

**OFFICIAL ENTRY FORM FOR THE 1976 AMATEUR UNION
OF THE UNITED STATES MASTERS (OVER 40 YEARS)
NATIONAL TRACK AND FIELD CHAMPIONSHIPS**

Please enter me in the following events, for which I have enclosed payment at the rate of \$6.00 for the first event and \$3.00 for each additional event. Relay team entry fee is \$10.00, but a separate Relay Entry Form (below) must be completed by an authorized club representative. Entries must be received by the Meet Director by 6 PM, Monday, June 21, 1976, at Mt. Hood Community College, 26000 SE Stark Street, Gresham, Oregon 97030. Entries received after that date will be returned. Phone (503) 667-1561, AM only.

IMPORTANT NOTICE: Incomplete entries, including those without payment, medical certificates, AAU registration, athlete's release, signatures, etc., will be assess an incomplete entry fee of \$2.00.

Event	Best '75 Mark (or estimate, if you did not compete)	Division (1a, 1b, 2a, 2b, 3a, 3b, 4, sub-masters, women)	Payment
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

Total Entry Fee Payment Enclosed
(Payable to Masters Track, Mt. Hood Community College)

BARBEQUE RESERVATIONS (July 3, 8:30 PM)

_____ Adults @ \$5.50 each	\$ _____
_____ Child (12 and under) @ \$4.00 each	\$ _____
Total Barbeque Payment (Please make separate check of M.O.)	\$ _____

ATHLETE'S RELEASE (Must be signed)

In consideration of your acceptance of my entry I do hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against Mt. Hood Community College and/or Gresham Chamber of Commerce, the Amateur Athletic Union of the United States, and the Oregon AAU, or their officers or agents, for any and all damages which may be suffered by me in connection with my entry or association with the AAU MASTERS TRACK AND FIELD CHAMPIONSHIPS. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: _____ Athlete's Signature: _____

MEDICAL CERTIFICATE: (To be signed by a licensed physician; this is a National AAU Track and Field Board requirement.)

I have examined _____ and am satisfied that he is in a physical condition which will permit him to compete in the events he has noted above in the AAU Masters National Track and Field Championships in July, 1976.

Physician's Signature: _____ Address: _____ Date: _____

1976 AAU REGISTRATION INFORMATION: _____ District, 1976 Registration No.: _____

ATHLETIC INFORMATION:

Name: _____ Signature: _____

Date of Birth: _____ Affiliation (Club, Unatt., etc.): _____
Month Day Year

Address: Street _____ City _____ State _____ Zip _____

Telephone No. _____ School or College Attended: _____ Years _____

Notable past (or recent) Performances, Championships, Olympic Team, etc. _____

(Please enclose a recent black and white photo (non-returnable) of you in action and in uniform for possible inclusion in program.)

Your Occupation: _____ Your Local Paper: _____

RELAY ENTRY FORM Name and Address

Relay: _____ Division: _____ Club name and address: _____

Names: 1. _____ Est. Time: _____ 2. _____ Est. Time: _____
3. _____ Est. Time: _____ 4. _____ Est. Time: _____

Total Estimated Time: _____ Alternates: 1. _____ 2. _____

NOTE: Separate entry forms and \$10.00 payment to MASTERS TRACK, MT. HOOD COMMUNITY COLLEGE must be submitted for each team entered. Club official certifies with his signature below that all men named are members of his club, and that each member has sent (or will send) an official individual entry form.

Club Official: _____ Address: _____ Telephone: _____

MAIL COMPLETED ENTRY FORMS TO: JIM PUCKETT, MEET DIRECTOR
AAU MASTERS CHAMPIONSHIPS
MT. HOOD COMMUNITY COLLEGE
26000 SE STARK
GRESHAM, OREGON 97020

Duplication of entry form permitted.

MR FRED BIERLEIN
1749 OXFORD ST
BERKELEY CA
94709

NON PROFIT
ORGANIZATION
U.S. POSTAGE PAID
MT. HOOD
COMMUNITY
COLLEGE

**MT. HOOD COMMUNITY COLLEGE
26000 S.E. STARK ST.
GRESHAM, OREGON 97030**

U.S. Master's Track Meet

AAU National Championships July 2, 3, 4, 1976





MT. HOOD COMMUNITY COLLEGE

26000 S. E. STARK ST., GRESHAM, OREGON 97030

Dear Master Athlete:

The National A.A.U. Master's Track and Field meet will be held at Mt. Hood Community College July 2,3,4, 1976. We hope you will be able to participate.

The following information should answer questions about housing, transportation, schedules and other details of the meet. Please let us know if we may furnish any further information.

1. Entry Deadline: Remember, entry deadline is 6 p.m. Monday, June 21, 1976.
2. Housing and transportation will be handled thru the athletic department at Mt. Hood C.C. If you would like to be a guest of a family while competing, let us know as homes are available.
3. Transportation: Transportation will be provided to and from motels to the meet site. Please indicate on your entry if transportation is needed or let me know at your earliest convenience.
4. Impliments: We have had several questions concerning which impliments will be used for each division. The following will be followed:

	Javelin	Discus	Shot	Hurdles
Division 1a	800 gm	2.0kg	16 lb	39HH-36IH
Division 1b	800 gm	2.0kg	16 lb	39HH-36IH
Division 2a	800 gm	1.6kg	12 lb	36HH-33IH
Division 2b	800 gm	1.6kg	12 lb	36HH-33IH
Division 3a	600 gm	1. kg	8 lb	30HH-30IH
Division 3b	600 gm	1. kg	8 lb	30HH-30IH
Division 4	600 gm	1. kg	8 lb	30HH-30IH

Best of luck in training. Gresham is looking forward to welcoming you.

