

CLUB WEST'S

38th Annual MASTERS & OPEN TRACK & FIELD MEET

Sunday, October 21, 2012, 8.30am
Griffin Stadium, Moorpark Community College,
7075 Campus Road, Moorpark, CA 93021

Sanctioned by USATF

Day of Entries: Competitors must be registered 1 hour before start of event. Late fee of \$25 will apply.

FIELD EVENTS

All implements checked with Track Master 7.30 am-12.00midday

8.30am Hammer

9.00am Shot Put – competitors who do not throw the hammer.

Hammer throwers, who also put the shot, report for the second round, which starts as soon as first round finishes.

Tentative Schedule – Following events in reverse order starting with M-80 & women

10.30am Discus, Pole Vault

11.00am Long Jump

1.00pm Weight Throw, High Jump, Triple Jump

1.30pm Javelin

In all field events, there will be six attempts. If competitor is unable to complete attempts in either Pole Vault or High Jump in allotted time, that competitor may compete in a flight other than the one assigned.

TRACK EVENTS

Tentative Schedule:

| | | | |
|------------------------------|---------------------------------|-----------------------------|------------------------------|
| <u>9.00am</u> 3000MRW | <u>10.45am</u> 110MH | <u>12.30pm</u> 300MH | <u>2.00pm</u> 5000M |
| <u>9.30am</u> 800M | <u>11.00am</u> 100M | <u>12.45pm</u> 400MH | <u>2.30pm</u> 10,000M |
| <u>9.45. am</u> 50M | <u>11.30am</u> 400M | <u>1.00pm</u> 200M | |
| <u>10.15am</u> 80MH | <u>11.45am</u> 2000M SC* | <u>1.30pm</u> 1500M | *Re SC- 60+ only |
| <u>10.30am</u> 100MH | <u>12 noon</u> Break | <u>1.45pm</u> 400M R | |

Special Awards

George Adams Trophy: Hi Points Track Events athlete, **Vernon Cheadle Trophy:** Hi Points Field Events athlete
Jimmie Whitney Trophy: Hi Points Track & Field athlete, **Pane e Vino Trophy:** Hi Points Woman athlete
Bill Veazey Trophy: Hi Points Man athlete, **Coastal Properties Trophy:** Outstanding Woman-Track Performance
Claud Hardesty Trophy: Outstanding Man-Track Performance, **Guy Peterson Trophy:** Outstanding Woman – Field Performance, **Robin Paulsen Trophy:** Outstanding Man – Field Performance,
Nick Carter Trophy: Best age-graded 1500M runner, **Ray Williams Trophy:** Best 60+ 5K runner
John Whitemore Trophy: Best age-graded Hammer Thrower, **Paul Spangler Trophy:** Best performance by 80+ athlete: **Payton Jordan Trophy:** Best Age-Graded 100M sprinter, **Hi Points Trophy:** Hi Points Open Track & Field Athlete

Athletes may win only 1 trophy per year. Events are scored 5-3-1. For points to count on first 3 trophies listed above, there must be two or more competitors in the event. Ties are broken by applying age grading.

WAVA/USATF IMPLEMENTS

All implements checked with Track Master 7.30am- 12.00pm

Women

| Age | Shot | Discus | Hammer | Javelin | Weight | Age | Hurdles | Height |
|-------|------|--------|--------|---------|--------|-------|---------|--------|
| 30-49 | 4kg | 1kg | 4kg | 600g | 9.08kg | 30-39 | 100m | 33" |
| 50-59 | 3kg | 1kg | 3kg | 500g | 7.26kg | 40-49 | 80m | 30" |
| 60-74 | 3kg | 1kg | 3kg | 400g | 5.45kg | 50-59 | 80m | 30" |
| 75+ | 2kg | 0.75kg | 2kg | 400g | 4kg | 60+ | 80m | 27" |
| | | | | | | 30-49 | 400m | 30" |
| | | | | | | All | 2000msc | 30" |

Men

| | | | | | | | | |
|-------|--------|-------|--------|------|---------|-------|---------|-----|
| 30-49 | 7.26kg | 2kg | 7.26kg | 800g | 15.88kg | 30-49 | 110m | 39" |
| 50-59 | 6kg | 1.5kg | 6kg | 700g | 11.34kg | 50-59 | 100m | 36" |
| 60-69 | 5kg | 1kg | 5kg | 600g | 9.08kg | 60-69 | 100m | 33" |
| 70-79 | 4kg | 1kg | 4kg | 500g | 7.26kg | 70-79 | 80m | 30" |
| 80+ | 3kg | 1kg | 3kg | 400g | 5.45kg | 80+ | 80m | 27" |
| | | | | | | 30-49 | 400m | 36" |
| | | | | | | 50-59 | 400m | 33" |
| | | | | | | 60-69 | 300M | 30" |
| | | | | | | 70-79 | 300m | 27" |
| | | | | | | 80+ | 200m | 27" |
| | | | | | | 30-59 | 3000msc | 36" |
| | | | | | | 60+ | 2000msc | 30" |

MOTELS/HOTELS CLOSE TO TRACK

VISTA GRANDE HOTEL

999 Enchanted Way
Simi Valley, CA 93065
(805) 583-2000

HOLIDAY INN EXPRESS

2550 Erringer Road
Simi Valley, CA 93065
(805) 584-6006

MOTEL 6

2566 Erringer Road
Simi Valley, CA 93065
(805) 526-3533

BEST WESTERN POSADA ROYALE HOTEL & SUITES

1775 Madera Road
Simi Valley, CA 93065
(805) 584 6300

DIRECTIONS TO MOORPARK COMMUNITY COLLEGE

From San Fernando Valley/Los Angeles area:

Take 118 Freeway west to Collins Drive, which is first exit in Moorpark. Right onto Collins. Right at second traffic light onto Campus Park Drive. Proceed 2/10th of a mile to Parking Lot H on left hand side.

From Thousand Oaks:

Take 23 north, then 118 Freeway to Collins Drive exit in Moorpark. Turn left onto Collins. Stay on Collins until second traffic light, which is Campus Park Drive. Turn right onto Campus Park Drive and proceed 2/10ths of a mile to Parking Lot H on left hand side.

From Western Ventura County, Santa Barbara, San Luis Obispo and all points north:

Take 101 south. Exit onto the 23 going north. Take 118 freeway (towards Los Angeles) to Collins Drive exit in Moorpark. Turn left onto Collins. Stay on Collins until second traffic light, which is Campus Park Drive. Proceed 2/10th of a mile to Parking Lot H on left hand side.

If Parking Lot H is full, please use Parking Lot G at top right hand corner of Parking Lot H. NO parking fee on Saturday or Sunday.

For assistance please call: Robin Paulsen (805) 563-1498 or Beverley Lewis (805) 969-5852.

Return entry to: P.O. Box 5730, SANTA BARBARA, CA 93150

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SUNDAY, OCTOBER 21, 2012

Griffin Stadium, Moorpark Community College, 7075 Campus Road, Moorpark, CA

Sanctioned by USATF

ENTRY & RELEASE FORMS (Also See Pg 4) (Please print or type both forms)

Name _____ DOB _____ Age _____ Male/Female

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Club Affiliation _____

Please enter me in the following Events:

1. _____ R.B. _____ 5. _____ R.B. _____

2. _____ R.B. _____ 6. _____ R.B. _____

3. _____ R.B. _____ 7. _____ R.B. _____

4. _____ R.B. _____ 8. _____ R.B. _____

(R.B. = Recent Best effort or estimate your effort)

ENTRY FEES: \$30 for first event, \$10 for second event, \$5 for each additional event, \$30 Relays

Under 20 years \$15.00 for first two events, \$5 for each additional event.

Please make checks out to: CLUB WEST, INC. P.O. BOX 5730, SANTA BARBARA, CA 93150
NO REFUNDS

October 16, 2012 is deadline for entries. Entries on day subject to: \$25.00 Late Fee.

My 2012 USATF number is: _____

If you do not have a USATF #, you may purchase a membership at the Meet for \$30.00. Under 20 years, membership of USATF is not required.

Required by USATF:

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1(800) 233-0393.

Enquiries: Robin Paulsen (805) 563-1498, Email: paulsenr@cox.net or Beverley Lewis (805) 969-5852, Fax: (805) 969-6613, Cell: (805) 452-5020, Email: b.eanne@cox.net
Website: www.clubwesttrack.org

Please See Page 4 for Waiver signature

CLUB WEST, INC.
Release and Waiver of Liability and Indemnity Agreement for Adults & Minors
(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the CLUB WEST program indicated below and/or being permitted to enter for any purpose any restricted area (herein defined as any area wherein admittance to the general public is prohibited), the Adult Participant, or the Parent(s) and/or legal Guardian(s) of the minor participate named below agree:

1. The Parent(s) and/or legal Guardian(s) of the minor participant will instruct the(minor) participant that, prior to participating in the below CLUB WEST activity or event, he or she should inspect the facilities and equipment to be used, and, if he or she believes anything to be unsafe, the participant should immediately advise the officials of such condition and refuse to participate. Likewise the Adult Participant shall follow the abovementioned guidelines. I understand and agree that, if at any time, I feel anything to be UNSAFE, I shall immediately take all precaution to avoid the unsafe area and REFUSE TO PARTICIPATE further.

2. I/We fully understand and acknowledge that:

- (a) There are risks and dangers associated with participation in CLUB WEST events, and activities could result in bodily injury partial and/or total disability, paralysis and death.
- (b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
- (c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others including, but not limited to, the Releasees named below.
- (d) There may be risks not known to us or are not reasonably foreseeable at this time.

3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused, and whether caused in whole, or in part, by the negligence of the Releasees named below.

4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the CLUB WEST event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instruction to engage in risk evaluation or loss control activities regarding the facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee:..." FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next of kin FOR ANY CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENTS(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.

5. I/WE HEREBY acknowledge that THE ACTIVITIES OF THE EVENTS(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death /and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.

6. REACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted, and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant, as well as the Adult participant, executes this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) and/or Adult Participant will reimburse the Releasee for any money that they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THE THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Facility _____
Adult Participant Signature _____
Parent or Guardian Signature (if minor) _____
Printed Name of Participant _____
Address of Participant _____
Received by _____