



LOUISIANA GOVERNORS GAMES

Presents



2009 USATF South Region Open Track & Field Championships

&

USATF Southern Association Masters Championship

Saturday, June 20, 2009

LOUISIANA STATE UNIVERSITY – Baton Rouge, La

ELIGIBILITY REQUIREMENTS:

Athletes

Age: For Open division, female athletes must be 14 years or older on the day of competition. Male athletes must be 16 years or older on the day of competition. For Masters division, athlete must be at least 30 years old or older to compete in the Masters division.

Club Affiliation: Athletes must be bona fide members of a 2009 USATF club in order to represent a club and score team points. All athletes entering as part of a club must be affiliated with that club as part of their USATF membership (an athlete's current affiliation can be viewed in his/her [membership profile](#) and as part of the online entry process). Athletes wishing to change affiliations can make such a request through their [local Association](#).

USATF Membership: All athletes must be 2009 members of USATF in good standing. USATF memberships may be [purchased online](#), through your [local Association](#) Office, or by calling the USATF National Office at 317-713-4665.

Clubs

Club Membership: All clubs must be registered with USATF for 2009 by June 15, 2009. Please submit your club application to your [local Association office](#). The formation of club teams must meet all of the parameters as noted in Regulations 7 and 8 in the [USATF Governance Manual](#), Section III. This will be strictly enforced.

Eligible Athletes for Team Scoring: All athletes entering as part of a club must be affiliated with that club as part of their USATF membership (an athlete's current affiliation can be viewed in his/her [membership profile](#) and as part of the online entry process). Athletes wishing to change affiliations can make such a request through their [local Association](#) (note that this request must be made by the athlete--see Regulation 7 in the [USATF Governance Manual](#), Section III). No more than 10% of a club's entries in this Championship may be athletes who have been granted residency waivers from other Associations.

Military Branches: Military branches are not eligible to score in these Championships. However, athletes may represent their military branch as "non-scoring" participants.

ENTRY PROCESS:

Date Fees Received	Individual	Relay
On or before June 16 th	\$15.00	\$10.00
On or after June 17 th	\$35.00	\$25.00

On-Line Registration: Online registration will be done on www.southernmasters.org with entries closing at 11:59 PM EST on June 16th.

AWARDS: Medals will be awarded to the top three individuals (top three teams in the relay events) in each event to include each Master's age division. Participants in the South Zone Championship, recognition will be given to the "Most Valuable Male Athlete" and the "Most Valuable Female Athlete" (based on the total number of points scored). Additional recognition will be given to the "Outstanding Male Performer of the Meet" and the "Outstanding Female Performer of the Meet" (based on scoring tables; the Power Tables are on a 10.0 scale).

Team Awards

South Zone Championships - Team awards will be presented to the top three teams (men and women). The "Overall Men's & Women's Combined Team Champion" also will be recognized with a team award.

Southern Association Masters Championships – Team award will be presented to the first place teams (men and women).

Prize Money

USA Track & Field will pay prize money to the first place **OPEN** men's team and first place women team. Prize will be \$500 reimbursable travel grant to allow the team to travel to the National Club Championships that will be held on July 11 – 12th at Icahn Stadium on Randall's Island - New York City, N.Y.

LODGING:

Microtel Inn Suites
3444 Harding Blvd
Baton Rouge, LA 70807
225-356-9191
Block under: USATF
Deadline to make registration: June 5th
Cost: \$82.00 (Doubles & Suites)
Breakfast is available

IMPLEMENT WEIGH-IN: All implements must be weigh-in on the day of the event it is to be used. Please have it weighed 1 hour before the start of that event. Once you register, instructions will be provided on where to check in your implements.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time.

EVENT RESULTS: During competition, event results will be posted on the results board attached to the gate in the warm-up area within 30 min of completion of running events and 30 min for field events. In addition, event results will be posted at www.southernmasters.org.

GATE ADMISSION FEES: \$2.00 Kids under 6 and \$5.00 all others

ATHLETE'S RELEASE WAIVER:

By registering for the meet, you voluntarily agree to participate in the 2009 USA Track & Field CLUB CHAMPIONSHIP EVENT and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in this 2009 USA Track & Field Championship event from any cause whatsoever, including the fault or negligence of Releases (as defined below). You, yourself, your heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the USATF Southern Association, US Express Track Club, Southern University and Championship Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releases") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the 2009 USA Track & Field Championship event. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Event Host Team: US Express Track Club

CONTACT: Byron Turner, 225.892-3489, byronturner@southernmasters.org

Meet Schedule
June 20, 2009 **REVISED******

RUNNING EVENTS

2:00 pm	200m Open	1st round or finals
	200m Masters	finals
	1500m Masters	final
	1500m Open	final
3:15 pm	100m Hurdles Open women	1st round or Finals
	110m Hurdles Open men	1st round or Finals
	100m Open	1st round or Finals
	100m Masters	finals
	300m Hurdles Masters	final
	400m Hurdles Masters	final
	400m Hurdles Open	final
	3000m Masters	final
	400m Masters	final
	400m Open	final
	800m Masters	final
	800m Open	final
	5000m Open	final
	4:00 pm	200m Open
100m Hurdles Masters		final
100m Hurdles Open Women		final
110m Hurdles Masters		final
110m Hurdles Open men		final
5000m Race Walk Masters		final
5000m Race Walk Open		final
100m men		final
4x800m Relay Masters		final
4x800m Relay Open		final
4x100m Relay Masters		final
4x100m Relay Open		final
Sprint Medley Relay Open		final
Distance Medley Relay Open		final
4x400m Relay Masters		final
4x400m Relay Open	final	

FIELD EVENTS (ALL AGE GROUPS)

9:00 am	Shot Put women (men to follow)	final
10:00 am	Long Jump men (women to follow)	final
	High Jump men (women to follow)	final
12:00 pm	Discus Throw women (men to follow)	final
	Pole Vault women (men to follow)	final
	Triple Jump men (women to follow)	final
2:30 pm	Javelin Throw women (men to follow)	final

WE WILL USE A ROLLING SCHEDULE EXCEPT WHERE TIMES ARE NOTED.

USATF Southern Association Master's
Track and Field Championships
Saturday, June 20th

**AW Mumford Stadium, Southern University
Baton Rouge, LA**

Registration form

Entry fees: \$15 per athlete, Relays entries are \$10 per team. Relays will be declared 1 hour prior to the meet and payment collected at that time.

Late Registration: \$25 per athlete plus \$20 per relay.

Pre-registration is required for the Hurdle event

ENTRIES CLOSE AT 9:00AM on June 16, 2009

USATF cards are required and must be obtain prior to June 25th.

Name _____ DOB _____ Age on 6/20/2009 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____

I hereby agree to release and discharge Southern Association of USATF and Southern University, any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature _____ Date _____

Circle the events you want to enter and your best performance (if any) in this year:

Discus _____	Discus _____	5000M _____	80/100/110 HH _____
Shot Put _____		1500M _____	300/400 IH _____
Javelin _____		800M _____	4x100 Relay _____
Long Jump _____	Pole Vault _____	400M _____	4x400 Relay _____
Triple Jump _____	3000 RW _____	200M _____	4x800 Relay _____
High Jump _____	1500 RW _____	100M _____	

Make checks payable to US Express Track Club

Mail entry to: US Express Track Club
Attn: Byron Turner
Post Office Box 4695
Baton Rouge, LA 70821