Sincerely,

Jim Puckett
Meet Director

TIME	EVENT	DIVISION
Friday, July 2		
5:00 PM	Opening Ceremonies	
5:15 PM	Long Jump Finals	Women - All Divisions
5:30 PM	Javelin Finals	1a, 1b, 3b, 4
6:00 PM	100 meter Prelims	1a, 1b
6:10 PM	100 meter Prelims	2a, 2b
6:20 PM	100 meter Prelims	3a, 3b
6:30 PM	100 meter Prelims	4
6:40 PM	100 meter Prelims	Women - All Divisions
6:45 PM	High Jump Finals	2a, 2b
7:00 PM	Long Jump Finals	3a, 3b, 4
	400 meter Relay Prelims	1a, 1b
7:10 PM	400 meter Relay Prelims	2a, 2b
7:20 PM	400 meter Dash Prelims	1a, 1b
7:30 PM	400 meter Dash Prelims	2a, 2b
7:40 PM	400 meter Dash Prelims	3a, 3b
8:00 PM	10,000 meter Finals	1a, 1b, 2a, 2b
9:00 PM	10,000 meter Finals	3a, 3b, 4, Women
Saturday, July 3		
11:00 AM	200 meter Prelims	All divisions 1a thru 3b
4:00 PM	Pole Vault Finals	3a, 3b, 4
	Discus Finals	All Divisions
4:15 PM	Long Jump Finals	1a, 1b
4:30 PM	High Jump Finals	3a, 3b, 4
4:30 PM	3000 meter Steeple Chase Finals	1a, 1b, 2a, 2b
4:45 PM	3000 meter Steeple Chase Finals	3a, 3b, 4
5:05 PM	100 meter Prelims	Sub-masters
5:10 PM	100 meter Finals	Women - All
5:20 PM	100 meter Finals	1a
5:25 PM	100 meter Finals	1b
5:30 PM	100 meter Finals	2a
5:35 PM	100 meter Finals	2b
5:40 PM	100 meter Finals	3a
5:45 PM	100 meter Finals	3b
5:50 PM	100 meter Finals	4
5:55 PM	100 meter Finals	Sub-masters
6:00 PM	Triple Jump Finals	3a, 3b, 4
6:00 PM	800 meter Finals	Women - All Divisions
6:10 PM	800 meter Finals	1a
6:15 PM	800 meter Finals	1b
6:20 PM	800 meter Finals	2a
6:25 PM	800 meter Finals	2b
6:30 PM	800 meter Finals	3a
6:35 PM	800 meter Finals	3b
6:40 PM	800 meter Finals	4
6:50 PM	400 meter Hurdles Finals	1a
6:55 PM	400 meter Hurdles Finals	1b
7:00 PM	400 meter Hurdles Finals	2a
7:05 PM	400 meter Hurdles Finals	2b
7:10 PM	400 meter Hurdles Finals	3a
7:15 PM	400 meter Hurdles Finals	3b
7:20 PM	400 meter Hurdles Finals	4
7:30 PM	5000 meter Walk Finals	All Divisions
8:30 PM	Barbecue -- Lake Side	
Sunday, July 4		
3:30 PM	Hammer Throw	All Divisions
4:00 PM	Pole Vault Finals	1a, 2b, 2a, 2b
4:00 PM	400 meter Relay Finals	1a, 1b
4:10 PM	400 meter Relay Finals	2a, 2b
4:20 PM	110 meter Hurdles Finals	1a
4:25 PM	110 meter Hurdles Finals	1b
4:30 PM	110 meter Hurdles Finals	2a
4:35 PM	110 meter Hurdles Finals	2b
4:40 PM	110 meter Hurdles Finals	3a
4:45 PM	110 meter Hurdles Finals	3b
4:50 PM	110 meter Hurdles Finals	4
5:00 PM	Long Jump Finals	2a, 2b
	Shot Put Finals	All Divisions
5:00 PM	400 meter Finals	Sub-masters
5:05 PM	400 meter Finals	1a
5:10 PM	400 meter Finals	1b
5:15 PM	400 meter Finals	2a
5:20 PM	400 meter Finals	2b
5:25 PM	400 meter Finals	3a
5:30 PM	400 meter Finals	3b
5:35 PM	400 meter Finals	4
5:45 PM	Javelin Finals	2a, 2b, 3a
5:45 PM	1500 meter Finals	Women - All Divisions
5:55 PM	1500 meter Finals	Sub-masters
6:00 PM	1500 meter Finals	1a
6:00 PM	High Jump Finals	1a, 1b
6:00 PM	Triple Jump Finals	1a, 1b, 2a, 2b
6:05 PM	1500 meter Finals	1b
6:10 PM	1500 meter Finals	2a
6:15 PM	1500 meter Finals	2b
6:20 PM	1500 meter Finals	3a
6:25 PM	1500 meter Finals	3b - 4
6:35 PM	200 meter Finals	Women - All
6:40 PM	200 meter Finals	Sub-masters
6:45 PM	200 meter Finals	1a
6:50 PM	200 meter Finals	1b
6:55 PM	200 meter Finals	2a
7:00 PM	200 meter Finals	2b
7:05 PM	200 meter Finals	3a
7:10 PM	200 meter Finals	3b
7:15 PM	200 meter Finals	4
7:25 PM	5000 meter Run Final	1a, 1b, 2a, 2b
7:45 PM	5000 meter Run Final	3a, 3b, 4, Women
8:10 PM	1600 meter Relay	1a, 1b
8:20 PM	1600 meter Relay	2a, 2b
8:30 PM	Closing Ceremonies	
9:00 PM	Fireworks	