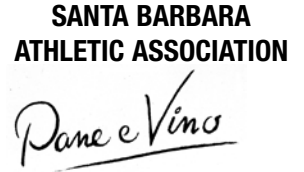


35th Annual Masters' & Open Track & Field Meet



Eliane Alexandre
French Salon/Day Spa
805.969.5071



Saturday, October 3, 2009

**Pauley Track, University of California at Santa Barbara
Corner of El Colegio and Stadium Roads, UCSB Campus**

Sanctioned by USATF • Sponsored by Club West, City of Santa Barbara Parks & Recreation Department, Via Vai Trattoria, Pane E Vino Trattoria, Eliane Alexandre French Salon and Santa Barbara Athletic Association

FIELD EVENTS

All Implements Will be Checked with CLUB WEST's Trackmaster (7:30am-12pm)

8:30 am Hammer

9:30 am Shot Put —Putters who do not throw the hammer.

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

Tentative Schedule: The Following Events In The Reverse Order Starting With M-80 & Women

10:30 am Pole Vault

1:00 pm High Jump

2:15pm Weight Throw

11:00 am Long Jump

1:00 pm Triple Jump

11:00 am Javelin

1:30 pm Discus

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

TRACK EVENTS—PRELIMINARY TIME

All-Weather Track; FinishLynx Timing; Minimal Wind Conditions

Special Awards

George Adams Trophy: High Points Track Events athlete

Vernon Cheadle Trophy: High Points Field Events athlete

Jimmie Whitney Trophy: High Points Track & Field athlete

Pane e Vino Trophy: High Points Woman athlete

Bill Veazey Trophy: High Points Man athlete

RE/MAX 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 5K Runner 60+

John Whitemore Trophy: Best Age-Graded Hammer Thrower

Paul Spangler Trophy: Best Performance by Athlete 80+

Payton Jordan Trophy: Best Age-Graded 100m Sprinter

Via Vai High Points Trophy: High Points Open Track & Field Athlete
Athlete may win only one 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 broken by applying age grading.

Late Day Entries—Competitors must be registered 1 hour before start of the event. The late fee of \$10 will apply.

TENTATIVE SCHEDULE

9:00 am	3000 m Racewalk	12noon	Lunch Break
9:30 am	800 m	12:30 pm	300 m Hurdles
9:45 am	50 m	12:45pm	400 m Hurdles
10:15 am	80 m Hurdles	1:00 pm	200 m
10:30 am	100 m Hurdles	1:30 pm	1500 m
10:45 am	110 m Hurdles	1:45 pm	400 m Relay
11:00 am	100 m	2:00 pm	5000 m all divisions
11:30 am	400 m	2:30 pm	10,000 m all divisions
11:45 am	2000 m Steeplechase 60+		

WAVA/USATF Implement

Implements will be inspected at UCSB one hour prior to each event.

Age	Shot	Discus	Javelin	Hammer	Weight	Age	Hurdles	Hurdle
Women						Women	Distance	Height
30-49	4 kg	1 kg	600 g	4 kg	9.08kg	30-39	100 m	33"
50-59	3 kg	1 kg	500 g	3 kg	7.26kg	40+	80 m	30"
60-79	3 kg	1 kg	400 g	3 kg	5.45kg	30-49	400 m	30"
80+	3kg	0.75kg	400g	3kg	5.45kg	All	2000msc	30"
.....								
Men						Men	Distance	Height
30-49	7.26 kg	2 kg	800 g	7.26 kg	15.88kg	30-49	110 m	39"
50-59	6 kg	1.50 kg	700 g	6 kg	11.34kg	50-59	100 m	36"
60-69	5 kg	1 kg	600 g	5 kg	9.08kg	60-69	100 m	33"
70-79	4 kg	1 kg	500 g	4 kg	7.26kg	70+	80 m	30"
80+	3 kg	1 kg	400 g	3 kg	5.45kg	30-49	400 m	36"
						50-59	400 m	33'
						60+	300 m	30'
						60+	2000msc	30"

MOTELS NEAREST TO MEET:

Super 8 Motel
6021 Hollister Ave.
Goleta, CA 93117
(805) 967-5591

Ramada Limited
4770 Calle Real
North Santa Barbara, CA 93110
(805) 964-3511
Request Penny Fleming
* 2 night minimum Sat & Sun

Holiday Inn
5650 Calle Real
Goleta, CA 93117
(805) 964-6241
*2 night minimum

Pacific Suites
5490 Hollister Ave.
Goleta, CA 93111
(805) 683-6722

Motel 6
5897 Calle Real
Goleta, CA 93117
(805) 964-3596

Best Western South Coast Inn
5620 Calle Real
Goleta, CA 93117
(805) 967-3200

DIRECTIONS

From the South: 101 North to exit on LOS CARNEROS. Turn left at exit and continue on LOS CARNEROS to MESA ROAD (1.3 miles). Left on MESA RD. to STADIUM RD. (0.4 miles). Right on STADIUM RD. (opposite from Fire and Police stations) to PARKING LOT 30 on left.

From the North: 101 South to exit on LOS CARNEROS. Turn right at exit and continue on LOS CARNEROS to MESA ROAD (1.3 miles). Left on MESA RD. to STADIUM RD. (0.4 miles). Right on STADIUM RD. (opposite from Fire and Police stations) to PARKING LOT 30 on left.

