

**2017 USATF Adirondack U20, Open & Masters
All Comers Indoor Track & Field Meet**

**Updated
12/28/16**

**Friday, January 20, 2017
Union College—Memorial Field House
Schenectady, NY 12308**

5:30 PM: Registration(day of meet) • **6:00 PM: Events begin**
160 Meter Track—1/8" Spikes Allowed Only

**Track Events - All Age Groups
(Order of Events)**

- 3000 Meter Run
- 1500 Meter Race Walk
- 600 Meter Run
- 50 Meter Hurdles
- 45 Meter Dash
- 1000 Meter Run
- 300 Meter Dash
- 1500 Meter Run

**Running Events report to Clerk of
Course when called.**



Field Events*All Age Groups

- Shot Put
- Long Jump
- Triple Jump (follows Long Jump)
- High Jump (6:00pm start)
- Pole Vault (13 & Older, 6:00pm start)

**Athletes need to provide own implements.
6 attempts in horizontal jumps & throws for
adults and 4 attempts for youth.*

Field Events report directly to the event.

Athletes will select their events the day of the meet. Not at registration.

Eligibility

This meet is open to all U20, Open & Masters athletes. USATF membership is encouraged but not required. USATF Memberships (\$20.00 for Youth, \$30.00 for adults) may be purchased at the meet or online at: <https://www.usatf.org/membership/application/index.asp>

USATF Adirondack 2017 Indoor Age Graded Team Challenge

Two Track & Field Meets. Scoring for any USATF 2017 registered teams/clubs for all running, jumping & throwing events.*
Cash Prizes (\$200, \$100, \$50) for top three teams. **Cumulative scoring for both meets.**

**Teams/Clubs from other USATF associations are welcome.*

Contact Information/Questions

Meet Director: Rick Choppa, trackandfield@adirondack.usatf.org

USATF Adirondack Office: 518-273-5552, eventinfo@usatfadir.org

Directions: <http://www.unionathletics.com/sports/2005/12/7/Directions.aspx?id=500>

On-Line Registration

(On-Line Registration Fees + processing fee):

REGISTRATION LINKS:

ONLINE REGISTRATION DEADLINE IS WEDNESDAY. 1/18/17 NOON

USATF Members

[Click here to register](#)

U20 (19yrs & under)

\$15.00 up to 3 events

Open/Masters (20yrs & older)

\$20.00 up to 4 events

Non Members

[Click here to register](#)

U20 (19yrs & under)

\$20.00 up to 3 events

Adult (20yrs & older)

\$25.00 up to 4 events

DAY OF REGISTRATION: \$30.00 (this includes all U20 & Adult athletes, Member/Non Member)

PRE-REGISTERED: Pick up race bib day of event at Registration starting at 5:30pm.

SAVE THE DATE!!

Saturday, Feb. 25, 2017, USATF All Comers Meet at Utica College

More information to come: <http://usatfadir.org/>