USATrack & Field Adirondack Association
2016 Open and Masters Outdoor Track & Field Championships

Featuring Youth Developmental events

3 p.m., Sunday, May 29, 2016 at Taconic Hills High School, Craryville, NY

Detailed Meet Information

Eligibility: This meet is open to Youth, Open and Master athletes.
2016 USATF membership is recommended but not required to compete in this meet. However, USATF medals and team scoring in the Open/Master Championships is limited to USATF Adirondack member athletes and member clubs. Questions concerning participation and eligibility can be directed to USATF Adirondack Office no later than noon on Thursday, May 26, 2016 at ***eventinfo@usatfadir.org*** or call *518-273-5552* weekdays during regular business hours.

Open Division - ages Female 14+, Male 16+. Age determined as of the day of the meet.
Master Division - ages 30+ Female and Male. Age determined as of the day of the meet.
Youth Division - ages 18/under Girls and Boys. Age and age group determined as of December 31, 2016.
Athletes are limited to participation in one division only.

Links to online Pre-Registration: DAY OF MEET REGISTRATION 2PM – 4PM

USATF members: **USATF member ENTRY FORM ONLINE REGISTRATION IS NOW CLOSED**

Non-members: **Non-member ENTRY FORM ONLINE REGISTRATION IS NOW CLOSED**

$15.00 per individual USATF member – up to 3 events.
$20.00 per individual non-member – up to 3 events.
There is an additional fee of $5 per event for each additional event after your first 3 for Open/Master athletes only.
Select your events during the registration process.
Save money - USATF memberships are available on-line at www.usatf.org/membership/
Online entries close at noon on Thursday, May 26, 2016. There is no phone or snail mail pre-entry available.

Day-of-Meet Registration: Register at Taconic Hills HS from 2 p.m. until 4 p.m. on Sunday, May 29, 2016. Meet begins at 3 p.m. $30.00 per individual - up to 3 events. There is an additional fee of $5 per event for each additional event after your first 3 for Open/Master athletes only. Select your events during the registration process. Make checks payable to USATF Adirondack. Parents must sign waiver if under 18. Save money – register early online.

The Facility: Taconic Hills HS, 73 County Road 11A, Craryville, NY 12521
8-lane 400m Track. All-weather surface on track/runways. Javelin throws off grass. Double LJ/TJ pits.
¼" pyramid spikes max. FAT results for all runners. Concessions provided by Taconic Hills Boosters.

USATF membership and club affiliation for scoring and awards:

Handle all problems before the day-of-meet. In order to be eligible for USATF scoring and USATF awards, all athletes must be current USATF Adirondack Association member athletes. In order for a relay team to be eligible for USATF scoring and USATF awards, all relay team members must belong to the same USATF Adirondack member club and must be eligible to represent that club in USATF competition according to their online USATF individual membership profile. It is up to each USATF member athlete and member club to manage their online membership profile. All issues dealing with USATF membership and club team affiliation must be resolved no later than the close of online registration at noon on Friday, May 27, 2016. To resolve club team eligibility issues, please contact the USATF Adirondack Office no later than noon on Friday, May 27, 2016 at ***eventinfo@usatfadir.org*** or call *518-273-5552* weekdays during regular business hours.

Divisions:
Athletes are limited to participation in one division only.
The **Open** classification shall be limited to male athletes ages 16+ on the day of the competition and female athletes 14+ on the day of the competition. In Open race walking all athletes shall be 14+ on the day of the competition.
The **Master** classification shall be limited to athletes who are at least thirty (30) years old on the day of the meet. Masters age groups are: 30-34, 35-39, 40-44, 45-49, ….95-99.
The **Youth** classification shall be limited to athletes 18 and younger as December 31, 2016.
Youth age groups are: 8/under – born in 2008+, 9-10 born in 2006-07, 11-12 born in 2004-05, 13-14 born in 2002-03, 15-16 born in 2000-01, and 17-18 born 1998-99. In order to comply with NYSPHSAA eligibility standards - High School and College athletes are requested NOT to wear school uniforms. HS/College athletes may only compete as 'unattached' or they may represent a USATF member club.

