

2018 USATF Florida Association Open and Masters Outdoor Track and Field Championships

Saturday, June 2, 2018
Showalter Field, Winter Park, FL

Eligibility:

The meet is open to all Open and Masters athletes, but only **USATF members and clubs from the Florida Association are eligible to score in the championships.**

Open division athletes must be ages 19-29. Master division athletes may be ages 30+. (Masters age athletes may choose to compete in Open division)

2018 USATF membership is recommended but **not required** to compete in this meet. Non-USATF member athletes, USATF member athletes from other Associations and Countries are welcome to compete in this meet but are not eligible for team scoring or for Florida Championship medals. Team scoring is limited to USATF Florida Association member club teams only. USATF memberships are available on-line at www.usatf.org/membership/

Meet Registration fees for USATF members:

\$20.00 per individual USATF member – up to 3 events.
There is an additional fee of \$5 per event for each additional event.

Meet Registration fees for Non-USATF members:

\$25.00 per individual non-USATF member- up to 3 events.

That's right! Save \$5 RIGHT NOW by [becoming a USATF Florida member](#).
There is an additional fee of \$5 per event for more than 3 events.

Day of meet registration only. Please bring your current USATF membership card indicating which Association you are a member of

\$30.00 per individual – up to 3 events.
There is an additional fee of \$5 per event for each additional event.
Cash, Cashier Check or Money Order payable to USATF Florida (Credit Cards will NOT be accepted)

Waiver:

Every athlete entering on the meet will be required to sign a waiver at registration prior to competing, stating that track and field is an inherently dangerous sport and participants will not hold USATF Florida or Showalter Park liable for any injury. And that as a participant, you are in good health to compete as an athlete.

AWARDS

There will be separate awards for both Open and Masters and both Men and Women. All awards must be claimed within 30 minutes after the conclusion of the meet.

MEDALS

USATF Florida Member athletes only:

USATF Association Championship medals - top 3 in all individual Open events.

USATF Association Championship medals - top 3 in all individual Master events for each 5-year age group beginning at 30-34.

ATHLETE INFO

Bib Number:

Each athlete will be issued a competitor's bib number that must be pinned to the front of the top outer garment visible during all competition. Bibs must be worn as issued and may not be altered in any way. They must be worn unaltered as instructed by the Clerk of Course

Seeding for running events:

Athletes will report to the clerk of course when their running event is called. Seeding will be done by the Clerk of Course based upon times submitted during the entry process. The Clerk will issue heat and lane assignments.

Seeding for field events:

Field event athletes will report directly to the head field event judge when the field event is called. Seeding will be done at the field event by the head field event judge.

Team Scoring:

All verified members of USATF Florida clubs are eligible to score points for their team. Teams must have at least 10 scoring individuals to qualify for team prizes. (open/masters, men and women qualify as one team) Scoring will be based on overall gender results in each event. (masters and open results will be combined and scored in each event) Total highest score will be named winning team.

Miscellaneous Meet Information

- You may use your own starting blocks if the spikes are 1/4" or less.
- 1/4" or less spiked shoes are allowed. Clerk of Course/Field Judges will check spikes at each event check-in.
- Bathrooms only will be available.
- Concession will be open

Order of Track Events

Order of Track Events will begin at 9:00 a.m. and continue on a rolling schedule

3000 Meter Race Walk (Masters M/W)
5000 Meter Race Walk (Open W followed by M)
5000 Meter Run (Masters/Open)
80 Meter Hurdles (30") W 40-59
100 Meter Hurdles (33") Open W, W30-39, M60-69)
100 Meter Hurdles (36") M50-59
110 Meter Hurdles (39") Masters M30-49
110 Meter Hurdles Boys (42") Open M
400 Meter (Masters/Open W followed by M)
100 Meter (Masters/Open W followed by M)
800 Meter (Masters/Open W followed by M)
4 X 100 Meter Relays (Masters/Open W and M)
2000 Meter Steeplechase (Masters W and M60+)
3000 Meter Steeplechase (Open W, Masters M30-59, and Open M)
300 Meter Hurdles (30") (Masters W50-59 and M60-69)
400 Meter Hurdles (30") W30-49 and Open W
400 Meter Hurdles (33") Masters M50-59
400 Meter Hurdles (36") M30-39 and Open M
200 Meter Dash (Masters/Open W followed by M)
1500 Meter Run (Masters/Open W followed by M)
4 X 400 Meter Relays (Masters/Open W followed by M)

We will use a rolling time schedule – If required, separate Master (30+) sections will run first – younger to older. They will be immediately followed by the Open sections – slower to faster.

