



## 2009 HEARTLAND OPEN/MASTERS OUTDOOR TRACK & FIELD MEET

Saturday, June 27, 2009

### Field Events:

High Jump  
Long Jump  
Triple Jump  
Shot Put  
Discus  
Hammer  
Javelin Throw  
Pole Vault  
(Please Bring your own implements)



### Running Events:

1500m Run  
4 x 800m Relay  
3000m Race Walk  
4 x 100m - Relay  
400m - Dash  
100m - Dash  
100m Hurdles  
110m Hurdles  
400m Hurdles  
800m Run  
1500m Race Walk  
5000m Run  
200m - Dash  
4 x 400m - Relay



Johnson County  
Community College  
Track & Field Stadium  
12345 College Blvd  
Overland Park, KS 66210



**Meet Location:** Johnson County Community College

Track & Field Stadium,  
12345 College Blvd.  
Overland Park, KS 66210

**Entry Fee:** Athlete entry fee is \$25 and unlimited events. Relays 20.00

**Online registration only at:** [www.heartlandathleticservices.com](http://www.heartlandathleticservices.com)

Online registration opens May 27, 2009 and closes on June 20, 2009

Print your declaration form and mail printed declaration form with payment. Mail to: Heartland Athletic Service, PO Box 30074, Kansas City, MO, 64112. Make checks payable to Heartland Athletic Services, Inc.  
Postmark: June 21, 2008

For additional information: **Contact:** Gilbert Castillo, Meet Director  
Email: [gscast@kc.rr.com](mailto:gscast@kc.rr.com). Phone: 816-916-6379

The Heartland Open/Masters Outdoor T&F Meet is open to all men and women ages 19 through 75+.  
Open athletes 19-29 will compete together.

Masters athletes will compete in 5-year age groups (i.e. 30-34, 35-39 and so on).

Based on the number of athletes in each age group, several age groups may race in the same race final.

**Age Groups:** 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 75+

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> Place medals per event for each age group



Heartland

Athletic

Services

Inc.

# 2009 HEARTLAND OPEN - MASTERS OUTDOOR TRACK & FIELD MEET

**Saturday, June 27, 2009 USATF Sanction # 09-28-029**

**Meet Location:** Johnson County Community College,  
Track & Field Stadium, 12345 College Blvd., Overland Park, KS 66210

**Entry Fee:** Athlete entry fee is \$25 and unlimited events.  
Relays \$20.00



**Online registration only:** [www.heartlandathleticservices.com](http://www.heartlandathleticservices.com)

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**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> Place medals per event for each age group

**Based on number of athletes in each age group, several age groups may be combined.**

## Tentative Schedule

Age Groups: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 75+

Open 19-29 athletes will compete together

Time	T & F Events	Event Type	Competition Order & Age Group
8:00 AM	Long Jump	Finals	Women / Men (Oldest to Open) <b>4 attempts</b>
	Discus Throw	Finals	Men / Women (Oldest to Open) <b>4 attempts</b>
8:30 AM	1500m Run	Finals	Women (race in 10 year age groups). <b>MARA Race Series event</b>
	1500m Run	Finals	Men (race in 10 year age groups). <b>MARA Race Series event</b>
9:00 AM	Shot Put	Finals	Women / Men (Oldest to Open) <b>4 attempts</b>
	Hammer	Finals	Women / Men (Oldest to Open) <b>4 attempts</b>
	3000m Race Walk	Finals	Women (All)
	3000m Race Walk	Finals	Men (All)
10:00 AM	High Jump	Finals	Women / Men (Oldest to Open)
	Pole Vault	Finals	Men / Women (Oldest to Open)
	4 x 800m Relay	Finals	Women (All) / Men (All)
11:00 AM	Javelin	Finals	Women / Men (Oldest to Open) <b>4 attempts</b>
	Triple Jump	Finals	Men / Women (Oldest to Open) <b>4 attempts</b>
	4 x 100m Relay	Finals	Women (All) Men (All)
	100m Hurdles	Finals	Women (Oldest to Open)
	110m Hurdles	Finals	Men (Oldest to Open)
<b>NOON</b>	<b>30 minute Lunch Break</b>		
12:30 PM	400m	Finals	Women (Oldest to Open)
	400m	Finals	Men (Oldest to Open)
	100m Dash	Finals	Women (Oldest to Open)
	100m Dash	Finals	Men (Oldest to Open)
	400m Hurdles	Finals	Women (Oldest to Open)
	400m Hurdles	Finals	Men (Oldest to Open)
	800m Run	Finals	Women (Oldest to Open)
	800m Run	Finals	Men (Oldest to Open)
	1500m Race Walk	Finals	Women (Oldest to Open)
	1500m Race Walk	Finals	Men (Oldest to Open)
	5000m Run	Finals	Women (All)
	5000m Run	Finals	Men (All)
	200m Dash	Finals	Women (Oldest to Open)
	200m Dash	Finals	Men (Oldest to Open)
	4 x 400m Relay	Finals	Women (All) Men (All)

All running events will follow this sequence as each event is completed with rolling schedule at 12:30pm