

# 2010 QUEEN CITY OPEN/MASTERS TRACK & PENTATHLON CLASSIC

## SATURDAY, MAY 22, 2010

The 2010 Queen City Open/Masters Track & Pentathlon Classic will be held on Saturday, May 22, 2010 at the Irwin Belk Track & Field Center at the University of North Carolina at Charlotte. This is a USATF sanctioned event and therefore requires that all participants be active USATF members. If you are not a USATF member, [click here](#).

The meet is sponsored by Carolinas Track & Field Club and is open to Masters athletes (30 and over based on your age on May 22, 2010) and Open athletes (age 19-29 based on your age on May 22, 2010).

All athletes must provide their own implements. Only quarter-inch pyramid spikes will be permitted.

The Mens & Womens Pentathlons will be held if there are at least FIVE Men and at least THREE Women registered for the Pentathlons. EARLY registration will be MANDATORY (Saturday, May 8, 2010) for the Pentathlons. REFUNDS will be given if a Pentathlon is NOT held.

### SCHEDULE OF EVENTS (Approximate Times)

Running Events	Mens Pentathlon	Womens Pentathlon
9:15 1500m Race Walk	8:30 Long Jump	9:00 100m Hurdles (27 – 33")
9:30 100m Dash	10:00 Javelin	10:00 High Jump
10:15 5000m Run	11:30 200m Dash	11:30 Shot Put
11:00 4 x 100m Relay	12:45 Discus Throw	12:30 Long Jump
12:00 1500m Steeplechase	2:00 1500m Run	1:45 800m Run
12:45 Short Hurdles (27- 42")		

There will be three trials only in the Long Jump, Javelin, Discus, and Shot Put. (Rule 120.3(a))

1:15 400m Dash  
1:45 800m Run  
2:15 Long Hurdles (27- 36")  
2:45 1500m Run  
3:15 200m Dash  
4:15 4 x 400m Relay

### Jumping & Throwing Events

9:00 Hammer Throw  
10:00 Long Jump – W, then M  
10:00 Pole Vault  
10:00 Shot Put – W, then M  
11:30 High Jump – W, then M  
12:00 Discus Throw – W, then M  
1:30 Weight Throws – W, then M  
2:00 Triple Jump – W, then M  
3:00 Javelin – W, then M

There will be six trials in the Throwing events, the Long Jump, and the Triple Jump.

All running events will use FAT (Fully Automatic Timing). Individual medals will be awarded to the TOP THREE contestants in each event in each age group. NO medals will be awarded for RELAY events. Relay events will be held based on participation (minimum of three teams). Relay events accepted day of meet only and must be made ONE hour before the event.

Registration fees for the 2010 Queen City Open/Masters Track & Pentathlon Classic are as follows:

2010 CT&FC Members: \$20

Non CT&FC Members: \$25

Pentathlon: \$35

The deadline for EARLY registration is Saturday, May 15, 2010. Any entries received after May 15, 2010 will be charged an additional \$10 fee. The ABSOLUTE deadline for registration is Wednesday, May 19, 2010. THERE WILL BE NO REGISTRATION AFTER THIS DATE OR ON THE DAY OF THE MEET. PENTATHLON ENTRIES MUST BE MADE BY SATURDAY, MAY 8, 2010.

To register for this meet, go to [www.carolinastrackandfield.org](http://www.carolinastrackandfield.org) Use Coach O to register. For more details about the meet, feel free to contact Gordon Edwards, [gale13131@yahoo.com](mailto:gale13131@yahoo.com)