Order of Field Events - If required, separate Master (30+) sections will compete first – younger to older. They will be immediately followed by the Open sections. **Order of Field Events will begin at 8:30 a.m. and continue on a rolling schedule. Implement Inspection begins at 7:30 a.m.**

Javelin
Hammer
Weight Throw
Shot Put
Discus
Pole Vault
High Jump
Long Jump
Triple Jump

****Javelin will be contested from a grass runway****

Format of Field Events

Throws

Implement Inspection: All implements should meet the weight and measures standards and should be safe to use. Throwing an implement that is altered is grounds for disqualification, even if it occurs during the warm-up periods. All athletes are responsible for bringing their own legal implements. We will not provide implements for use. We plan to inspect all implements before the competition begins. Inspection begins at 7:30 a.m. Athletes found using illegal implements after the inspection will be disqualified from the meet.

If required, separate Master (30+) sections will compete first, younger to older, trials then finals. They will be immediately followed by the Open sections, trials then finals.

Each competitor will be allowed 3 preliminary attempts in all throws. Upon completion of the preliminary attempts, the top 9 competitors in each age division will advance to the finals for 3 more attempts. An athlete may compete in only one division for each of the throwing events.

Approximate Schedule of Throws

8:00 a.m.	Warm-ups begin	
10:00 a.m.	Discus	Masters/Open, M/W, flights as needed
10:00 am	Shot	Masters/Open, W/M, flights as needed
12:00 pm	Javelin Throw	Masters/Open, W/M, flights as needed

Shot Put:

Bring your own legal implement. Inspection begins at 9:00 a.m. The following shot put implement weights may be used:

Open: 16 lbs. Men and 4 kg Women
Masters: Appropriate Weights for each age group.

The different Shot Put weights used for Master (ages 30+) Men and Women under USATF rules are as follows:

WOMEN Shot

30-49 4 kg
50-59 3 kg
60-79 3 kg
80+ 3 kg

MEN Shot

30-49 7.26 kg (16 lb)
50-59 6 kg
60-69 5 kg
70-79 4 kg
80+ 3 kg

Discus Throw:

Bring your own legal implement. Inspection begins at 7:30 a.m. The following Discus implement weights may be used:

Open: 2.0 kg Men and 1.0 kg Women

Masters: Appropriate Weights for each age group.

The different Discus weights used for Master (ages 30+) Men and Women under USATF rules are as follows:

WOMEN Discus

30-49 1 kg
50-59 1 kg
60-79 1 kg
80+ 0.75 kg

MEN Discus

30-49 2 kg
50-59 1.5 kg
60-69 1 kg
70-79 1 kg
80+ 1 kg

Javelin Throw:

Bring your own legal implement. Inspection begins at 7:30 a.m. The following Javelin implement weights may be used:

Open: 800g Men and 600 g Women

Masters: Appropriate Weights for each age group.

The different Javelin weights used for Master (ages 30+) Men and Women under USATF rules are as follows:

WOMEN Javelin

30-49 600 g
50-59 400 g
60-79 400 g
80+ 400 g

MEN Javelin

30-49 800g
50-59 700g
60-69 600g
70-79 500g
80+ 400g

Jumps

Warm-ups begin 30 minutes prior to the start of the event, 1 hour for Pole Vault

10:00 a.m.	Long Jump	Masters/Open, W/M, flights as needed
10:00 a.m.	Pole Vault	Masters/Open, W/M, combined (5-alive)
12:00 p.m.	High Jump	Masters/Open, W/M, combined (5-alive)
12:00 p.m.	Triple Jump	Masters/Open, W/M, flights as needed

Pole Vault: If there are less than 20 total pole vaulters entered, then Master, Open, Men, Women will jump together based on seed heights. We will use the 5-alive system.

Special accommodation: Any Master (30+) Women or Men who want to start lower than the scheduled opening height of 2.35m must inform the head pole vault official no later than 9:30 a.m. on the day of the meet.

An athlete may compete in only one division for each of the vertical jumping events.

High Jump: Master, Open, Men, Women may jump together based on seed heights.

Special accommodation: Any Master (30+) Women or Men who want to start lower than the scheduled opening height of 1.20m must inform the head high jump official.

An athlete may compete in only one division for each of the vertical jumping events.

Long Jump and Triple Jump:

If required, separate Master (30+) sections will compete first – younger to older, trials then finals. They will be immediately followed by the Open sections, trials then finals.

Each competitor will be allowed 3 preliminary jumps in all horizontal jumps. Upon completion of the preliminary attempts, the top 9 competitors in each division will advance to the finals for 3 more jumps.

An athlete may compete in only one division for each of the horizontal jumping events.

Format of Running

Short Hurdles Finals: We will attempt to accommodate all Master hurdle heights and race distances if equipment and facility markings allow.

A runner may compete in only one division for the short hurdles.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom. Run in assigned lanes for the entire race.

Long Hurdles Finals (200m, 300m and 400m Hurdles): We will attempt to accommodate all Master hurdle heights and race distances if equipment and facility markings allow.

A runner may compete in only one division for the long hurdles.

If needed, the top 8 entrants based on seed times submitted will be assigned to the last section of each age division. Other entrants will be assigned to earlier sections if necessary. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Preferred lanes: Run in assigned lanes for the entire race. Final placing within each division will be determined by time.

