

CLOSING DATES FOR ENTRIES--JUNE 29, 1970 (NO EXCEPTIONS)

Mail to:
Ralph Smith, San Diego Recreation Department
Balboa Park, San Diego, California 92101
Telephone: (714) 236 5717

Entry Fee. The entry fee is \$5.00 for the first event entered, \$3.00 for each additional event. You may enter as many events as you wish. It is suggested you limit yourself to one running and one field event plus the Relay, perday. The relay entry fee is \$5.00 per team and \$5.00 for the sextathlon. (master six).

The meet will commence at 3:00 P.M. each day, weather permitting. The order of events will be determined by the number of entries. Help the Meet Director by getting your entry in early.

Thursday 3:00 P.M.

Running Events

Prelim & Semis 100 I, II & III
Masters Six 100 (open)
Final 880 I, II & III
Final 6 mile I, II & III
Masters Six 440 (open)
Final Mile Relay (open)

Field Events

Masters Six 12# shot
Discus I, II & III
Long Jump I, II & III
Pole Vault I (only)

Friday 3:00 P.M.

Final 100
Prelim & Semi 220 I, II & III
Final 3 mile I, II & III
Final 1 mile I, II & III
Prelim 440 I, II & III
Masters Six 1 mile
Final 2 mile Relay (open)

Master Six Javelin
Master Six Long Jump
High Jump I, II & III
Shot I (16#) II (12#) III(8#)

Saturday 3:00 P.M.

Final 220 I, II & III
Final 1 mile Walk I, II & III
Final 2 mile I, II & III
Final 440 I, II & III
Prelim & Final 120 Intermediate Hurdles I (only)
Final 440 Relay (open)

High Jump I, II & III
16# Hammer Throw I, II & III
Javelin I, II & III

Sunday 6:30 A.M.

Marathon & 20 KM Walk

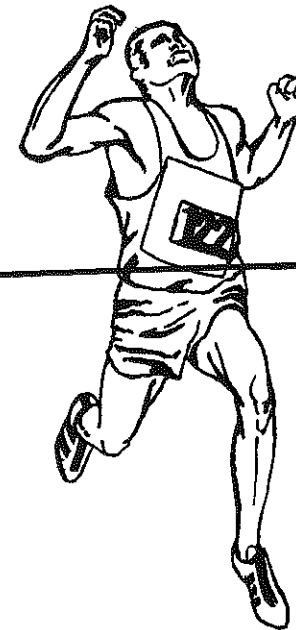
3RD

ANNUAL U.S. MASTERS TRACK AND FIELD CHAMPIONSHIPS

Sponsored by: City of San Diego Recreation Department
and San Diego Track Club

THIS MEET OPEN ONLY TO MEN FORTY YEARS OF AGE AND OVER

Thursday, Friday & Saturday - July 2nd, 3rd & 4th, 1970
Balboa Stadium, San Diego, California
MARATHON, Sunday, July 5th 1970, Mission Bay, Dana Inn

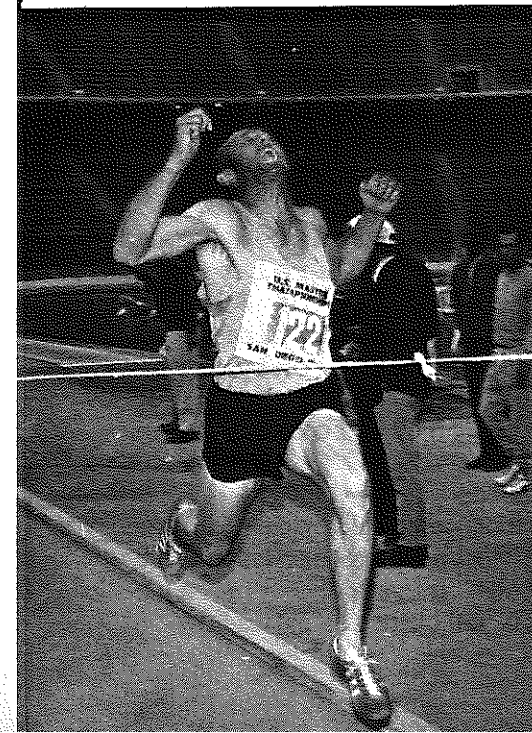


This is the third consecutive year the U. S. Masters Track & Field Championships have been presented by the San Diego Track Club. This meet, sanctioned by the SPAAAU, is restricted to male athletes 40 years of age and older. Age is the only qualification for participation in the event.

