

T & FN - USTFF POSTAL COMPETITION ENTRY FORM:

(Please type or Print- Fill out all information)

School or Club or Organization	City, State, Zip	Coach
Division of Competition	Name of Meet (or Opposing Team)	Date

TWO-MILE or THREE-MILE POSTAL TEAM RACE

Official Team Members			Second Team or Other Individuals (may not be same as 1st Team)		
Full Name	Age (Grade)	Time	Full Name	Age (Grade)	Time
1.			6.		
2.			7.		
3.			8.		
4.			9.		
5.			10.		

Team Time :

Team Time:

TWO-MAN, TEN-MILE TEAM RELAY

TEAM NUMBER 1.

TEAM NUMBER 2.

FULL NAME: _____ FULL NAME _____

FULL NAME _____ FULL NAME _____

SPLITS:	SPLITS:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
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16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

SPLITS:	SPLITS:
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_____	_____

Total Time:

Total Time:

Total Time:

Total Time:

TEAM TOTAL TIME:

TEAM TOTAL TIME:

Note: If you would like to receive a final list of individual and team performances (available about January 20), please check here:

Send to: T & FN - USTFF Postal Competition. USTFF P.O. Box 190, Tucson, Arizona 85702

Coach's Signature: _____ Second Verifying Signature: _____

(Title)



PLEASE POST ON SPORTS BULLETIN BOARD
T & FN - USTFF POSTAL COMPETITION

SPONSORS - Track and Field News and the United States Track and Field Federation.

PURPOSE - The development and encouragement of distance running in the United States and the opportunity to compare performances across the nation.

COMPETITIVE CATEGORIES AND EVENTS

1. Three Mile Team Race for Open Athletes [Club, Service, Unattached or ineligible]
2. Three Mile Team Race for Colleges [4 year and 2 year]
3. Three Mile Team Race for High Schools [10th, 11th, 12th grade students]
4. Two Mile Team Race for High Schools [10th, 11th, 12th grade students]
5. Two Mile Team Race for Junior High Schools [7th and 8th grade students]
Note: Ninth grade athletes will be eligible for either the High School or Junior High School categories.
6. Two-Man, Ten Mile Relay for each category except Junior High School.

RULES FOR THREE AND TWO MILE TEAM RACE

Run two or three miles on the standard track. Take five best times of each school or team and add for total team time. All athletes must be individually timed and recorded at either a tenth or fifth of a second [tenth of a second times will be rounded upward to the next even tenth/fifth second, per IAAF rules]: times submitted off a running watch or at a full second will not be acceptable. Teams may try as often as they like but all times in the team competition must be made in the same race. All performances, team and individual, must be submitted with verifying signatures [two coaches a coach and faculty member or administrator, meet director and an official, etc.] In order to qualify for a team, an athlete must be eligible according to the rules of his school or organization or be an amateur [in the case of the open category]. Individuals with better times in a race other than during the best team performance will be considered for individual rankings - but only if submitted on a separate form with complete details. Individuals not competing for a full team of five members are also eligible - when complete data is provided.

RULES FOR TWO-MAN TEN MILE RELAY

Each two-man team covers 10 miles. Each runner carries a baton for a full 440 yards, passes off to his teammate in the standard passing zone, and the teammate carries the baton for 440 yards. The process is repeated, each athlete running alternate laps and resting in between his laps, until each man has run twenty laps or five miles. Individual quarter mile splits should be timed as the baton passes the post and not as the runner receives it.

COMPETITION DATES

All competition in the five events must be held between September 1 and December 15 of each year and must be postmarked by December 20 to be accepted. Send in results quickly after competition so that intermediate lists of performances may be compiled and published.

COMPETITION RESULTS

Direct all results and communication to Postal Competition, United States Track and Field Federation, P.O. Box 190, Tucson, Arizona 85702. All entries must be submitted on the official entry form on the reverse side of this sheet in order to be accepted. Telephone calls may be directed to Carl W. Cooper, Executive Director, at Area Code 602 624-7475. Results are considered both on a team and individual basis. Final rankings will be ready by mid-January and published in Track and Field News and available from the Executive Offices of the United States Track and Field Federation.

AWARDS

Plaques will be awarded to the three fastest teams in each of the six events and honor certificates to the Fourth thru Tenth place teams.

Team medals will be awarded to the individuals on the fastest teams in each of the six events and honor certificates to the individuals on the Fourth thru Tenth place teams.

The fastest individuals in each of the six events will receive plaques.
The second thru the fifteenth fastest individuals will receive medals.