

**BEVERLEY LEWIS MEMORIAL MASTER'S & OPEN TRACK AND FIELD MEET**  
**And Southern California Master's Track Club Championship**  
**Sunday, October 15, 2023**  
**Westmont College**  
**Santa Barbara, CA 93108**

**Sanctioned by USATF**

Day of Entries: Competitors must be registered one (1) hour before start of event. Late fee of \$10 will apply.  
Athletes with Disabilities are encouraged to compete!

**TENTATIVE SCHEDULE**

**FIELD EVENTS**

- 7:30 a.m. – 12 noon – All implements checked with Track Master. No implements provided by Club West
- 9:00 a.m.           Shotput (men / women)  
                          Hammer (women / men) [Note: no entry fee will be charged for the hammer throw. Records will not be measured for this event.]
- 10:00 a.m.        Long Jump (open pit for 90 minutes)
- 10:30 a.m.        Javelin (men / women)  
                          Pole Vault (women / men)
- 12:00 p.m.        Discus (women / men)  
                          Triple Jump (open pit for 90 minutes)  
                          High Jump (men / women)
- All field events – four (4) attempts.

**TRACK EVENTS**

- 9:00 a.m.        5000/10000 Run; and 3000/5000 Race Walk
- 10:00 a.m.        800
- 10:15 a.m.        50
- 10:45 a.m.        80 Hurdles
- 11:00 a.m.        100 Hurdles
- 11:15 a.m.        110 Hurdles
- 11:25 a.m.        200 (pentathlon)
- 11:30 a.m.        100
- 12:00 p.m.        400
- 12:15 p.m.        Steeplechase (2000 and/or 3000, depending on entries)
- 12:30 p.m.        BREAK
- 1:00 p.m.        300 Hurdles
- 1:15 p.m.        400 Hurdles
- 1:30 p.m.        200
- 2:00 p.m.        1500
- 2:15 p.m.        1 Mile
- 2:30 p.m.        4 x 100 Relay

FOR ADDITIONAL INFORMATION, contact  
Bill Rupp – ruppww@aol.com;

**BEVERLEY LEWIS MEMORIAL MASTERS & OPEN TRACK & FIELD MEET**  
**SUNDAY, October 15, 2023**

Westmont College, 955 La Paz Road, Santa Barbara, CA 93108

Return entry form, waiver and check to: CLUB WEST, INC., P.O. Box 5730, Santa Barbara, CA 93150

Sanctioned by USATF

NAME \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_ M/F \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email (Print clearly) \_\_\_\_\_

Club affiliation (if any) \_\_\_\_\_

Please enter me in the following Events:

1. \_\_\_\_\_ R.B. \_\_\_\_\_ 4. \_\_\_\_\_ R.B. \_\_\_\_\_

2. \_\_\_\_\_ R.B. \_\_\_\_\_ 5. \_\_\_\_\_ R.B. \_\_\_\_\_

3. \_\_\_\_\_ R.B. \_\_\_\_\_ 6. \_\_\_\_\_ R.B. \_\_\_\_\_

Athletes can compete in a maximum of six events. (R.B. = Recent Best effort or estimate your effort.)

ENTRY FEES: \$30 for first event, \$10 for each additional event (Adults, 19+).

\$20 for first event, \$5 for each additional event (18 & under.)

Master's athletes: Women 30 and above, Men 35 and above.

Please make check out to: CLUB WEST, INC. P.O. Box 5730, Santa Barbara, CA 93150

**Athletes can also register at [Raceroster.com](http://Raceroster.com) NOTE:**

**NO REFUNDS**

October 10, 2023 is deadline for entries. Entries on day of meet subject to: \$10 Late Fee

My 2023 USATF number is: \_\_\_\_\_

If you do not have a USATF # and wish to join, you may purchase a membership at the meet for \$30. Under 20 years old, membership of USATF is not required.

USATF Membership:

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1(800) 233-0393.

Contact Information:

Meet Directors: Bill Rupp, [ruppww@aol.com](mailto:ruppww@aol.com)

Andrew Hecker, [info@trackinfo.org](mailto:info@trackinfo.org)

Website: [Clubwesttrack.org](http://Clubwesttrack.org)

**CLUB WEST, INC.**  
**Release and Waiver of Liability and Indemnity Agreement for Adults & Minors**  
**(Read Carefully Before Signing)**

In consideration of being permitted to participate in any way in the CLUB WEST program indicated below and/or being permitted to enter for any purpose any restricted area (herein defined as any area wherein admittance to the general public is prohibited), the Adult Participant, or the Parent(s) and/or Legal Guardian(s) of the minor participate named below agree:

1. The Parent(s) and/or Legal Guardian(s) of the minor participant will instruct the (minor) participant that, prior to participating in the below CLUB WEST activity or event, he or she should inspect the facilities and equipment to be used, and, if he or she believes anything to be unsafe, the participant should immediately advise the officials of such condition and refuse to participate. Likewise the Adult Participant shall follow the above mentioned guidelines. I understand and agree that, if at any time, I feel anything to be UNSAFE, I shall immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand and acknowledge that:
  - (a) There are risks and dangers associated with participation in CLUB WEST events, and activities could result to bodily injury, partial and/or total disability, paralysis and death.
  - (b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
  - (c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others including, but not limited to, the Releases named below.
  - (d) There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and / or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the CLUB WEST event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee" ... FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next to kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.
5. I/WE HEREBY acknowledge that the ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Facility Westmont College \_\_\_\_\_

Adult Participant Signature \_\_\_\_\_

Parent or Guardian Signature (if Minor) \_\_\_\_\_

Printed Name of Participant \_\_\_\_\_

Address of Participant \_\_\_\_\_

Received by \_\_\_\_\_