



## USATF/Lions All-Comers and Combined Events Championships

*Keep this for your reference*

WHEN: March 27

WHERE: Rouse High School, 1501 CR 271, Leander, Tx 78641

<http://www.mapquest.com/maps?city=Leander&state=TX&address=1501+CR+271&zipcode=78641>

ENTRY FEES: \$15 first event, \$5 thereafter; Throws Pentathlon \$40

Mail following info: name, age, sex, events(best times/marks in 2009) with check payable to: Track4Life. PO Box 28542, Austin, Tx 78755

ALL MUST SIGN WAIVERS AT CHECK-IN(Adults sign for 18&Under)

**\$5 off if USATF member. Provide # when sending in entry information**

LATE REG: \$25/event after March 24; Throws Pentathlon \$60

AWARDS: Medals, places 1-3 by sex and event

AGE GROUPS: 2-Year Age Groups beginning at age 3 through 18; Open Div(19-29);  
5-Year Age Groups beginning at 30 and up.

CONCESSIONS: Proceeds benefit Rouse High Booster Club

### TRACK EVENT SCHEDULE-Rolling Start Left-Right, 9AM **Finish Lynx Timing**

1500 Racewalk	100/110 Hurdles	3000 Racewalk
50	5000	100
800	4x100 Relay	200
BREAK	200/300/400 Hurdles	4x200 Relay
400	1500	4x400 Relay

### FIELD EVENT SCHEDULE

9AM: High Jump	10 AM: Long Jump, Discus, Shot, Javelin	3PM Superweight
11AM: Pole Vault	NOON: Triple Jump	
1PM: Hammer, Weight	<b>10 AM, March 27 Throws Pentathlon</b>	

**BIOGRAPHY:** As time permits, we like to share interesting track & field experiences you have had over the PA system. So feel free to prepare a short bio and send it to me.

Questions? Seth Brower(512-794-3818); [track4life@earthlink.net](mailto:track4life@earthlink.net)