The primary purpose of this contest is to motivate adult men to achieve the best possible state of physical fitness. Competition stimulates the desire to achieve a state of good health and fitness.

As a result of the first two U. S. Masters programs, a number of "Senior" Track Clubs have been formed in various parts of the country and others have increased in membership. With the encouragement of team participation resulting in Masters Meets throughout the nation, future U. S. Masters in San Diego will be strengthened and vitalized.

The U. S. Masters is not a "joggers" get-together--far from it. The competition is keen and calls for the best possible effort from each athlete. Although the standards of performance at this event are much higher than the levels elsewhere, all men over 40 in good shape are encouraged to come to San Diego and compete, enjoy our delightful weather and the many facilities this community offers.



Registration will commence Thursday, July 2nd at 1:00 p.m. and at 2:00 p.m. each day thereafter. The registration desk will be located at the Southeast end of Balboa Stadium. Upon arrival in San Diego, call 236-5717 (days), or 232-0161 (days and evenings), the El Cortez Hotel, if you need help or information.

Divisions. Competition will be segregated into three classes. Open competition will be permitted in all field events, i.e. walks, sextathlon, marathon, and relays. All other events will be conducted by divisions.

Division I: 40-49 yrs. Division II: 50-59 yrs. Division III: 60 yrs & over

Awards. A handsome commemorative patch will be given each entrant. Special trophies will be awarded to outstanding athletes (one for each Division), oldest athlete, the one who has traveled the greatest distance, and to the team scoring the most points. This year another award will be offered for the outstanding field event athlete. Consideration will be given to the athlete's age, performance, number of field events won and his overall performance. Medals will be presented as indicated: RUNNING EVENTS--1st through 6th (all divisions). FIELD EVENTS--1st through 6th, Div. I and 1st through 3rd Divisions II and III. SEXTATHALON-(Masters Six) 1st through 6th (Division I) Divisions II and III, 1st finisher only. WALKS - 1st through 6th (Division I) Divisions II and III, 1st finisher. MARATHON 1st through 10th (open competition) 1st through 5th, Division II and Division III plus certificates of completion. RELAYS--1st through 3rd place (open competition). The special and marathon awards will be made at the conclusion of the marathon. All other awards will be made at Balboa Stadium following each event.

Marathon & 20 Kilometer Walk. These events will be run on the MISSION BAY COURSE; Sunday, July 5th at 6:30 a.m. (to avoid the heat), check in at 5:30 a.m. The run will commence adjacent to the Dana Inn (grassy area) just South-east of the Ventura Bridge. Marathoners, make your reservations early for lodging at the Dana Inn. Marathon and walk entrants will receive a map, plus detailed instructions following entry.

Awards Dinner. The Awards Banquet will return to the Atlantis Restaurant just across the street (north) of the Dana Inn on Mission Bay. In addition to the presentation of awards there will be a speaker of national importance. This event will be the highlight of the week's activities. No host cocktails will precede Banquet commencing at 1:00 p.m. Dinner will be served at 2:00 p.m., and will end promptly at 4:30 (for the convenience of those making plane connections). The price of the dinner is \$6.50 for adults and \$6.00 for children under 10 yrs. Make reservations for Banquet on entry blank page.

Relays. There will be three relays--440, mile and 2 mile. All competition will be open. Because of delays caused by last minute entries and formation of handpicked relay teams, the U.S. Masters will accept only accredited team entries submitted by the closing date for receipt of entries. All relay teams shall be entered on relay forms enclosed, accompanied by entry fee of \$5.00 per team. In accordance with our policy of encouraging team competition, no pick-up relay teams will be permitted. Relay teams may be entered only by authorized club representative. Alternate members of the team shall be listed. If more than one team is entered, submit separate entry form. Indicate if "A" or "B" team. Teams will be seeded.

Masters Six. The U.S. Masters started as an experiment and experience in the first two years has given added information in many aspects. The conclusion has been reached that more emphasis in this event should be given to the all-around athlete. For that reason, this event will consist of three running

events--100, 440 and mile and three field events--12 lb. shot, Long Jump and Javelin. Masters Six competition will be conducted on Wednesday and Thursday.