100m Dash: If required, separate Master Men (30+) sections will run first – younger to older. They will be immediately followed by the Open Men sections. They will be followed by, separate Master Women (30+) sections if required – younger to older. The Master Women will be immediately followed by the Open Women sections. If sections are needed within a division we will run slower to faster. If needed, the top 8

entrants within a division based on seed times submitted will be assigned to the fast heat. Other entrants will be assigned to earlier heats.

A runner may compete in only one division for the 100m Dash.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.

Run in assigned lanes for the entire race.

200m and 400m Dash: If required, separate Master Men (30+) sections will run first – younger to older. They will be immediately followed by the Open Men sections. They will be followed by, separate Master Women (30+) sections if required – younger to older. The Master Women will be immediately followed by the Open Women sections. If sections are needed within a division we will run slower to faster. If needed, the top 8 entrants within a division based on seed times submitted will be assigned to the fast heat. Other entrants will be assigned to earlier heats.

A runner may compete in only one division for the

200m Dash. A runner may compete in only one division of the 400m Dash.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.

Final placing within each division will be determined by time. Run in assigned lanes for the entire race.

800m Run, 1500m Run, 5000m Run, Masters 3000m Walk, 5000m Walk: If required, separate Master (30+) sections will run first – younger to older. They will be immediately followed by the Open sections. Masters may be combined with Open if entry number warrant. If sections are needed within a division we will run slower to faster. Fast section will run last.

Fast sections will be limited to maximum of: 800m – 12 runners

1500m - 16 runners

Masters 3000m Race Walk–

18 walkers

5000m Race Walk – 24 walkers

The 1500m, 5000m, 3000m Race Walk, 5000m Race Walk and Steeplechase will use a waterfall start. The 800m will use either a one-turn box start or a waterfall start depending on numbers. Final placing will be determined by time. Masters may be combined with Open if entry numbers warrant. Men and Women may also be combined depending on entry numbers.

An athlete may compete in only one division for

the 800m. An athlete may compete in only one

division for the 1500m. An athlete may compete

in only one division for the 5000m.

Format of Relays

4 x 100m Relay and 4 x 400m Relay: All 4 members of each relay team will be required to sign a waiver at registration prior to competing. Each athlete will be issued a competitor's bib number that must be pinned to the front of the top outer garment visible during all competition. Bibs must be worn as issued and may not be altered in any way. Additional age/gender numbers and/or hip numbers may be issued at the discretion of the Clerk of Course. There is no uniform requirement for relay teams.

Relay teams will fill out a relay card when called by the Clerk. Seeding will be done by the Clerk.

Separate Masters (ages 30+) heats and flights will be provided if entry numbers allow.

In order to be eligible for USATF Championship awards and team scoring all four runners must be valid members of the same USATF member Club and individual USATF Florida Association members. If all 4 runners are not members of the same USATF Association member club or if not all 4 runners are not

names of all four runners in their running order. The form shall also list each competitor's bib number and a seed time. An athlete may compete for only one team in the 4x100m Relay.

The 4 x 100m Relay will be run in lanes for the entire race. Blocks and batons will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom. You may use your own legal baton. There is no uniform requirement for relay teams. Masters Men will run first – younger to older followed by Open Men – slow to fast; if necessary. Masters Women will run first after the men – younger to older followed by Open Women, if necessary. Masters may be combined with Open if entry numbers warrant. Men and Women may also be combined depending on entry numbers. Final placing within each division will be determined by time. Run in assigned lanes for the entire race. An athlete may compete in only one division for the 400m Relay.

The 4 x 400m Relay will use a 3-turn staggered start.* The lead-off runner will run the entire 400m first leg in lane. The 2nd runner will receive the baton in lane and stay in lane for the first turn. The 2nd runner may break for the inside after passing the break line at the beginning of the back straightaway. The 3rd and 4th runners will receive the baton in the order of running. Seeded sections of 8 teams each as needed. Masters Men will run first – younger to older followed by Open Men – slow to fast; if necessary. Masters Women will run first after the men – younger to older followed by Open Women; if necessary. Masters may be combined with Open if entry numbers warrant. Men and Women may also be combined depending on entry numbers. Final placing will be determined by time. Blocks and Batons will be provided. You may use your own legal baton. You may use your own blocks if they have 1/4" spikes or less on the bottom. There is no uniform requirement for relay teams. If there are fewer than 5 teams in any section of the 4x400m relay, then the Clerk may run a 1–turn stagger for the lead-off runners. An athlete may compete in only one division for the 1600m Relay.

Note: In order to be eligible for overall team scoring and receive USATF medals all 4 team relay runners must have valid 2017 USATF membership number and belong to the same USATF Florida Association member club.

Facilities:

Showalter Park has an 8-lane all-weather track with full field event facilities.
The Javelin will be thrown off a grass runway.
Bathrooms are available.

Results:

Official results will be posted at the awards table for all athletes in all events upon completion of the event. Official results will also be posted on our website at www.florida.usatf.org.