



HOSTED BY: Carthage College,
sanctioned by USATF Wisconsin
with the support of the Midwest
Masters Track and Field Club. March
4, 2012

2012 Midwest Indoor Regional Championship

DIVISIONS & ELIGIBILITY: Athletes must be 30 years or older on March 4, 2012. Individual competition will be conducted in five-year age divisions. All eligible members of USATF and eligible members of other IAAF member federations may compete in these Championships. However, only U.S. citizens may score or win championship medals. There are no qualifying standards for this competition. All U.S. citizens must be 2012 members of USATF in good standing. All clubs must be 2011 USATF member organizations to have athletes represent the club in this championship.

TRACK FACILITY: Carthage College has an outstanding indoor track facility: Synthetic surface, spikes allowed, double long jump/triple jump runways; two high jump pits; shot area inside track.

ENTRY FEE: \$15.00 for first event, \$5 for all additional events for entries *postmarked* on or before March 1, 2012. After March 1st call also to insure entry. Questions: Contact Jeff Watry at 262-331-3062. On-site registration is limited to time available. USATF membership number required for all entrants.

FACILITIES: Parking is available adjacent to the Field House/Track. Restrooms and dressing rooms are available. Concessions on site.

NOTE: This meet is being held in conjunction with the National Masters Indoor Heptathlon – if any time conflicts Heptathlon events take precedence

ORDER OF EVENTS: Regional Championship

Sunday, March 4th

8:00 AM ---- Wgt Event (followed by Shot Put), High Jump and LJ (followed by Triple Jump)

8:30 AM – 3000m

10:00 AM --- Regional Events 60H will follow same age/sex heat in Hept. -- 60m dash will follow last hurdle race. The remaining running events will follow a rolling schedule after 60m dash – Heptathlon 1000m will be worked in as they come up. Rolling schedule is as follows with the order of the running events being, 1500, 400, 5000mRW, 800, 200 (note: if no race walkers we will have at least ½ hour between 400 and 800) – 1500 will not start before 11:30AM

Detach here and send to:

Jeff Watry

8043 Park Street

Burlington, Wisc 53105

Make checks payable to "Jeff Watry"

MAIL ENTRIES TO: Jeff Watry, 8043 Park Street, Burlington, Wisconsin 53105

Checks payable to "Jeff Watry"

2012 USA MASTERS INDOOR REGIONAL CHAMPIONSHIPS - Entry Form

Name _____ Birthdate: ____/____/____ Age on 3/04/2012: _____ Gender: M F
 Address _____ City _____ St _____ Zip _____
 2012 USATF #: _____ Phone (____) _____ Amount Enclosed: \$ _____

Circle Below for events entered

Events Entered (Sunday) 60mH 60M 1500M 400M 3000mRW 800M 3000m 200m
 PV (with Hept PV) LJ TJ HJ SP Indoor Wgt

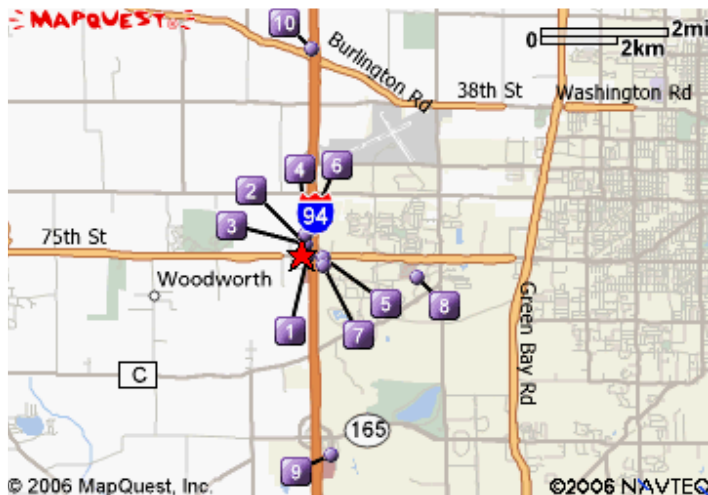
Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement: For and in consideration of USA Track & Field, Inc. ("USATF") allowing me, the undersigned, to participate in the 2012 USA Masters Indoor Heptathlon Championships (the "Event"), I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment and property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from (i) adverse weather conditions; (ii) imperfect course or track conditions; (iii) land, water and surface hazards; (iv) equipment failure; (v) inadequate safety measures; (vi) participants of varying skill levels; (vii) situations beyond the immediate control of the Event Organizers; and (viii) other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.
3. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment, and the protection of my private property.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the United States Olympic Committee, USA Track & Field, Inc., its Associations and Sport Disciplines, Sponsors, Advertisers, Coaches, Team Managers and Officials, Lean Horse Productions; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs, defense costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties, including with respect to the provision of information regarding rules and scheduling. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.
5. In the event that I am injured in connection with the Event, I hereby consent to the provision of necessary and appropriate emergency medical treatment.
6. I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.
7. As a condition of my participation in the Event, I hereby grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting Event or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.
8. I certify that the birth date and age information provided in my member profile and confirmed at the beginning of the entry process is true and accurate. I understand that competing in a track/field meet can be a potential dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release USA Track & Field Wisconsin, Midwest Masters Track Club, and Carthage College and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date.

List allergies and current medications, if any _____

Signature _____ Emergency Phone# (____) _____ Date _____

[] I have a disability for which I am requesting an accommodation. (Documentation must be submitted by Feb 17, 2012)



1. **Days Inn**
12121 75th St, Kenosha, WI (0.11 miles away)
262-857-2311
2. **Value Inn**
7221 122nd Ave, Kenosha, WI (0.20 miles away)
262-857-2622
3. **Executive Inn of Kenosha**
7220 122nd Ave, Kenosha, WI (0.20 miles away)
262-857-7699
4. **Quality Inn**
7206 122nd Ave, Kenosha, WI (0.21 miles away)
262-857-3450
5. **Baymont Inn & Suites**
7540 118th Ave, Pleasant Prairie, WI (0.34 miles away)
262-857-7911
6. **Country Inn & Suites of Kenosha**
7011 122nd Ave, Kenosha, WI (0.35 miles away)
262-857-3680
7. **Super 8 Motel**
7601 118th Ave, Pleasant Prairie, WI (0.40 miles away)
262-857-7963
8. **Hawthorn Suites Hotel**
7887 94th Ave, Pleasant Prairie, WI (1.82 miles away)
262-942-6000
9. **Radisson Hotel & Conference**
11800 108th St, Pleasant Prairie, WI (3.38 miles away)
262-857-3377
10. **Oasis Inn Kenosha**
2510 120th Ave, Kenosha, WI (3.46 miles away)
262-859-3020

The above Hotels are located at the Intersection of Interstate 94 and Hwy 50 in Wisconsin – This location has plenty of restaurants a huge 24 hour grocery store – other shopping attractions - From this location – two easiest ways to Carthage College

1. East on Hwy 50 to Sheridan Road (32) – left or North until you get to College – You will see outdoor track first –
2. Get on I94 and go North/West towards Milw to Hwy E (exit 339) get off and go right/east until Sheridan Road, right/South to College

Sponsor: