



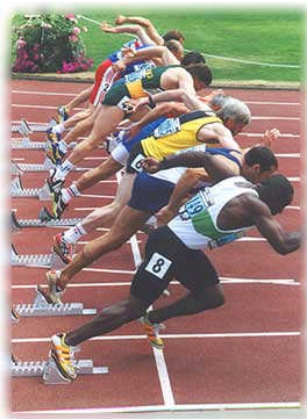
2010 HEARTLAND OPEN / MASTERS OUTDOOR TRACK & FIELD MEET

USATF Sanction Event # 10-28-025

Saturday, June 26, 2010

Field Events:

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



Running Events:

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

Meet Location: Johnson County Community College:

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

Entry Fee: Athlete entry fee is \$30 for up to 5 events. Relays 20.00

Entry Fee: Athlete entry fee for the MARA Grand Prix 3K race is \$25

Online registration only at: www.heartlandathleticservices.com

Online registration opens June 2, 2010 and closes on June 20, 2010

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, 2010

Contact: Gilbert Castillo, Meet Director
Email: 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 80+. 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.

Rules: USATF Competition Rules will be followed and applied.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 thru 80+

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

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

Tentative Schedule

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

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) 3 attempts
	Discus Throw	Finals	Men / Women (Oldest to Open) 3 attempts
	3000m Run	Finals	Women (All) Men (All) MARA Race Series event
9:30 AM	Shot Put	Finals	Women / Men (Oldest to Open) 3 attempts
	1500m Run	Finals	Women (All)
	1500m Run	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) 3 attempts
	Triple Jump	Finals	Men / Women (Oldest to Open) 3 attempts
	4 x 100m Relay	Finals	Women (All) Men (All)
	100m Hurdles	Finals	Women (Oldest to Open) To be run after the 4 x 100m Relay
	110m Hurdles	Finals	Men (Oldest to Open) To be run after the 100m Hurdles
NOON	30 minute Lunch Break		
12:30 PM	400m	Finals	Women (Oldest to Open)
	400m	Finals	Men (Oldest to Open)
	1500m Race Walk	Finals	Women (Oldest to Open)
	1500m Race Walk	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)
	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 are on a rolling schedule