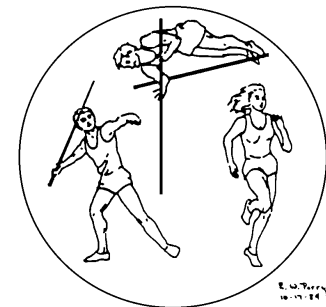


**The Southeastern U.S. Masters, Inc.
Hosting the
39th Annual BB&T Bob Boal Masters & Open
Track & Field Meet**



Including
2009 USA Masters Southeast Region Track & Field Championships
and
NC USATF Association Masters Track & Field Championships
NC State University in Raleigh, North Carolina
May 1 & 2, 2009

Featuring

Coach Fred T. Hardy Special Recognition Cash Awards Program
Throws Clinic with Jeff Gorski, Elite Athlete Throws Coach
Pole Vault Clinic with Todd Erbst, May 1 at 5 pm
Progress Physical Therapy of Raleigh On Site at No Charge

Check our website for updates and results at: www.southeasternmasters.org

The Board and sponsors of the Southeastern Masters announce that all athletes 19 years of age and over are eligible to participate in one of the premier Masters' Meets in the world. Headquarters will be the Holiday Inn/Brownstone Hotel, Raleigh, NC. There will be two days of competition featuring men's and women's pentathlons, weight pentathlons, 5,000 meter race walk, 1,500 meter race walk, team relays and all regular track and field events.

- OPERATED BY** Southeastern U.S. Masters, Inc., 5900 Whittier Drive, Raleigh, NC 27609. Contact David Edge at (919) 870-2880, Monday – Friday 9:00 am - 5:00 pm, Eastern Time, or by e-mail at david.edge@ci.raleigh.nc.us.
- AGE DIVISIONS** Based upon age on the first day of competition, all events will have a 19 to 29 age group and 5 year age groups for 30 and older individual and relay athletes.
- ENTRY** \$25.00 includes first event plus participants booklet, then \$10.00 for each additional event. Relay entries - \$30.00 per team (on captain's form). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern U.S. Masters, Inc. No refunds after April 22, 2009. **Online entry available through link on our website and www.usatf.org.**
- USATF REGISTRATION** This meet is sanctioned by USA Track & Field, Inc. (USATF). Current year 2009 USATF membership is required for all U.S. citizens (except participants solely in the Team Relays and active military personnel). Non U.S. citizen athletes may also participate without USATF membership. USATF membership can be obtained online at www.usatf.org and also will be available at the meet.
- AWARDS** Distinctive meet-medals to the first 3 places for age groups and relays (all participants). Southeast Region residents age 35 years and older are eligible for Southeast Region Awards. North Carolina residents age 35 years and older are eligible for Association awards. Additional awards to be given at the Awards Banquet, see page 3 herein.
- LATE ENTRIES** To ensure paper entry is accepted, postmark must be no later than April 17, 2009. No online entries or changes to track and field events will be accepted after Wednesday, April 22, 2009. Entries in Saturday's Team Relays close one half-hour before race time. Events may be dropped by individuals at any time (no refunds).
- PACKET PICKUP** All participants must pick up their packets prior to reporting to their first event at North Carolina State University track.

MEET DAY WEATHER CHART

	2003	2004	2005	2006	2007	2008
Temperature Extremes (°F)	52°- 64°	59°- 84°	39°- 76°	58°- 81°	53°- 66°	57°- 81°
Precipitation (inches)	0.07	0.00	Trace	Trace	0.09	0.00
Average Wind Velocity (MPH)	7.4	4.7	4.1	4.0	4.5	13.0

AIR TRAVEL	Raleigh Durham International Airport (RDU)
HOTEL RESERVATIONS	Brownstone Hotel (Meet Headquarters) 1707 Hillsborough Street, Raleigh, NC 27605 (919) 828-0811 or (800) 331-7919. Please inform hotel of Southeastern Masters participation for special rate (SEM is the ID Code) no later than April 9, 2009. Room rates are \$79 plus 12.75% tax for 1 to 4 persons. These rates extend to early arrival and late departure days.
AWARDS BANQUET	Additional awards will be presented and a sit-down meal will be served in a banquet room at the Holiday Inn/Brownstone Hotel at 6:30 pm on Saturday, May 2, 2009. Awards Banquet tickets are \$22.00 when purchased with this application or \$25 at meet. A short business meeting and special awards presentation will follow at approximately 7:15 pm. Awards are all based on highest age-graded performances by masters athletes aged 35 and older including Coach Fred Hardy for overall track and overall field (\$500 each), Timothy Dickens Memorial for male and female 400 Meters (\$100 each), Bob Boal Memorial for Steeplechase (\$100), Maxwell Hamlyn for 1,500 meters Run (\$100), Nolan Fowler for Hammer Throw (Bowl), Tom Hare Memorial for 3,000 meters Run (Bowl) Ervin Mitchell for male combined 100 & 200 meters (Trophy), Phil Raschker for female combined 100 & 200 meters (Plaque), Southeastern Masters Distance for combined 10,000 and 5,000 meters for male and female (\$150 each) and Bernice Holland for female combined throws (Plaque). A final award will be made for most valuable contribution to the sport (Ed Barron - Bowl). Additional awards may be added, please check our website for updates www.southeasternmasters.org . Tickets for the Awards presentation only are \$5.00 and will be available at the meet.
T-SHIRTS	Commemorative shirts will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for price and shirt sizes.
MEDICAL SERVICES	Progress Physical Therapy of Raleigh (919) 789-4459 will provide free injury assessment and treatment. Location will be at track level Friday from 1-5 pm and Saturday from 8-4 pm. All staff members are board certified physical therapists with expertise in orthopedics, biomechanics and sports medicine. Emergency medical services personnel also will be at the meet.
FACILITIES	Parking, restrooms, dressing and shower facilities will be available.

ATHLETE RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters, Inc., USATF and their agents, servants, employees in Raleigh and North Carolina State University whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said events to be held on May 1 & 2, 2009, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events. I grant permission to Southeastern U.S. Masters, Inc., without compensation, to use any photographs, motion pictures, recordings or any other reproduction of me participating in this event.

Athlete Signature





Date



Raleigh Parks and Recreation
5900 Whittier Drive
Raleigh, North Carolina 27609

PRSRT STD
U.S. POSTAGE
PAID
Raleigh, N.C. 27602
Permit #813

There's opportunity here

Detach Entry Form and Mail to: Southeastern U.S. Masters, Inc.
c/o Raleigh Parks & Recreation
5900 Whittier Drive
Raleigh, NC 27609

Last Name	First Name	MI	Sex	Age	Birth Date
					MO - Day - Year

Street	City

State	Zip Code	Country	Daytime Phone Number	Emergency Contact Number
			- -	- -

E-mail Address	2009 USATF Membership Number

Event #	Event Title	Event #	Event Title	Event #	Event Title

Entry Fee Calculation:
 First Event _____ \$25.00
 Each Additional Event \$10.00 _____
 Awards Banquet Ticket \$22.00 _____
 T-Shirt \$9.00 _____
 Voluntary Tax-Deductible Donation _____
Total Amount Enclosed \$ _____

Chicken or Vegetarian (Circle One)
S M L XL XXL

Where did you hear about our meet?

Make check or money order payable to: **Southeastern U.S. Masters, Inc.**