

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

**Including**

**2015 USA Masters Southeast Region Track & Field Championships**  
**and USATF NC Association Masters and Open Women's Track & Field Championships**  
**And Open Race Walk Championships**

**North Carolina State University, Raleigh, NC**  
**June 19 & 20, 2015**

**Featuring**

***Coach Fred T. Hardy Special Recognition Cash Awards Program***  
***Throws and Race Walk Clinics on Saturday, June 20***

**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 older are eligible to participate in one of the premier Masters meets in the world. 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. A clinic on throws (presenter TBA) and race walk (Michael Roth) will be held on Saturday afternoon; see website for further details.

**OPERATED BY** Southeastern U.S. Masters, Inc. For late registration information or directions check our website above or email questions to [SoutheasternUSMasters@gmail.com](mailto:SoutheasternUSMasters@gmail.com). Based upon age on the first day of competition, all events (except Open Race Walks) will have a 19 - 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.

<b>ENTRY</b>	<u>through 5/31/15</u>	<u>6/1-6/14</u>	<u>after 6/14/15</u>
Individual Entry:	\$15	\$20	\$30
<b>EACH</b> event:	\$10 each	\$15 each	\$20 each

Relay entries - \$48.00 per team (on captain's form); see **note d** below. Payment should be made 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 14, 2015. Please include club affiliation, if applicable, on application. **Online entry is available through link on our website ([www.SoutheasternMasters.org](http://www.SoutheasternMasters.org)) or [www.usatf.org](http://www.usatf.org).**

**USATF** This meet is sanctioned by USA Track & Field, Inc. (USATF). 2015 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 details herein or on our website.

**LATE ENTRIES** **If you choose paper entry and to ensure your entry is accepted**, postmark must be no later than **June 13, 2015**. No online entries will be accepted after midnight EDT, Sunday, June 14, 2015. Late entries and changes after June 14 will be allowed on a space-available basis, only at the current rates. 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 at the NCSU track during the meet.

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

FRIDAY, JUNE 19TH		NORTH CAROLINA STATE UNIVERSITY	
Event #	Event (See <i>Notes below</i> )	<i>ca.</i> Start	
Time			
01	Wt. Pentathlon (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss) ( <b>Note 4 &amp; e</b> )	8:00 ~ 9:00 am	
02	Women's Pentathlon (100 HH, HJ, Shot, LJ, 800 m) ( <b>Note e &amp; h</b> )	12:30 pm	
03	Men's Pentathlon (LJ, Javelin, 200 m, Discus, 1,500 m) ( <b>Note e</b> )	12:30 pm	
04	Tom Hare 3,000 meters (Sections will start at 30 minute intervals) ( <b>Note 7</b> )	2:00 pm	
05	Superweight Throws ( <b>Note f</b> )	1:30 pm	
06	Alex Almasy 1,500 meters NC Championship Open and Masters Race Walk ( <b>Notes 7 &amp; g</b> )	6:00 pm	
07	Pole Vault ( <b>Note 5</b> )	4:00 pm	
08	10,000 meters ( <b>Note 7</b> )	5:00 pm	

SATURDAY, JUNE 20TH		NORTH CAROLINA STATE UNIVERSITY			
Number	Event (See <i>Notes below</i> )	<i>ca.</i> Start Time	Number	Event (See <i>Notes below</i> )	<i>ca.</i> Start
Time					
<b>TRACK</b>			<b>THROWS <i>Note f</i></b>		
09	Alex Almasy 5 km Race Walk <b>Note g</b>	7:30 am	21	Hammer	7:30 am ~ 8:30 am
10	5,000 meters <b>Note 7</b>	9:00 am	22	Shot Put	9:00 am ~ 10:45 am
11	Straight Hurdles <b>Note 3 &amp; h</b>	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 <b>Note d</b>	Noon	25	Weight Throw	12 noon ~ 1:45 pm
14	Curved Hurdles <b>Note h</b>	12:45 pm			
15	100 meters <b>Note 3</b>	1:00 pm			
16	400 meters	2:10 pm			
17	Steeplechase <b>Note 7</b>	2:50 pm			
18	200 meters	3:40 pm	26	Long Jump	9:30 am
19	800 meters	4:10 pm	27	High Jump <b>Note 6</b>	10:30 am
20	4x1, 4x4, 4x8 Relays <b>Note d</b>	4:30 pm	28	Triple Jump	2:00 pm

**Throws and race walk clinics – check website for location and details**

**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 Wt 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 Wt 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 9:00 am. Reporting times within this broad schedule will be refined after an entry count is obtained. Check at registration on Friday or report prior to group starting time. Hammer will be at NCSU.
- 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 For all events 2000 meters and longer, race/hip numbers must be worn on left chest (except race walk on back) and left hip.

**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 2015 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 \$48.00 with captain's entry form; or enter and pay fee by one half-hour before first relay. Event #20 relays will run in the 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 older will report prior to the first time listed and the remaining men will report prior to 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 5,000 meters Race Walk Championships.
- h **27" hurdles will NOT be available for competition at this meet.**

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**AVERAGE WEATHER FOR JUNE 19 IN RALEIGH, NC**

<b>Average Temperature Extremes</b>	<b>Average High</b> 88°	<b>Record High</b> 102°
	<b>Average Low</b> 67°	<b>Record Low</b> 49°

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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 June 7, 2015.

**AWARDS BANQUET** Additional awards will be presented at a buffet dinner in the banquet room at the Holiday Inn Raleigh North at 6:30 pm on Saturday, June 20, 2015. Awards Banquet tickets are \$25.00 when purchased with this application or \$30.00 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:

- Coach Fred Hardy Award for overall track and overall field (\$500 each),
- Timothy Dickens Memorial for male and female 400 meters (\$100 each),
- AC Linnerud Award for steeplechase (\$100),
- Jay Smith Award for 1,500m run (\$100),
- Nolan Fowler Award for hammer throw (bowl),
- Tom Hare Memorial for 3,000 meters run (bowl)
- Ervin Mitchell Award for male combined 100 & 200 meters (trophy),
- Phil Raschker Award for female combined 100 & 200 meters (plaque),
- Southeastern Masters Distance Award for combined 10,000 and 5,000 meters for male and female (\$150 each),
- Watson Award for 800 meter male and female (\$150 each),
- Bernice Holland Award for female combined throws (plaque).
- Ed Barron Award for most valuable contribution to the sport (bowl).
- Paul Hronjak Memorial for male and female horizontal jumps, either LJ or TJ (\$100 each)

Additional awards may be added, please check our website for updates [www.southeasternmasters.org](http://www.southeasternmasters.org). For the awards presentation only (i.e., no food or drink), tickets 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; refer 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 including USATF-certified officials, 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 19 & 20, 2015, 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**

For paper entry, detach Entry Form and mail to:

Southeastern Masters Track & Field Association  
 c/o 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	2015 USATF Membership #

USATF Club Affiliation	Email Address

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

**Entry Fee Calculation:**

Meet Entry \$ \_\_\_\_\_ (\$15, if by 5/31)  
 (\$20, if between 6/1 and 6/14)  
 (\$30, if after 6/14)

**EACH** Event \_\_\_\_\_ (\$10, if by 5/31)  
 (\$15, if between 6/1 and 6/14)  
 (\$20, if after 6/14)

Awards Banquet Ticket \$25.00 \_\_\_\_\_

Dri-Fit T-Shirt \$15.00 \_\_\_\_\_ S M L XL XXL (Circle one)

Tax Deductible Donation to SEM \_\_\_\_\_ Thank you for your special contribution to help support Southeastern Masters T&F meets

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

Make a check or money order payable to: **Southeastern U.S. Masters**

Are you planning to attend the (FREE) throws clinic? \_\_\_\_ Y/N

Are you planning to attend the (FREE) race walk clinic? \_\_\_\_ Y/N

Where did you hear about our meet? \_\_\_\_\_

Are you a first-time entrant into SEM?  Yes  No