Walks. Because of requests from the walkers, a distance event--20 kilometers, will be held on the Marathon Course at Mission Bay during the Marathon, and a sprint event (1 Mile) on Saturday at the Stadium.

Added Events. As the result of many requests, we have added the 120 yard intermediate hurdles (Division I only) as well as the 16 lb. hammer throw, the pole vault. These events will be scratched unless there are at least six (6) athletes in competition in each event.

Towels. Bring your own towel because there will be no locker room attendant.

Reception. There will be a no-host reception -- families invited -- for all athletes Wednesday evening, commencing at 6:00 p.m., July 1st, at the El Cortez Hotel.

Housing. The official hotels for the meet are the Dana Inn (Mission Bay) and the El Cortez (walking distance from Stadium). Make your reservation by so indicating on Entry Blank. Prices are as follows:

El Cortez Hotel:	Single \$12.00	Double \$16.00
Dana Inn:	Single \$12.00	Double \$14.10

If you plan to stay at a hotel, send your entry in early so that we can assure you of a room.

Photograph. We wish to include as many athletes' pictures as possible in the official program. Please cooperate by enclosing your picture, in uniform, with your entry. Also list the name of your local newspaper and it's sports editor.

Seeding. The Meet Director will, in running events with large entries, seed the athletes, i.e. place those with better times in a separate race. Awards will be on basis of performance. For that reason, you are requested to insert in "Athlete Information", your best 1970 time in each event you enter. Failure to provide this data may result in your being placed in the wrong bracket.

Reporting. One hour prior to their event, all competitors must report to the Registration Desk at Balboa Stadium to indicate they will be in competition. In all Field Events, Trials and Finals will be conducted at the time indicated in the schedule. The referee may invoke a "Time Rule" in those field events in which competitors may delay the orderly running of the event in which they are competing. The Long Jump, High Jump runways (as is the running track) is of asphalt composition (grasstex), and only rubber soled shoes or indoor 1/4" spikes are permitted. The Javelin approach and runway is grass covered. The Shot Put and Discus slabs are of brushed cement. All Field Event equipment and areas comply with I.A.A.F. specifications. Athletic trainers and a physician will be available during the Meet.

Qualifying. It is the policy of the U. S. Masters to permit all men 40 and over, with a medical certificate, to participate. For that reason, no minimum qualifying standards will be required. If the number of entrants in a given event are too great, eliminations will be conducted.

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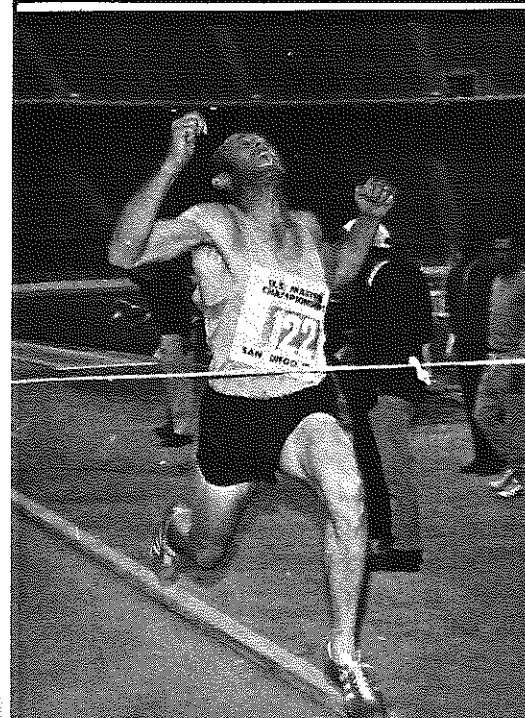
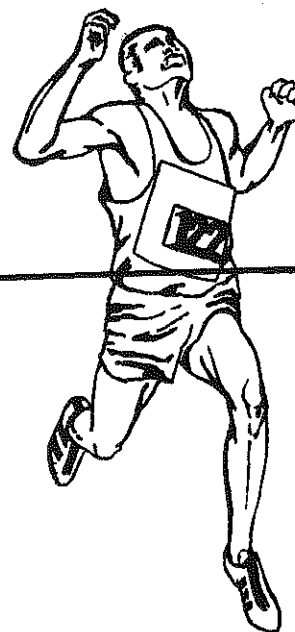
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U. S. MASTERS TRACK AND FIELD CHAMPIONSHIP

OFFICIAL ENTRY

Please enter the undersigned in the following events, for which is enclosed my check at the rate of \$5.00 for the first event entered and \$3.00 for each additional event. (All checks or money orders are to be made payable to SAN DIEGO TRACK CLUB.)

I compete in DIVISION _____

EVENT	EVENT
(1) _____	(5) _____
(2) _____	(6) _____
(3) _____	(7) _____
(4) _____	(8) _____

Masters Six Marathon (check appropriate boxes)

Enclosed is my check for \$ _____ to cover entry fee.

Housing Check here if you desire housing. Indicate hotel requested, facilities and rate. You will receive confirmation from the San Diego Convention and Visitors Bureau.

I am a single but will double up with another athlete -- yes ___ no ___

Number in Party	Price Requested	Dates
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Dana Inn _____	_____	_____
El Cortez _____	_____	_____

Banquet I desire _____ reservations. There are _____ adults and _____ children (under 10 yrs) in my party. (Please make separate check from entry fee.) Enclosed is my check for \$ _____ for the Banquet.

Please Note: No competitor will be permitted to compete without (1) a physician's certificate of physical fitness, and (2) proof of age at check in. You must have reached your 40th birthday by July 1, 1970. (No entry will be accepted unless on this form, with proper entry fee.)

ATHLETE'S RELEASE (must be signed)

In consideration of my entry acceptance, I do hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me against the SAN DIEGO TRACK AND FIELD ASSOCIATION, the CITY OF SAN DIEGO, or their respective officers and agents, for any and all damages which may be suffered by me in connection with my association with or entry in said U. S. MASTERS TRACK AND FIELD CHAMPIONSHIPS.

My age is _____ years as of July 1, 1970. My date of birth is: _____

Athlete's signature

BEST VETERAN (40 and OVER) PERFORMANCE IN EACH EVENT ENTERED PAST 12 MONTHS

1 _____	3 _____
2 _____	4 _____

ALL TIME BEST PERFORMANCE

1 _____	2 _____
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SPECIAL INFORMATION: _____

(Records or Championships previously held, olympic team, etc.)

CLUB CERTIFICATION

THIS IS TO CERTIFY that the athlete named herein is a member of _____ and is eligible to represent said School, Club or Armed Forces. (This entry form must be signed by the proper official of the organization the athlete represents.)

(Signature of Proper Official) (Title)

(NOTE: If unattached, athlete sign release only. In order for your points to be counted for the team trophy this form must be signed by club official.)

CERTIFICATE BY DOCTOR

I have examined _____ and am satisfied that he is in a physical condition which will permit him to compete in the U.S.Masters Track & Field Championships.

Date: _____
(Signature of Doctor) address _____

Phone: _____
city state zip

PRESS RELEASE INFORMATION

Local Paper: _____
Address: _____
Sports Editor: _____

Note: Please enclose personal photo, preferably in uniform. Pictures submitted will not be returned.

RELAY ENTRY FORM

Date: _____ The _____ club officially enters the following Relay Events. An entry fee of \$5.00 per team for each event is enclosed:

	<u>440</u>	<u>1 Mile Relay</u>	<u>2 Mile Relay</u>
names	_____	_____	_____
of	_____	_____	_____
entrants	_____	_____	_____
alter-nates	_____	_____	_____

Estimated time: _____ Estimated time: _____ Estimated time: _____

I certify that all of the individuals listed above are bonafide members of the undersigned track club as of this date.

name of track club signature position

Address of track club _____ Phone _____

Check for \$ _____ is enclosed (Note: Submit separate entry blanks for "A" & "B" Teams.)

ATHLETE INFORMATION 1970

NAME _____ (typed or printed)
AFFILIATION _____ (school, club, Armed Forces, unattached)
Address: _____ City: _____ State: _____ Zip: _____
Telephone: _____ Age: _____ Division _____ Birthdate: _____
Occupation: _____ School or College Attended _____