



Saturday, June 28, 2014
St Marks of Texas
10600 Preston Rd- Dallas, TX 75232

Age Divisions

Open	19-29 (1995-1985)
Masters	30+ (5year increments)
* Open athletes born in 1995 – 1985 And are eligible if they turn 19 on or before 6/24/2014	

REVISED

ELIGIBILITY REQUIREMENTS:

Age: Open division athletes must be 19 years to 29 on the day of competition, June 28, 2014. For Masters Division, athlete must be 30 years old or older the day of competition, June 28, 2014.

Individuals: See USATF Rules for more information and exceptions. A competitor must compete in his or her age division only. All athletes must be 2014 members in good standing.

Relay Teams: Only registered 2014 USATF member clubs may enter relay team(s). All athletes representing a club must be members of that club. Visit www.usatf.org/membership.

Eligible Athletes: All athletes age must be verified. Please send verification of birth to your local 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:

Individual Entries: \$20.00 first event or \$5 for each additional events

Relays: \$25.00

LATE ENTRIES: \$25 for late entries- on-site.

On-Line Registration: Online registration for Open Division will be done on www.directathletics.com. Online entries will close at 11:59 PM CST on June 24, 2014 by credit card or electronic check.

Registration: Both Masters and Open Divisions may register online and on site for late registration site. Both Divisions will open on **April 20, 2014** and must be paid by June 24, 2014 at 11:59 pm CST.

AWARDS: Medals will be awarded to the top three individuals and top three relay teams to include each Master's age division.

Prize Money

USA Track & Field will pay prize money to the first place **OPEN** men's and women's team. The prize will be \$600 reimbursable travel grant to allow the team to travel to the National Club Championships that will be held on July 11th and 12th at Seattle – Tacoma, Washington.

IMPLEMENT WEIGH-IN: All implements must be checked in two hours prior to 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 minutes of completion of running events and 30 minutes for field events. In addition, event results will be posted at www.redstixtiming.org, directathletics.com and swusatf.org. .

CONTACTS: Lester Mount, Meet Director runnerlester@gmail.com or 214-766-2854
Michael Murphy, Mens Track & Field Chair, michael628@yahoo.com or 817-703-1265
Barbara Granberry, Womens Track & Field Chair, bgranberry77@gmail.com or 903-570-3341
Lesia Dunn, membership chair, lesia.dunn@gmail.com, 214-331-6317
Toni Nichols, Secretary, tnichols70@sbcglobal.net, 214-803-9633



Meet Schedule 6/28/2014

FIELD EVENTS (Open & Masters)

8:30 am	Hammer Throw	Women	Finals
		Men	Finals
	Triple Jump	Women	Finals
		Men	Finals
	Pole Vault	Men	Finals
		Women	Finals
9:00 am	Long Jump	Women	Finals
		Men	Finals
	Shot Put	Men	Finals
		Women	Finals
	High Jump	Women	Finals
		Men	Finals
10: am	Discus	Men	Finals
		Women	Finals
12:00 pm	Javelin	Women	Finals
		Men	Finals



**Meet Schedule
June 28, 2014**

RUNNING EVENTS

8:30 am	5000m Open/Masters	Final
	1500m Race Walk Masters	Final
	1500m Race Walk Open	Final
9:00 am	200m Open	Final
	200m Masters	
	4x800 Masters	
	4x 800 Open	Final
	80m Hurdles	Final
	100m Hurdles Open women	Final
	100m Hurdles Masters Women/Men	Final
	110m Hurdles Open men	Final
	110m Hurdles Masters	Final
	100m Masters Women/Men	Final
	100m Open Women/Men	Final
	300m Hurdles Masters Women/Men	Final
	400m Hurdles Masters Men/Women	Final
	400m Hurdles Open Women/Men	Final
	800m Open	Final
	800m Master	Final
	200m Open	Final
	100m men	Final
	400m Masters	Final
	400m Open	Final
	4x100m Relay Masters	Final
	4x100m Relay Open	Final
	1500m Masters	Final
	1500m Open	Final
	4x400m Relay Masters	Final
	4x400m Relay Open	Final

All Running events are timed finals



Registration Form

Entry fees: \$20 per athlete, \$5 each additional event. Relays are \$25 per team. Relays will be declared 1 hour prior to the meet and payment collected at that time.

Pre-registration is required for the Hurdle event
ENTRIES CLOSE AT 11:59 PM on June 24, 2014

Name_____ DOB_____ Age on 6/24/2014_____ Sex_____

Address_____ City_____ State_____ Zip_____

Phone_____ Email _____

Athlete's
Signature_____ Date_____

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

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

Masters Athletes may register on-site

Memberships may also be purchased on-site

Make checks payable to USATF Southwestern Association

Mail entry to: USATF Southwestern Association
Post Office Box 763594
Dallas, TX 75376-3594