

# Arizona Flames Invitational Track And Field Meet

DATE: Saturday, April 23, 2011 TIME: 4:00 P.M. Field Events  
5:00 P.M. Track

SITE: Mesa Community College SANCTIONED BY:  
1833 W. Southern Ave. USA TRACK & FIELD, ARIZONA  
Mesa, Arizona

AGE GROUPS: Open (Under 30), plus all standard five year age groups from age 30 upward, i.e.,  
30-34, 35-39, 40-44, 45-49, etc.

ENTRY FEE: \$20 for the first three events chosen. Each additional event \$3.

ENTRY DEADLINE Wednesday, April 16, 2008  
Day of meet entries accepted with \$15 late fee up till 4:30pm and is based on space  
availability. Athlete must be present 1/2 hour before event start time.

MAIL TO: James Smith Make checks payable to:  
Arizona Flames Track Club Arizona Flames Track Club  
880 N. Madrid Lane  
Chandler, AZ 85226

E-mail:James@azflames.com

INFORMATION: [www.azflames.com](http://www.azflames.com)

## Schedule of Events (All times PM )

### Track Events \*

5:00 3000m walk  
5:20 3000m Steeplechase  
5:45 4 x 100 relay  
6:00 1500m  
6:15 110/100/80/HH  
7:00 400m  
7:20 100m  
7:40 800m  
8:00 400/300 IH  
8:10 200m  
8:30 3000m/5000m  
9:00 4 x 400 relay/4 x 800 relay

### Field Events- \*

4:00 Hammer - All Ages  
4:00 Javelin - All Ages  
5:30 High jump  
Flt#1 - Men 16-59  
Flt#2 - Men 60+, Women  
5:30 Long jump – All Ages (open pit)  
5:30 Pole vault  
5:30 Discus (Upon completion of Hammer)  
Flt#1 - Men 16-59  
Flt#2 - Men 60+, Women  
6:00 Shot put  
Flt#1 - Men 60+, Women  
Flt#2 - Men 16-59  
7:00 Triple jump (open pit)  
7:30 Weight/Superweight

\* Please be prepared. The meet can run +/- 15 minutes in each event. The meet will run on a continuous basis.

Note: Hammer throwers who are entered in the first flight of the discus or shot put will be permitted to take some or all of their throws in the second flight of those events to prevent conflict with the hammer.

# Arizona Flames Invitational

## OFFICIAL ENTRY

Meet Date: April 23, 2011

Day of meet entries accepted until 4:30pm, based on space availability. Athlete must be present 1/2 hour before event start time. Relays will be formed on site based on age group and categories.

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Date of Birth \_\_\_\_\_ USATF# \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

List events entered:

- |          |             |          |             |
|----------|-------------|----------|-------------|
| 1. _____ | Mark: _____ | 5. _____ | Mark: _____ |
| 2. _____ | Mark: _____ | 6. _____ | Mark: _____ |
| 3. _____ | Mark: _____ | 7. _____ | Mark: _____ |
| 4. _____ | Mark: _____ | 8. _____ | Mark: _____ |

PAYMENT:

Entry fee (up to three events):     \$20    

Additional events (\$3 each) \_\_\_\_\_

Late fee (\$15 day of meet) \_\_\_\_\_

TOTAL SUBMITTED: \_\_\_\_\_

MAIL TO:

James Smith

Arizona Flames Track Club

880 N. Madrid Lane

Chandler, AZ 85226

Make checks payable to: Arizona Flames Track Club

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or hereafter accrue, against Mesa Community College, Arizona USATF Arizona, Arizona Flames Track Club, and all other sponsors and sports facilities or their officials or agents, for any damages which may

be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's signature: \_\_\_\_\_ Date: \_\_\_\_\_