



5/10/20k RW

Sunday September 18, 2016

Eastwood Lake Metro Park
Dayton, Ohio

Judged by USATF certified Officials

SANCTIONED BY: OHIO ASSOCIATION of USATF

Ohio 10k RW Championships

- Schedule: 09:00 AM Registration & Warm Up 10:00 Competition starts, all categories combined
Membership: 2016 USATF membership is required to compete in the 10k Championships race, other distances are open
Age Groups: Junior M&W (19 and younger), Open M&W, and Masters M&W (in 5 year divisions 30-35, 35-39, etc.)
Course: Certified 1.25km loop, asphalt and flat (Jack Mortland Race Walks OH06016PR)
Results: Results will be posted at www.swohiotc.org, results posted by age categories
Entry Fee: US\$ 20. — cash or check, US\$ 25.— credit card, payable at day of meet when registering. Entry fee is not reimbursable if the race walk has to be cancelled due to weather.
Awards: Awards to the first 3 men and women in the Junior, Open and Master Categories.
Concession: There will be no concession available, so bring your own food and drinks.
Location: 1556 HarshmanRd, Dayton, OH 45431 (GPS Latitude 39.789437, Longitude -84.124686)
Directions: From North, West, & East: Take I-70 to SR #4. Go south on SR #4 (about 8 miles) to Harshman Rd. Exit to Harshman Rd. and go left under highway #4. The Lake will be on the right. Take the first entrance into the park and proceed to the Start/Finish area near the restrooms. From the South: Take I-75 to SR#4. Go North on SR #4 to Harshman Rd. Exit and turn right. Go past the lake to the first entrance into Eastwood Lake Park.
Information: For more info go to www.swohiotc.org or send e-mail to info@swohiotc.org

I, hereby, for myself, heirs, executors and assigns, waive all claims for damages that may arise the organizers or sponsors of the Southwest Ohio Track Club PV Night, Southwest Ohio Track Club, Yellow Springs Schools and their agents or representatives for injuries suffered at this event. I certify that I, or, my minor child, - named below, is in good health and sufficiently trained to compete. I realize that participants may be subjected to drug testing under USATF and IAAF rules, and those found positive for banned substances or who refuse testing will be disqualified from this meet and banned from future events. (Some over-the-counter medications contain banned substances. For information on testing and banned substances, call the UOSC hotline: (800) 233-0393.)

Name: _____ Date of Birth: _____ Age: _____
Address: _____ Affiliation: _____
City: _____ State: _____ Zip: _____ (Sex) M ___ F ___ Phone: (____) _____ - _____
E-mail: _____ Distance: 5K _____ 10K _____ 20K _____
Signature: _____ USATF # _____

(If under 18, a valid signature of a parent or guardian is required)

Bib #: _____ Category: _____