

The John Ward Games Masters Track & Field Meet

at Santa Ana College

1530 W. 17th Street, Santa Ana, CA 92706

Sunday, April 11, 2010

12:00 p.m.

**Proceeds to benefit
Santa Ana College Track & Field**

Entry Fees:

- \$30.00 for pre-registered athletes
Entries must be received by
Thursday, April 8th
- \$40.00 for race-day registration
- You may enter up to four events

- **Automatic timing**
- **Five year age groups for 30 and over**
- **Women before men; oldest to youngest**

- **There will be NO ONLINE entries or fee payment**
- **Pre-entries receive preferred lanes, heats and flights**
- **Day of meet entries will fill remaining spots**

For more information, contact:
Miriam Mitzel
(714) 290-7472
mitzel_miriam@sac.edu

**EVENTS
SCHEDULE**

Field Events:

12noon-Javelin Throw, High Jump,
Pole Vault, Long Jump, Shot Put

Triple Jump follows Long Jump
Discus follows Javelin

Track Events:

- 1:00 1500M - Women
- 1:10 1500M - Men
- 1:20 100M Hurdles - Women
- 1:30 100M Hurdles - Men
- 1:35 400M - Women
- 1:40 400M - Men
- 1:45 100M - Women
- 1:50 100M - Men
- 2:10 800M - Women
- 2:20 800M - Men
- 2:30 400M Hurdles - Women
- 2:40 400M Hurdles - Men
- 2:50 200M - Women
- 3:00 200M - Men
- 3:15 3000M - Women
- 3:30 3000M - Men

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against Santa Ana College and the City of Santa Ana for any injuries suffered by me while competing in or traveling to and from said meet. All athletes compete at their own risk.

Name

Address

Mail form and entry fee to:

Miriam Mitzel
SAC Track & Field
1530 W. 17th Street
Santa Ana, CA 92706

Phone: (714) 290-7472
Fax: (714) 564-6969
E-mail: mitzel_miriam@sac.edu

Enter me in (up to 4 events)

E-mail Address

Signature

Date

Male/Female Age on race day

Signature of parent/guardian if under 18 years of age

Date