Parking Fee: \$3.00. Obtain permit from Permit Dispenser Machine located at both north end of Lot 30 and outside Baseball Stadium also in Lot 30. Have exact money—no change given. To pay by cell phone, call toll-free: 1-866-283-8393. Credit cards also accepted. Parking enforcement in operation 24/7.

*For assistance please call: Gordon McClenathen at 805-964-3005, Beverley Lewis at 805-969-5852
Jason Bryan at 805-897-2519 or Robin Paulsen at 805-563-1498
Return entry to Club West, P.O. Box 99, Goleta, CA 93116-0099*



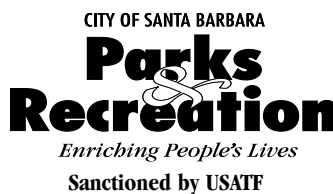
INFORMATION PHONE: 805-964-3005 OR 805-969-5852

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Pauley Track, University of California at Santa Barbara, Corner of El Colegio and Stadium Roads, UCSB Campus



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**SANTA BARBARA
ATHLETIC ASSOCIATION**



Sponsored by Club West, City of Santa Barbara Parks & Recreation Department, Pane E Vino Trattoria, Via Vai Trattoria, Eliane Alexandre French Salon, and Santa Barbara Athletic Association

Entry Blank & Release Form (please print or type)

Name _____ DOB _____ Age _____ Male Female Phone () _____
 E-Mail _____
 Address _____ City _____ State _____ Zip _____

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 efforts or estimate your effort)

Entry Fees: \$25 for first event; \$10 for second event; \$5 for each additional event; \$25 relays. **NO REFUNDS.**
 If relay team members are from same club, club must send check for fees. Make checks payable to Club West.

September 26, 2009 is the Deadline For Entries

Entries postmarked after September 26, 2009 will be subject to a surcharge of \$10. Clubs should be responsible for relay team entries.

Athlete/Team Release:

*In consideration of my/our entry, I do hereby for myself/ourselves, heirs, and administrators, waive and release all claims I/we may have against the Club West Masters' Track & Field Meet and the City of Santa Barbara Parks & Recreation Department, its representatives and the various governing bodies, and The Regents of the University of California, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned by myself/ourselves. **See back for additional signature requirement.***

Signature: _____

Required by USA Track & Field:

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 800-233-0393.

My 2009 USATF number is (Registration Required): _____
 If you do not have a USATF number, you may purchase a membership at the Meet for \$30.

Signature: _____

You cannot compete without a USATF Registration Number Sanctioned By SCA-USATF

35th Annual Club West Masters' & Open Track & Field Meet

Required by the City of Santa Barbara

CITY OF SANTA BARBARA RELEASE AGREEMENT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THIS CITY ACTIVITY OR USE OF ANY CITY FACILITIES IN CONNECTION WITH THIS ACTIVITY, THE UNDERSIGNED AGREES TO THE FOLLOWING:

CODE OF CONDUCT By signing the release agreement below, you acknowledge that you have read and fully understand the City of Santa Barbara Parks and Recreation Department "Code of Conduct" and do thereby for yourself, or on behalf of your child(ren), agree to abide by its policies and conditions exactly as written. See below for complete Code of Conduct policy.

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE CITY OF SANTA BARBARA, ITS EMPLOYEES, OFFICERS AND AGENTS (hereinafter referred to as "releasees") from all liability to the undersigned, his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned, whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in the City activity or using any City facilities in connection with the activity.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND HOLD HARMLESS the releasees from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnity or incurred on appeal) resulting from involvement in this activity whether caused by any negligent act or omission of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE while upon City property or participating in the activity or using any City facilities and equipment whether caused by any negligent act or omission of releasees or otherwise. The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by California law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the City or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations, statements or inducements have been made.

Signature _____ Date _____

CITY OF SANTA BARBARA PARKS & RECREATION CODE OF CONDUCT

The benefits of Parks and Recreation programs are numerous – enhancing health and building strong families and healthy communities. To insure the quality of programs and public safety, we ask all program participants, staff, parents, spectators, coaches, and volunteers, to abide by this Code of Conduct:

- All persons shall act with respect towards other persons, respect their privacy and personal safety.
- Physical or verbal abuse of any kind will not be tolerated.
- All persons shall treat public and private property and equipment with respect.
- Program rules and regulations shall be observed at all times.

Any City representative responsible for officiating, supervising or otherwise operating a parks and recreation program shall have authority to enforce the terms of this Code, as authorized by the Director of Parks and Recreation, empowered by Municipal Code Section 15.16.220. Failure of any person to abide by this Code of Conduct will result in disciplinary action, including (but not limited to):

- 1) removal from the program area,
- 2) restriction on program participation and
- 3) suspension or expulsion from the program.

Minors, under the age of 18, are required to have a parent or legal guardian sign the registration form.

No refund of fees shall be given for any suspension or expulsion from a program for violating the Code of Conduct. The Parks and Recreation Director shall review any expulsion or suspension longer than three days. Appeals of any suspension or expulsion shall be filed, in writing, with the Parks and Recreation Director within seven (7) days of action. Decision of Director is final.

Club West, Inc.
Release and Waiver of Liability and Indemnity Agreement
(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 (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) 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 is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agreed that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions 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 which 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 other risks not known to us or are not reasonably foreseeable at his 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 instructions 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 AND ALL 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 EVENT(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 EVENT(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. EACH 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 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) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ 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 AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

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