



115th Penn Relays Race Walk Entry Form

Date: Saturday, April 24th 2010

Time: Men's 10000m @ 7:00am, Women's 5000m @ 8:00am

Event Director: Jeff Salvage Phone: 609-714-1308 Email: campsalvage@yahoo.com

** Jeff Salvage will be out of the country March 30 - April 21 **

Entry Administrator: Michael Roth Phone: 919-435-0637 Email: michael@miroth.com

All questions regarding entries should be sent to Michael Roth

Divisions: Junior (under 20), Open (20-39), Masters (40+)

<u>Qualifying Standards</u>	<u>Men (10000m)</u>	<u>Women (5000m)</u>
Junior	54:00	30:30
Open	50:00	27:15
Masters	54:00	30:00

Times are only a guideline. Final selection is made by the Event Director.

All entries MUST be accompanied with payment or they will not be accepted.

Athletes without times at these distances may apply with reasonable performances at other distances.

Acceptance of entry is at discretion of Event Director.

Fields are limited to 25 entrants per distance, as each gender is contested as one race.

Information on housing and directions to Franklin Field can be found www.thepennrelays.com

The Junior races are part of the USA Race Walking Grand Prix for 2010. All athletes in the Junior races wishing to score in the USA RW Grand Prix must include their 2010 USATF # on the entry form.

Entry Fee: \$20.00 – Make check payable to: *Michael Roth*

Entry Deadline: RECEIVED by April 3, 2010 (Entries received after this date will be returned unopened.)

Mail Entry with payment (will not be accepted without payment) to:

Michael Roth - Penn Relays Entry

2833 Gross Ave

Wake Forest, NC 27587

Post event BBQ at Event Director's house. \$5.00 donation is requested per person. Include in check with entry fee.

2010 USATF Membership # _____ (Required for USA Race Walk Grand Prix)

First Name: _____ Last Name: _____

Club/Team/School: _____ Age on Race Date: _____

Gender: M / F Division: Junior / Open / Masters Race Distance: 5000m / 10000m

Entry Seed Time/Distance: _____
(include meet/race name and date for verification)

Street Address: _____ Town: _____

State: _____ Zip: _____ Phone: _____ Email: _____

Each entrant is requested to complete the attached resume of their Race Walking and personal & academic accomplishments (best times, championships, academic awards, etc.) with their entry.

This information will be used by the PA announcer during the race to draw attention to your accomplishments.



115th Penn Relays

Race Walk Entry Form

(Don't Write In This Box – Staff Only)

Athlete Resume

RACE NUMBER:

Name: _____

Gender: _____ Age: _____

Hometown: _____ State: _____

School or Club: _____

of Years Competing: _____

Best Times (all distances):

Major Race Results:

Interesting Hobbies or Other Notes:
