

# 2008 Virginia Association And Open Masters Track & Field Championships

July 12, 2008

Sign-in begins at 8:00 am

Start Time: Field Events—9:00am Track Events—10:00am

Age 30-39 men, 30-39 women, Continues in 5 year increments, ie., 40-44 , 45-49, etc.



Long Jump	100 Meters	High Hurdles
Triple Jump	200 Meters	Intermediate Hurdles
High Jump	400 Meters	4 x 100 Meters Relay
Shot Put	800 Meters	4 x 400 Meters Relay
Pole Vault	1600 Meters	
Discus		

Medals To Top 3 In All Events

Association Championship Medals For Virginia Members

## ENTRY FEES

\$10 1st event

\$5 each additional event—no limit

\$16 relays

## VENUE SPECIFICATIONS

Maggie Walker Governor's School, Richmond, Virginia

8-lane 400 meter oval track. 1/4 inch spikes Only Fully automatic timing

For more information call Coach Mack (804) 236-0951

## DIRECTIONS

Exit I-64 onto Belvidere Street. Turn right on Leigh Street (.51 miles). Turn right on Lombardy Street (.01 miles)

Registration Begins June 12th online at Direct Athletics

Preregistration For USATF Encouraged

Entry Deadline Midnight July 6th, 2008

This is a USATF sanctioned meet:

USATF membership is required.

A membership number may be

purchased on site