



114th Penn Relays Race Walk Entry Form

Date: Saturday, April 25th 2009

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

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

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 race walk coordinator.

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 2009. All athletes in the Junior races wishing to score in the USA RW Grand Prix must include their 2009 USATF # on the entry form.

Entry Fee: \$20.00 – Make check payable to: Walking Promotions

Entry Deadline: RECEIVED by April 4, 2009

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

Walking Promotions
79 North Lakeside Drive
Medford, NJ 08055

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

2009 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.



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(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:
