

**Canadian Masters  
2003  
Track & Field Championships**

on

**Saturday August 16<sup>th</sup> &  
Sunday August 17<sup>th</sup>, 2003**

at the

**Clement Track  
Richmond, British Columbia, Canada**

**Competition provided for Men and Women in 5 Year Age  
Groups from 30-34 to 90 +  
(there are no qualifying standards for entry)**

**Hosted by the  
Kajaks Track and Field Club**

Sanctioned by  
The Canadian Masters Athletic Association  
And BC Athletics

For more details see: [www.kajaks.org](http://www.kajaks.org) or [www.canadianmastersathletics.com/](http://www.canadianmastersathletics.com/)



## Notes & Tentative Schedule of Events

- Exact event starting times cannot be determined until after all entries have been received and entered into the computer system but under no circumstances will an event be changed from the day shown below.
- Women will always compete first followed by men, oldest age groups first down to the youngest.
- All track events longer than 200m may be run as “timed sections” depending on the number of entries. In this case, the “best performance” times submitted by each competitor will be used to determine the appropriate number of section finals.
- Any entrant who has indicated membership in the CMAA, USATF or a Provincial Athletic Body may be asked to produce their membership card at the time of registration.
- Weights of implements and hurdle heights may not be to current WMA standards.
- If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.
- The “Jury of Appeal” will hold the final authority in any appeal or dispute.
- When numbers justify, throws and jumps will take place in flights.

### Saturday August 16th

#### Track

08:30 a.m. 10,000m Run  
 11:00 a.m. 100m Dash  
 (Heats &/or Finals)  
  
 12:00 Noon LUNCH  
  
 01:15 p.m. Sprint Hurdles  
 (80m, 100m, 110m)  
 02:15 p.m. 1,500m Run  
 03:15 p.m. 400m Dash  
  
 04:00 p.m. 4 x 100m Relay

#### Field

09:00 a.m. Hammer followed by  
 the Weight Throw  
 10:00 a.m. High Jump  
  
 12:00 Noon LUNCH  
  
 01:00 p.m. Javelin  
 02:30 p.m. Long Jump

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 05:30 p.m. Salmon Barbecue (chicken optional)

### Sunday August 17th

#### Track

08:30 a.m. 5,000m Race Walk  
 10:00 a.m. 5,000m Run  
 11:30 a.m. 200m Dash  
 (Heats &/or Finals)  
  
 12:00 Noon LUNCH  
  
 01:15 p.m. 300m / 400m Hurdles  
 01:45 p.m. 800m Run  
 02:45 p.m. Steeplechase  
 (2,000m/3,000m)  
 \*adjustable barriers  
  
 03:30 p.m. 4 x 400m Relay

#### Field

09:00 a.m. Shot Put &  
 Pole Vault  
 11:30 a.m. Discus  
  
 12:00 Noon LUNCH  
  
 01:00 p.m. Triple Jump



**CANADIAN MASTERS ATHLETIC ASSOCIATION  
NATIONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

August 16 & 17, 2003

Clement Track, Richmond, British Columbia, Canada

**ENTRY FORM: ENTRIES MUST BE RECEIVED BY WEDNESDAY, August 6<sup>th</sup>, 2003. DEFINITELY NO POST ENTRY AND NO ENTRIES ACCEPTED BY FAX, E-MAIL OR TELEPHONE.**

PLEASE PRINT OR TYPE INFORMATION BELOW:

Family Name (Surname)	First/Given Name	M/F	Age (Aug. 16)	Date of Birth (dd/mm/yr)
Street Address				
City	Province/State	Country	Postal/Zip Code	Telephone No.
Nationality	CMAA, USATF or Provincial Athletic Body Number	Competitor's Number <i>(Official Use Only)</i>		

**EVENTS:**

Please enter a check mark against each event you wish to enter and indicate your best performance in that event during the last twelve months. There are no qualifying standards for entry. Relay teams may be put together and entered on the Saturday and/or Sunday. Event schedule may be found at [www.kajaks.org](http://www.kajaks.org)

Event	√	Best Performance	Event	√	Best Performance	Event	√
100m			<b>Sprint Hurdles</b>	X	XXXXXXXX	Pole Vault	
200m			80m			Long Jump	
400m			100m			High Jump	
800m			110m			Triple Jump	
1,500m			<b>Low Hurdles</b>	X	XXXXXXXX		
5,000m			300m			Shot Put	
10,000m			400m			Discus	
			<b>Steeplechase</b>	X	XXXXXXXX	Javelin	
5,000m Race Walk			2,000m			Hammer	
			3,000m			Weight Throw	

**FEE SCHEDULE:**

**NOTE:** All competitors must be members of CMAA, USATF or a Provincial Athletic Body or pay the non-member fee of \$15.00. No charge will be made for the relays.

FIRST EVENT..... \$25.00 (\$17.00 U.S.)..... \$..... EXTRA EVENTS.....@ \$ 8.00 (\$ 6.00 U.S.) each \$..... NON-MEMBER FEE add \$15.00 (\$10.00 U.S.)..... \$..... SALMON/CHICKEN BBQ \$20.00 (\$15.00 U.S.) \$.....(circle salmon or chicken) Cool Best Singlet \$22.50 (\$16.00 U.S) \$..... Cool Best Long Sleeve shirt \$27.50 (\$19.00 U.S) \$..... TOTAL.....\$.....	<b>MAIL ENTRIES TO: C.M.A.A.CHAMPIONSHIPS</b> 4544 McKee St., Burnaby, B.C., Canada V5J 2S8
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MAKE CHEQUES OR MONEY ORDERS PAYABLE TO Kajaks T&F Club (IN CANADIAN OR U.S. FUNDS). SORRY NO REFUNDS.  
 WAIVER, RELEASE AND INDEMNIFICATION (MUST BE SIGNED)

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY TO THE CANADIAN MASTERS ATHLETIC ASSOCIATION TRACK AND FIELD MEET, I HEREBY RELEASE AND HOLD FREE CANADIAN MASTERS ATHLETIC ASSOCIATION, THE MEET DIRECTOR, THE CITY OF RICHMOND, KAJAKS T&F CLUB, BC ATHLETICS, ALL MEET OFFICIALS AND ANYONE APPOINTED BY THEM, FROM ALL RESPONSIBILITY FOR LOSS OF OR DAMAGE TO ME OR ANYONE ACCOMPANYING ME OR ANY OF OUR EQUIPMENT, IN ANY WAY ASSOCIATED WITH OR CAUSED BY MY PARTICIPATION IN THE SAID MEET, NOTWITHSTANDING THAT SUCH LOSS OR DAMAGE MAY HAVE BEEN CONTRIBUTED TO BY THE NEGLIGENCE OF ANY OF THE AFORESAID.

SIGNATURE.....DATE.....