



USATF ADIRONDACK

Presents:

East Region Open & Club Championships, Adirondack Association Open/Masters Championships, & All-Comers Meet

Saturday, June 21, 2014, 3:00 p.m., University at Albany, 1400
Washington Ave., Albany, NY

www.usatfadir.org

Updated 6/5/14



Meet Information and Rules

ELIGIBILITY

This combined meet includes the USATF East Region Open and Club Championship, and is also the Adirondack Association Open and Masters Championship. Participation in the championship scoring is limited to athletes who are current members of USATF East Region Associations. The meet is also open on a non-scoring basis to athletes (females 14 and males 16 and older) who are not USATF members. USATF rules of competition will apply.

Any questions concerning rules may be addressed to Rick Choppa, Adirondack Association Vice-President for Track & Field, at:
rchoppa1@earthlink.net (518) 783-0816.

REGISTRATION

All-Comers (those without a USATF membership) must print & fill out this form --(fill in the current link to pdf) and mail with check or money order to: USATF Adirondack PO Box 1200 Box 1200, Troy NY 12181-1200. Online registration is not available.

Adirondack Championships & East Region Championships: members must register online:
<http://www.usatf.org/Events---Calendar/2014/USATF-East-Region-Open-Track---Field-Championships.aspx>

**Registration closes at 11:59 p.m. on
Wednesday, June 18th**

FEES

USATF Members: for first event, \$20
Non-members: for first event. \$25
ALL competitors: for each additional event. \$10

Relays: per team per relay. \$20
All relay team members must be competing in at least one individual event. Relay teams must declare and pay at least one hour prior to scheduled relay.

USATF Membership

If you intend to compete in the Adirondack Open & Masters or East Region championships, please make sure you have a current 2014 membership. Visit <http://www.usatf.org/Products---Services/Individual-Memberships.aspx> to purchase your membership.

FACILITIES

The University at Albany's brand new track & field facility includes a nine lane 400 meter track, with 4 long/triple jump runways, regulation hammer/discus cage and 2nd discus cage. Bathrooms are available.

DIRECTIONS From the South: NY I-87 to Exit 24. I-90 East to Exit 2, Campus Entrance onto University Drive West, follow to Parking behind SEFCU Arena. **From the North:** I-87 south to Exit 1E-W, onto I-90 East to Exit 2. See above.

AWARDS (for USATF members only)

East Region Open, Adirondack Association Open medals to top 3 male and female. Adirondack Masters medals to top 3 male and female in 5 year age groups 30 and above.

Team Cash Prizes: \$300/\$125/\$75 to top 3 male and top 3 female teams. **NOTE: In order to be scored for team competition, entries must include name and number of USATF Club on the athlete's current member profile. For USATF members only. Team cash awards are provided by USATF Adirondack. Team scoring: 5-3-2-1**

RESULTS will be posted at:

<http://usatfadir.wordpress.com/results/>

HOTEL

Best Western Sovereign
1228 Western Avenue (Across from SUNY)
Albany, NY 12203-3326
(518) 489-2891 -Phone (518) 489-2712-Fax

Rooms are available for Friday, June 20th and Saturday, June 21st at \$89.00 per night, per room single occupancy and double occupancy, which includes a full breakfast. All rates are subject to state and local tax, currently 14%. Individual reservations must be received by 6/6/2014. Please refer to Eastern Region Track Tournament when confirming reservations to guarantee the quoted rate. In order to guarantee reservations for late arrival, all reservations must be accompanied by a credit card for the first night's accommodations. Check-in time is after 3:00pm and check-out time is 11:00am. Children under 17 stay

SCHEDULE OF EVENTS

NOTE: ORDER OF EVENTS MAY BE SUBJECT TO CHANGE. A FINAL SCHEDULE WILL BE AVAILABLE ON SITE AT CHECK-IN. ALL TIMES ARE ESTIMATES AND MAY VARY DEPENDING ON THE NUMBER OF HEATS REQUIRED. ALL RUNNING EVENTS EXCEPT 100 METERS WILL BE TIMED FINALS, WOMEN PRECEED MEN, OLDEST TO YOUNGEST.

SCHEDULE OF RUNNING EVENTS

ALL TIMES ARE ESTIMATES AND MAY VARY DEPENDING ON THE NUMBER OF HEATS REQUIRED. All are timed finals except for 100 meters. Women before men, oldest to youngest:

3:00pm 3000/5000 m Race Walk MM 5(combined)
3:40 100 m Trials (if required)
3:55 80 m HH – MW 40-49, MM 70-79
4:05 100 m HH – OW/MW 30-59, MM 50-69
4:15 110 m HH – OM/MM 30-59
4:30 100 m Dash Final - All
4:45 1500 m - All
5:00 1500 m - All
5:15 400 m IH – OW, OM, MW 30-49, MM 30-59
5:30 300 m IH – MW 50-59, MM 60-69
5:45 400 m Dash – All
6:00 2000 m Steeplechase- O & MW, MM 60 +
6:15 3000 m Steeplechase – OM, MM 30-59
6:40 800 m – All
6:55 200 m – All
7:10 4 x 100 m Relay – All
7:20 4 x 400 m Relay – All
7:30 5000 m Run – All
8:00 10,000 m Run - All

NOTES

No 27” hurdles available for MW 60 + or MM 80 +

SCHEDULE OF FIELD EVENTS

2:30pm Implement weigh-in
3:00 Hammer - Men followed by Women
3:00 Shot - Women followed by Men
3:00 High Jump – Women followed by Men
3:00 Long Jump – Women
3:00 Pole Vault – Women followed by Men
4:00 Shot – Men
4:00 Discus – Women
4:00 Long Jump – Men
5:00 Discus – Men
5:00 Triple Jump – Women followed by Men
5:00 Javelin – Women followed by Men

NOTES:

Masters throwers must provide their own age-appropriate implements

