and straight hurdles, if needed, will be held after last age group heat in that event.
- 4 Weight Pentathlon will be flighted by age group, so each group will progress through the five events together and no participant should be participating in two weight Pentathlon events at the same time. All women competitors and men 60 and over will throw in the morning starting at 8:30 am. Remaining men will start at 10:30 am. Reporting times within this broad schedule will be refined after an entry count is obtained. Check at registration on Friday or report at group starting time.
- 5 Pole Vault run not by age, but by heights, with 15 cm (6 in.) increments, warm-ups begin at 3 pm.
- 6 High Jump run not by age, but by heights with 5 cm (2 in.) increments.
- 7 Numbers must be worn on front and back for all events 2,000 meters and longer, and all race walks.

**General Notes:**

- a Multiple Events running concurrently. Those entered in two or more events that run concurrently must be there when your turn is called; if you miss a call, you miss a turn. The pentathlon events are each considered single events, so this rule applies only if these events are running concurrently with any other event.
- b Specifications for all events, including hurdles, shall be according to 2010 USATF rules. (There will be a total of 6 attempts for each competitor in the individual events of the throws and horizontal jumps, unless there are 9 or more in an age group.)
- c Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.
- d Team Relays: Teams may be any 4 people. Enter team name and enclose \$30.00 with captain's entry form; or enter and pay fee by one half-hour before first relay. Event 20 Relays will run continuous in order listed until completed.
- e These events will be scored using WMA Masters age factors and the current IAAF scoring tables.
- f Throws Schedule: All women competitors and men 60 and over will report at the first time listed and the remaining men will report at the second time listed for each event. Adjusted starting times for each event for each age group will be available at registration and will depend upon the number of competitors.
- g Race walks on track only; includes North Carolina Association Open and Masters 1,500 meters and Masters 5,000 meters Race Walk Championships.

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**MEET DAY WEATHER CHART**

	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>
<b>Temperature Extremes (°F)</b>	59°- 84°	39°- 76°	58°- 81°	53°- 66°	57°- 81°	66°- 84°
<b>Precipitation (inches)</b>	0.00	Trace	Trace	0.09	0.00	Trace
<b>Average Wind Velocity (MPH)</b>	4.7	4.1	4.0	4.5	13.0	10.0

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**AIR TRAVEL** Raleigh Durham International Airport (RDU).

**HOTEL RESERVATIONS** Brownstone Hotel (Meet Headquarters) 1707 Hillsborough Street, Raleigh, NC 27605 Tel. (919) 828-0811 or (800) 331-7919. Please inform hotel of Southeastern Masters participation for special rate (SEM is the ID Code) no later than May 21, 2010. Room rates are \$79 plus 12.75% tax for 1 to 4 persons. These rates extend to early arrival and late departure days.

**AWARDS BANQUET** Additional awards will be presented and a sit-down meal will be served in a banquet room at the Holiday Inn/Brownstone Hotel at 6:30 pm on Saturday, June 12, 2010. Awards Banquet tickets are \$22.00 when purchased with this application or \$25 at meet. A short business meeting and special awards presentation will follow at approximately 7:15 pm. Awards are all based on highest age-graded performances by masters athletes aged 35 and older including Coach Fred Hardy for overall track and overall field (\$500 each), Timothy Dickens Memorial for male and female 400 Meters (\$100 each), Bob Boal Memorial for Steeplechase (\$100), Maxwell Hamlyn for Mile Run (\$100), Nolan Fowler for Hammer Throw (Bowl), Tom Hare Memorial for 3,000 meters (Bowl), Ervin Mitchell for male combined 100 & 200 meters (Trophy), Phil Raschker for female combined 100 & 200 meters (Plaque), Southeastern Masters Distance for combined 10,000 and 5,000 meters for male and female (\$150 each) and Bernice Holland for female combined throws (Plaque). A final award will be made for most valuable contribution to the sport (Ed Barron - Bowl). Additional awards may be added, please check our website for updates [www.southeasternmasters.org](http://www.southeasternmasters.org). Tickets for the Awards presentation only are \$5.00 and will be available at the meet.

**T-SHIRTS** 40<sup>th</sup> Year Commemorative Dri-Fit T-shirts will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for price and shirt sizes.

**MEDICAL SERVICES** Emergency medical services personnel will be at the meet.

**FACILITIES** Parking, restrooms, dressing and shower facilities will be available.

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**ATHLETE RELEASE**

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees in Raleigh and North Carolina State University whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said events to be held on June 11 & 12, 2010, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

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**Athlete Signature**

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**Date**



Raleigh Parks and Recreation  
5900 Whittier Drive  
Raleigh, North Carolina 27609

PRSRT STD  
U.S. POSTAGE  
**PAID**  
Raleigh, N.C. 27602  
Permit #813



Detach Entry Form and Mail to:

Southeastern Masters Track & Field Association  
C/O Raleigh Parks & Recreation  
5900 Whittier Drive  
Raleigh, NC 27609

Last Name	First Name	MI	Sex	Age	Birth Date		
					MO	Day	Year

Street	City

State	Zip Code	Country	Daytime Phone Number	Emergency Contact Number

E-mail Address	2010 USATF Membership Number

Event #	Event Title	Event #	Event Title	Event #	Event Title

Entry Fee Calculation:

First Event \$25.00  
**Each** Additional Event \$10.00 \_\_\_\_\_  
 Awards Banquet Ticket \$22.00 \_\_\_\_\_  
 Dri-Fit T-Shirt \$15.00 \_\_\_\_\_  
 Voluntary Tax Deductible Donation \_\_\_\_\_

Chicken or Vegetarian (Circle One)

S M L XL XXL

Thank you for your special contribution in commemoration of the 40th Anniversary of this meet.

Total Amount Enclosed \$ \_\_\_\_\_

Where did you hear about our meet?

Make check or money order payable to: *Southeastern Masters, Inc.*

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