



**Entry Form  
2017 Open and Masters Indoor USATF/Iowa  
Association Championships and  
Invitational**

**Sunday, March 26, 2017  
Grinnell College Track  
Grinnell, Iowa**

**LOCATION:** Grinnell College, Grinnell, IA  
**TRACK:** 6 lane, 200 Meter  
**ENTRY FEE:** \$5.00 per competitor, USATF Membership also suggested  
 Unlimited Events, but Maximum of 5 medals awarded per Individual  
**REGISTRATION:** 8:00 AM – 11:00 AM (Absolutely NO Registration after 11:00)  
**MEET:** 9:00 AM – Field Events, 11:30 AM – Track Events.  
**SCHEDULE (Appr):** (This meet will be ran in conjunction with the JO meet)

9:00 HJ (Bar will start at low height and move up. Bar will not move down once started.)  
 LJ Cafeteria Style, 4 Jumps  
 SP Cafeteria Style, 4 Throws  
 10:00 PV (Bar will start at low height and move up. Bar will not move down once started.)  
 WT (Immediately after SP) Cafeteria Style, 4 Throws  
 11:15 1500 M Run Finals  
 11:45 60 M Hurdles Timed Finals  
 12:15 1500 RW Finals  
 12:30 60 M Dash Timed Finals  
 1:15 800 M Run Finals  
 1:45 200 M Dash Timed Finals  
 2:45 3000 M Run Finals  
 3:15 400 M Dash Finals

(Competitors must supply their own implements)

**AGE:** Age determined as of day of meet.

**SEND TO:** Jim Walczyk jim.walczyk@gmail.com  
 4400 EP True Parkway, Unit 52. OR (515) 771-4246  
 West Des Moines, IA 50265

**Make check payable to USATF-Iowa (entries due 3/21/2017 or on site day of meet)**



**2017 Open and Masters Indoor USATF/Iowa Championships and Invitational Meet**

**NAME** \_\_\_\_\_ **BIRTH DATE** \_\_\_\_\_ **AGE AS OF 3/26/2017** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **SEX** \_\_\_\_\_ **2017 USATF #** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

<p>WAIVER: In consideration of acceptance of this entry, I intend to be legally bound for myself, my heirs, executors, administrators to waive and release any and all rights and claims for damages I may have or that may hereafter occur to me against the USATF/Iowa Association, the City of Grinnell, or Grinnell College in connection with the Track &amp; Field Meet held at the Grinnell College track.</p> <p>Signature _____</p> <p>Date _____</p>	<p align="center"><b>AGE DIVISION</b></p> <p>Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female</p> <p><input type="checkbox"/> Open 19-29</p> <p><input type="checkbox"/> 30-34</p> <p><input type="checkbox"/> 35-39</p> <p><input type="checkbox"/> 40-44</p> <p><input type="checkbox"/> 45-49</p> <p><input type="checkbox"/> 50-54</p> <p><input type="checkbox"/> 55-59</p> <p><input type="checkbox"/> 60-64</p> <p><input type="checkbox"/> 65-69</p> <p><input type="checkbox"/> 70-74</p> <p><input type="checkbox"/> 75 and above</p>
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