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35th WINTER DECATHLON/20th HEPTATHLON
Saturday-Sunday, January 14-15, 2006
Long Beach State
www.longbeachstate.com

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ENTRIES: Registration deadline is **Wednesday, January 11th.** Payment must be received by this date. Entry fee is $35.00.   A $5.00 late fee will apply for entries received after the entry deadline A group discount of $5.00 off each entry applies for groups of 5 entries or more.
•••Collegiate coaches should note NCAA Rule 14.02.6 (a). Ineligible athletes and reshirts CANNOT receive a group discount•••

LOCATION: Long Beach State's track & field facility is located on campus, south of Atherton street between Bellflower Blvd. and Palo Verde Ave.

FACILITIES: Long Beach State's facility features its "Southwest" 400m track with a full polyurethane high jump apron, pole vault and long jump runways, and an all-weather Javelin approach.

RULES: IAAF rules will be followed and international implements will be used, except in High School and Masters' Divisions where USATF guidelines regarding implements will be used. Scoring will be based on the IAAF 1985 tables. All timing will be Hand Timed (ht).

PARKING: Event parking is available in Lot 14. Maps and directions to campus can be found at: http://daf.csulb.edu/maps/index.html

AWARDS: First place in each division will receive an award.

DIVISIONS: Decathlon: High School, Junior College, University/Open, Sub-Masters (30-39), Masters (40-49, 50-59, 60-69, 70-79, 80-89).
Heptathlon: All Divisions (as listed above).

STARTING: **DAY ONE**   **DAY TWO**   .
TIMES
9:00a   Heptathlon (all Divisions)   8:30a   Decathlon (HS & Masters)
9:30   Decathlon (Univ/Open & JC)   9:00   Heptathlon (all Divisions)
10:30   Decathlon (HS & Masters)   9:30   Decathlon (Univ/Open & JC)

MORE: Please call or write for additional information:
INFO.   Yvonne Scott-Williams, Track Office   (562) 985-1700
Long Beach State   (562) 985-8197 **FAX**
1250 Bellflower Blvd.
Long Beach, CA 90840

HOTELS: Please call our office for the best available rates & location.

ENTRY: **Tear off and return to above address, or FAX, by Wednesday, January 11th.**
FORM

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Long Beach State Winter Decathlon/Heptathlon Entry Form

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Name   _____   Phone #   _____   email   _____.

Address   _____

City   _____   State   _____   Zip   _____.

Affiliation   _____   Division   _____   Birthday   _____.

Best Score   _____.

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Make check for $35.00 payable to **"49er ATHLETIC ASSOCIATION"**

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