USATF membership:
2016 USATF membership is **recommended** but **not required** to compete in this meet. However, only 2016 USATF Adirondack Association member athletes are eligible to win USATF Association Championship medals and score team points. Open, Youth and Master non-USATF member athletes, Open, Youth and Master USATF member athletes from other Associations and Open, Youth and Master Canadian citizens are welcome to compete in this meet but are not eligible for team scoring or for USATF Association Championship medals. Team scoring is limited to USATF Adirondack Association member club teams only. USATF memberships available at www.usatf.org/membership/

Waiver on the day-of-meet:
Every athlete entering onsite on the day of the meet will be required to sign a waiver at registration prior to competing. Parents must sign on-site day of the meet entry waiver if the athlete is under 18. Parents, if you can't make the meet, please print and sign the waiver. Online entries will already have completed the checkbox waiver. We encourage you to save money and enter online before the deadline of noon on Thursday, May 26, 2016.

Awards:
USATF Association Championship medals will be awarded to the top 3 USATF Adirondack Association member individual finishers/club relay teams in all Open and Master events. Non-member Open/Master athletes who would otherwise qualify for an award by finishing in the top 3 of their division will be awarded special meet ribbons. Special meet ribbons will also be awarded to the top 3 finishers in all 2-year Youth age groups in all Youth events.

Bib Number:
Each athlete will be issued a competitor's bib number that must be pinned to the front of the top outer garment visible during all competition. Bibs must be worn as issued and may not be altered in any way. Additional age/gender numbers for Masters (30+) and/or hip numbers may be issued at the discretion of the Clerk of Course. They must be worn unaltered as instructed by the Clerk of Course

Selecting your events: Your basic entry fee allows you to select up to 3 events during the registration process. Open and Master athletes may select additional events for an extra fee of $5 per event. Youth are limited to 3 events maximum.

Seeding for running events:
Athletes will report to the Clerk of Course when their running event is called. Final seeding with heat and lane assignments will be done by the Clerk of Course based upon times submitted during the entry process.

Seeding for field events:
Field event athletes will report directly to the Head Field Judge for that event when the field event is called. Final seeding with flight and order will be done at the field event by the Head Field Judge for that event.
Seeding for Relay Teams:
Relay teams will fill out a relay card when called to the event by the Clerk of Course. Seeding will be done by the Clerk.
Master sections:
Separate Master (ages 30+) sections and flights will be provided in all events where entry numbers allow.
Youth event sections:
Separate Youth event sections and flights will be provided in all Youth events where entry numbers allow.

Combining divisions: Genders, age divisions and sections may be combined at the discretion of Meet Management depending on entry numbers and to ensure competition.

Open Team Scoring: 5-3-2-1 in all events including relays.
Only registered Open USATF Adirondack Association athletes who are valid members of USATF Adirondack Association member clubs are eligible to score team points for that club. The club affiliation must be listed on the entry form. No additions to clubs will be permitted once the entry form has been submitted. There will be separate scoring for Open Men and Open Women teams.
Master Team Scoring: 5-3-2-1 in all individual events for each 5-year age division beginning at 30-34.
5-3-2-1 in all relay events for each 10-year age division beginning at 30+.
Only registered Master USATF Adirondack Association athletes (ages 30+) who are valid members of USATF Adirondack Association member clubs are eligible to score team points for that club. The club affiliation must be listed on the entry form. No additions to clubs will be permitted once the entry form has been submitted. There will be separate scoring for Master Men and Master Women teams.
Youth Team Scoring: There will be no Youth team scoring at this meet.

Miscellaneous Meet Information and Facility Information

- You may use your own starting blocks if the spikes are 1/4" or less.
- 1/4" or less spiked shoes are allowed. Clerk of Course/Field Judges will check spikes at each event check-in.
- Bathrooms only will be available. No locker rooms available.
- Limited concessions will be on sale at the meet site.

Timing
We will be using a Lynx Fully Automatic Timing System (FAT). All athletes will be timed in all events.
Results will be posted at: http://www.usatfadir.org/

The Facility and Directions:
Taconic Hills HS, 73 County Road 11A, Craryville, NY 12521
Take I-90 to Exit B2 to the Taconic Parkway.
Exit Taconic Parkway onto NY Rt. 23-East
Drive 3.4 miles to turn right onto NY Rt. 11A
Taconic Hills HS Trackis on your right.
8-lane 400m Track. All-weather surface on track/runways. Javelin throws off grass.
Double LJ/TJ pits.¼" pyramid spikes max. FAT results for all runners.
Concessions provided by Taconic Hills Boosters.

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Order of Running Events

2:00 p.m.	Day-of-meet registration begins. Registration will end at 4 p.m.	
3:00 p.m.	5000m Race Walk Final	Open Women and Open Men, one race
	3000m Race Walk Final	Master Women and Master Men, Youth Girls and Youth Boys (13-14,15-16,17-18)*
	3000m Steeplechase Finals (36”)	Open Men and Master Men (30-59), one race
	110m Hurdle Finals (42”)	Open Men*
	110m Hurdle Trials (39”)	Master Men (30-49), Youth Boys (13-14,15-16,17-18)*
	100m Hurdle Finals (36”)	Master Men (50-59)*
	100m Hurdle Finals (33”)	Open Women, Master Women (30-39), Master Men (60-69), Youth Girls (13-14,15-16,17-18)*
	100m Hurdle Finals (30”)	Master Women (40+), Master Men (70+)*
	2000m Steeplechase Finals (30”)	Open Women, Master Women, Master Men (60+), one race
	100m Dash Finals	Master Women, Open Women, Master Men, Open Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
	1500m Run Finals	Open/Master Women, Open/Master Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18), Sections as needed*
	400m Dash Finals	Master Women, Open Women, Master Men, Open Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
	400m Hurdle Finals (36”)	Master Men (ages 30-49), Open Men*
	400m Hurdle Finals (33”)	Master Men (ages 50-59)*
	400m Hurdle Finals (30”)	Master Women (30-49) and Open Women*
	300m Hurdle Finals (30”)	Master Men (60+), Master Women (50+)*
	200m Dash Finals	Master Women, Open Women, Master Men, Open Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
	800m Run Finals	Open/Master Women, Open/Master Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
	3000m Run Finals	Open and Master, Women and Men*
	4 x 100m Relay Finals	Master and Open, Women then Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
	4 x 400m Relay Finals	Master and Open, Women then Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*

We will use a rolling time order after 3 p.m.

*Genders, age divisions, sections may be combined at the discretion of Meet Management depending on entry numbers and to ensure competition.

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3 p.m., Sunday, May 29, 2016 at Taconic Hills High School, Craryville, NY

Order of Field Events

2:00 p.m.	Day-of-meet registration begins. Registration will end at 4 p.m.	
3:00 p.m.	Shot Put	Master/Open Women, flights as needed*, followed by
	Shot Put	Master/ Open Men, flights as needed*, followed by
	Discus	Master/Open Women, flights as needed*, followed by
	Discus	Master/ Open Men, flights as needed*
3:00 p.m.	Discus	Youth Girls/Youth Boys, flights as needed*
		(11-12, 13-14, 15-16, 17-18 only) followed by
	Shot Put	Youth Girls/Youth Boys, flights as needed*
		(8/under, 9-10, 11-12, …, 17-18)
3:00 p.m.	Javelin Throw	Master/Open Women, flights as needed*, followed by
	Javelin Throw	Master/Open Men, flights as needed*, followed by
	Turbo Javelin Throw	Youth Girls/Youth Boys, flights as needed*
		(Turbo Javelin = 8/under, 9-10, 11-12 only)*, followed by
	Javelin Throw	Youth Girls/Youth Boys, flights as needed
		(Javelin = 13-14, 15-16, 17-18 only)*
3:00 p.m.	Long Jump Pit #1	Master Women/Open Women, flights as needed*, followed by
	Long Jump Pit #1	Master Men/Open Men, flights as needed*
3:00 p.m.	Long Jump Pit #2	Youth Girls/Youth Boys, flights as needed*
		(8/under, 9-10, 11-12, 13-14, 15-16, 17-18)
After LJ	Triple Jump Pit #1	Master Women/Open Women, flights as needed*, followed by
	Triple Jump Pit #1	then, Master Men/Open Men, flights as needed*
After LJ	Triple Jump Pit #2	Youth Girls/Youth Boys, flights as needed*
		(11-12, 13-14, 15-16, 17-18 only)
3:00 p.m.	High Jump	Youth Girls/Youth Boys*, 9-10, 11-12,…,17-18
	High Jump	then, Master Men/Master Women/Open Women*
	High Jump	then, Open Men*
3:00 p.m.	Pole Vault	Master/Open Women/some Master Men
	Pole Vault	then, Master/Open Men
		No Youth Pole Vault

*Genders, age divisions, flights may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

Due to lack of a hammer cage - the Hammer Throw will NOT be contested.

Field Event Information

Throws - Due to lack of a hammer cage - the Hammer Throw will NOT be contested.

Implements: All implements should meet the weight and measures standards or the various divisions and should be safe to use. Throwing an implement that is illegal or altered is grounds for disqualification, even if it occurs during the warm-up period. All athletes are responsible for bringing their own legal implements. We will not provide implements for use.

Attempts: All Open and Master (ages 30+) competitor will be allowed six (6) attempts in all throws.
All Youth competitors will be allowed four (4) attempts in Youth event throws.
An athlete may compete in only one division for each of the throwing events.

Schedule of Throws

2:00 p.m.	Day-of-meet registration begins. Registration will end at 4 p.m.	
3:00 p.m.	Shot Put	Master/Open Women, flights as needed*, followed by
	Shot Put	Master/ Open Men, flights as needed*, followed by
	Discus	Master/Open Women, flights as needed*, followed by
	Discus	Master/ Open Men, flights as needed*
3:00 p.m.	Discus	Youth Girls/Youth Boys, flights as needed*
		(11-12, 13-14, 15-16, 17-18 only) followed by
	Shot Put	Youth Girls/Youth Boys, flights as needed*
		(8/under, 9-10, 11-12, …, 17-18)
3:00 p.m.	Javelin Throw	Master/Open Women, flights as needed*, followed by
	Javelin Throw	Master/Open Men, flights as needed*, followed by
	Turbo Javelin Throw	Youth Girls/Youth Boys, flights as needed*
		(Turbo Javelin = 8/under, 9-10, 11-12 only)*, followed by
	Javelin Throw	Youth Girls/Youth Boys, flights as needed
		(Javelin = 13-14, 15-16, 17-18 only)*

*Genders, age divisions, flights may be combined at the discretion of Meet Management depending on entry numbers and to ensure competition.

Shot Put: Bring your own legal implement. The following shot put implement weights may be used:

Open:	16 lbs. Men and 4 kg Women (6 attempts)
Master:	Appropriate Weights for all age groups (6 attempts)
Youth:	Appropriate Weights for all age groups (4 attempts)

All Open and Master (ages 30+) competitor will be allowed six (6) attempts in all throws.
All Youth competitors will be allowed four (4) attempts in Youth event throws.

The different Shot weights used for Master (ages 30+) M/W and Youth B/G under USATF rules are as follows:

WOMEN	**Shot**
30-49	4 kg
50-59	3 kg
60-74	3 kg
75+	2 kg
MEN	**Shot**
30-49	7.26 kg (16 lb)
50-59	6 kg
60-69	5 kg
70-79	4 kg
80&up	3 kg

Youth: 8/under 2 kg, 9-10 6 lb, 11-12 6 lb, 13-14 B-4 kg G-6 lb, 15-16 & 17-18 B 12 lb G 4 kg.

Discus Throw:

Bring your own legal implement. The following Discus implement weights may be used:

Open:	2.0 kg Men and 1.0 kg Women (6 attempts)
Master:	Appropriate Weights for all age groups (6 attempts)
Youth:	Appropriate Weights for 11-12, 13-14, 15-16, 17-18 age groups only. (4 attempts)

All Open and Master competitor will be allowed six (6) attempts in all throws.
All Youth competitors will be allowed four (4) attempts in Youth event throws.

The different Discus weights used for Master (ages 30+) M/W and Youth B/G under USATF rules are as follows:

WOMEN	**Discus**
30-49	1 kg
50-59	1 kg
60-74	1 kg
75+	0.75 kg
MEN	**Discus**
30-49	2 kg
50-59	1.5 kg
60-69	1 kg
70-79	1 kg
80&up	1 kg

Youth: 8/under No Discus, 9-10 No Discus, 11-12 1 kg, 13-14 1 kg, 15-16 & 17-18 B 1.6 kg G 1 kg.

Javelin Throw:

Bring your own legal implement. The following Javelin implement weights may be used:

Open:	800g Men and 600 g Women (6 attempts)
Master:	Appropriate Weights for each age group (6 attempts)
Youth:	Appropriate Weights for 8/under, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. (4 attempts)

All Open and Master competitor will be allowed six (6) attempts in all throws.
All Youth competitors will be allowed four (4) attempts in Youth event throws.

The different Javelin weights used for Master (ages 30+) M/W and Youth B/G under USATF rules are as follows:

WOMEN	**Javelin**
30-49	600 g
50-59	500 g
60-74	400 g
75+	400 g
MEN	**Javelin**
30-49	800g
50-59	700g
60-69	600g
70-79	500g
80&up	400g

Youth:	B/G 8/under, 9-10, 11-12	Mini-Javelin 300g (Turbo-Jav)
	B/G 13-14	Javelin 600g
	B 15-16, 17-18	Javelin 800g
	G 15-16, 17-18	Javelin 600g

Jumps

Pole Vault:

3:00 p.m.	Pole Vault	Master/Open Women/some Master Men
	Pole Vault	then, Master/Open Men
		No Youth Pole Vault

*Genders, age divisions, flights may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.
An athlete may compete in only one division for each of the vertical and horizontal jumping events.

Some Master Men*, all Master Women (30+) and all Open Women will jump together first
We will use the 5-alive system.
If necessary and if possible with extenders, the bar will start at 2.20m (approx. 7'-2.6").
Bar will be raised 15cm.
Progression for all Open Women and some Master Men and all Master Women (30+) will be as follows:
2.35, 2.50, 2.65, 2.80, 2.95, 3.10, 3.25,…
Open Men will jump after some Master Men, all Master Women and all Open Women are done.
The bar will start at 3.10m (approx. 11'-0"). Progression for Open Men and the Master Men* who opt in will be as follows:
3.10m, 3.25, 3.40, 3.55, 3.70, 3.85, 4.00, 4.15,…
*Master Men (ages 30+) may choose to jump with the Open Men beginning at 3.10m.
After 3 consecutive passed heights and/or passing for 60 minutes or more, a 2 min. warm-up period per newly entering vaulter will be made available at height changes for those vaulters who enter at that height. The vaulter must then make at least one attempt at that height.

Special accommodation: Any Master Women, Master Men or Open Women who want to start lower than the scheduled opening height of 2.20m must inform the head pole vault official no later than 8:30 a.m. on the day of the meet. We will accommodate a lower starting height if the extenders allow.

High Jump:

3:00 p.m.	High Jump	Youth Girls/Youth Boys*, 9-10, 11-12,…,17-18
	High Jump	then, Master Men/Master Women/Open Women*
	High Jump	then, Open Men*

