



24th ANNUAL MEET OF CHAMPIONS

SOUTHERN CALIFORNIA STRIDERS
TRACK & FIELD CLUB
Orange Coast College
SATURDAY, MAY 23, 2009

- ENTRY FEES: \$25 first event (includes T-Shirt); additional events \$5. Relay teams \$12.
After deadline, or at meet \$35 first event, \$5 per additional event
Late entries are allowed 2 hours prior to event
- DEADLINE: May 18, 2009
- DIVISIONS: Men & Women: Open, and masters (30 +) compete in 5-year age groups.
oldest to youngest, women first
- AWARDS: 2" medal with red, white & blue ribbon for 1st, 2nd, & 3rd (All awards must be picked up at the meet)
- FACILITIES: All Weather track; concrete throwing rings plus Electronic Timing.
- NOTE: This event is sanctioned by USA Track & Field. 2009 registration required (available at meet for \$30.00)

DIRECTIONS TO ORANGE COAST COLLEGE, 2701 Fairview Rd, Costa Mesa, CA 92626:

From Los Angeles International Airport (LAX):

Take 405 South to the Fairview Rd/Harbor Blvd exit. Turn right onto Fairview Rd. The college will be on the right hand side.

From John Wayne Airport (Orange County):

Take I-405 North to the Fairview Rd/Harbor Blvd exit. Turn left onto Fairview Rd. The college will be on the right hand side.

ENTRY FORM (Please Print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age on 5-23-09 _____ Sex M F Phone _____

USATF No. _____ Club? _____

Events _____

Amount Enclosed _____ Make checks payable to So. Calif. Striders and send to Brenda Matthews
1261 N Mark Lane, Anaheim, CA 92807 714-779-3416. Inquiries may also be directed to Stan Whitley at
909-945-9880.

WAIVER – In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may occur against Orange Coast College, the Southern California Striders, USATF, the meet director and all sponsors of the track & field meet their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 23, 2009 at Orange Coast College. I certify that I am free from hampering injuries or physical defects.

SIGNATURE _____ DATE _____