

**The Southeastern U.S. Masters, Inc.**  
**Hosting the**  
**42<sup>nd</sup> Annual Bob Boal Masters & Open**  
**Track & Field Meet**

**Including**  
**2012 USA Masters Southeast Region Track & Field Championships**  
**and**  
**NC USATF Association Masters Track & Field Championships**  
**And Open Race Walk Championships**

**Saint Augustine's College, Raleigh, NC**  
**May 11 & 12, 2012**

**Featuring**  
**Coach Fred T. Hardy Special Recognition Cash Awards Program**  
**Check our website: Clinics to be announced!**

**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 also be hosting a 42<sup>nd</sup> Anniversary Reception May 11, 7:00 pm. at the Holiday Inn Raleigh North, Raleigh, NC. There will be two days of competition featuring men's and women's pentathlons, weight pentathlons, 5,000 meters race walk, 1,500 meters race walk, team relays and all regular track and field events.

**OPERATED BY** Southeastern U.S. Masters, Inc. For late registration information or directions, contact Robert Stewart by e-mail at [robert.stewart@raleighnc.gov](mailto:robert.stewart@raleighnc.gov).

- 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 (not including relays) plus participants booklet; \$10.00 for each additional event. Relay entries - \$40.00 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 May 4, 2012. Please include club affiliation, if applicable, on page 4. **Online entry is 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 2012 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 May 2, 2012. No online entries or changes to track and field events will be accepted after midnight EDT, Friday, May 4, 2012. 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 light buffet reception at the Holiday Inn Raleigh North at 7:00 pm on Friday evening and at the Saint Augustine's College track during the meet.

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

**FRIDAY, MAY 11TH**

**SAINT AUGUSTINE'S COLLEGE**

Event #	Event (See Notes below)	ca. Start Time
01	Wt. Pentathlon (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss) (Notes 4 & e)	8:00 ~ 9:30 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 & 1,500 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)	1:30 pm
06	Alex Almsay 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

**SATURDAY, MAY 12TH**

**SAINT AUGUSTINE'S COLLEGE**

Number	Event (See Notes below)	ca. Start Time	Number	Event (See Notes below)	ca. Start Time
<b>TRACK</b>			<b>THROWS</b> Note f		
09	Alex Almsay 5km Race Walk Note g	7:30 am	21	Hammer	7:30 am ~ 8:45 am
10	5,000 meters Note 7	9:00 am	22	Shot Put	9:00 am ~ 10:45 am
11	Straight Hurdles Note 3	10:00 am	23	Discus	10:00 am ~ 11:45 am
12	1500 meters	11:00 am	24	Javelin	11:00 am ~ 12:45 pm
13	Distance Medley Note d	Noon	25	Weight Throw	12 noon ~ 1:45 pm
14	Curved Hurdles	12:45 pm			
15	100 meters Note 3	1:00 pm			
16	400 meters	2:10 pm			
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			

**Awards Banquet at Holiday Inn Raleigh North.....6:30 pm**

**Notes:**

- 1 Both track and field events will begin with oldest age groups 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 8:00 am. Remaining men will start at 9:30 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 is run not by age, but by heights, with 15 cm (6 in.) increments, warm-ups begin at 3:00 pm.
- 6 High Jump is run not by age, but by heights with 5 cm (2 in.) increments.
- 7 Numbers must be worn on front and hip for all events 2,000 meters and longer, and all race walks.

**General Notes:**

- a Multiple events may run 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 2012 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 \$40.00 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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**WEATHER CHART FOR MAY 11 & 12**

	<b>2007</b>	<b>2008</b>	<b>2009</b>	<b>2010</b>	<b>2011</b>
<b>Temperature Extremes (°F)</b>	62°- 87°	53°- 80°	55°- 72°	42°- 68°	54°- 82°
<b>Precipitation (inches)</b>	0.00	0.00	0.00	0.00	0.16

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

**HOTEL RESERVATIONS** Holiday Inn Raleigh North (Meet Headquarters) 2805 Highwoods Blvd., Raleigh, NC 27604 Tel. 919-872-3500. Please inform hotel of Southeastern Masters participation for special rate of \$79.00 per night (SEM is the ID Code) no later than April 22, 2012.

**AWARDS BANQUET** Additional awards will be presented and a sit-down meal will be served in a banquet room at the Holiday Inn Raleigh North at 6:30 pm on Saturday, May 12, 2012. Awards Banquet tickets are \$25.00 when purchased with this application or \$28 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 1500m Run (\$100), Nolan Fowler for Hammer Throw (bowl), Tom Hare Memorial for 3,000 meters Run (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), Watson award for 800 meter 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** 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 and dressing 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 Saint Augustine's College 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 May 11 & 12, 2012, 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**

117 W. Carr Street  
 Carrboro, NC 27510

Detach Entry Form and Mail to: Southeastern Masters Track & Field Association  
 117 W. Carr Street  
 Carrboro, NC 27510

Please Print!

Last Name	First Name	Sex	Age	Date of Birth(mm/dd/yy)
				/ /

Street Address	City	State

Zip Code	Daytime Phone Number	Emergency Phone Number	2012 USATF Membership #

USATF Club Affiliation	Email Address

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

**Entry Fee Calculation:**

First Event \_\_\_\_\_ \$25.00  
 Each Additional Event \$10.00 \_\_\_\_\_  
 Awards Banquet Ticket \$25.00 \_\_\_\_\_  
 Dri-Fit T-Shirt \$15.00 \_\_\_\_\_  
 Voluntary Tax Deductible Donation to SEM \_\_\_\_\_  
**Total Amount Enclosed** \$ \_\_\_\_\_

Chicken or Vegetarian (Circle one)  
 S M L XL XXL (Circle one)  
 Thank you for your special contribution to help support  
 future Southeastern Masters T&F meets

**Where did you hear about our meet?**

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

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