All Youth Boys and Youth Girls (9-10, 11-12, 13-14, 15-16, 17-18) will jump together first.
If necessary and if possible with onsite standards, the bar will start as low as needed.
Bar will be raised 5cm.
Progression for Youth High Jump will be as follows:
… 1.00, 1.05, 1.10, 1.15, 1.20, 1.25, 1.30, 1.35, 1.40, 1.45, 1.50, 1.55, 1.60,...
Master Men*, Master Women and all Open Women will jump together after all Youth.
We will use the 5-alive system.
If necessary and if possible with the onsite standards, the bar will start at 1.20m (approx. 4'-0").
Bar will be raised 5cm.
Progression for Open Women and Master Men and Master Women (30+) will be as follows:
1.20, 1.25, 1.30, 1.35, 1.40, 1.45, 1.50, 1.55, 1.60,…
Open Men will jump after the Master Men, Master Women and all Open Women are done.
The bar will start at 1.50m (approx. 4'-11"). Progression for Open Men will be as follows:
1.50, 1.60, 1.70, 1.80, 1.85, 1.90, 1.95,…
*Master Men (30+) may choose to jump with the Open Men.

After 3 consecutive passed heights, one warm-up jump without the crossbar in place for newly entering jumpers will be made available at height changes for those jumpers who enter at that height. The jumper must then make at least one attempt at that height.

Special accommodation: Any Master Women, Master Men or Open Women who want to start lower than the scheduled opening High Jump height of 1.20m must inform the head high jump official no later than 8:30 a.m. on the day of the meet. We will accommodate a lower starting height if the onsite standards allow.

An athlete may compete in only one division for each of the vertical and horizontal jumping events.

Long Jump and Triple Jump:

Schedule of Jumps

3:00 p.m.	Long Jump Pit #1	Master Women/Open Women, flights as needed*, followed by
	Long Jump Pit #1	Master Men/Open Men, flights as needed*
3:00 p.m.	Long Jump Pit #2	Youth Girls/Youth Boys, flights as needed*
		(8/under, 9-10, 11-12, 13-14, 15-16, 17-18)
After LJ	Triple Jump Pit #1	Master Women/Open Women, flights as needed*, followed by
	Triple Jump Pit #1	then, Master Men/Open Men, flights as needed*
After LJ	Triple Jump Pit #2	Youth Girls/Youth Boys, flights as needed*
		(11-12, 13-14, 15-16, 17-18 only)

*Genders, age divisions, flights may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

All Open and Master (ages 30+) competitor will be allowed six (6) attempts in the LJ and TJ.
All Youth competitors will be allowed four (4) attempts in Youth LJ and Youth TJ.

An athlete may compete in only one division for each of the horizontal jumping events.

Format of Running Events

Short Hurdles: Because of limitations in equipment and time we will only be able to run the following short hurdle heights and distances:

110m Hurdle Finals (42”)	Open Men*
110m Hurdle Trials (39”)	Master Men (30-49), Youth Boys (13-14,15-16,17-18)*
100m Hurdle Finals (36”)	Master Men (50-59)*
100m Hurdle Finals (33”)	Open Women, Master Women (30-39), Master Men (60-69), Youth Girls (13-14,15-16,17-18)*
100m Hurdle Finals (30”)	Master Women (40+), Master Men (70+)*

A runner may compete in only one division for the short hurdles.
Blocks will be provided. You may use your own blocks if they have 1/4” spikes or less on the bottom.
Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.
Final placing within each division will be determined by time.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

Long Hurdles: Because of limitations in equipment and time we will only be able to run the following long hurdle heights and distances:

400m Hurdle Finals (36")	Master Men (ages 30-49), Open Men*
400m Hurdle Finals (33")	Master Men (ages 50-59)*
400m Hurdle Finals (30")	Master Women (30-49) and Open Women*
300m Hurdle Finals (30")	Master Men (60+), Master Women (50+)*

No separate Youth Long Hurdles

A runner may compete in only one division for the long hurdles.
Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.
Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.
Final placing within each division will be determined by time.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

100m Dash 200m Dash, 400m Dash:

100m Dash Finals	Master Women, Open Women, Master Men, Open Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
200m Dash Finals	Master Women, Open Women, Master Men, Open Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
400m Dash Finals	Master Women, Open Women, Master Men, Open Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*

A runner may compete in only one division for each sprint event.
Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.
Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.
Final placing within each division will be determined by time.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

800m Run:

800m Run Finals	Open/Master Women, Open/Master Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*

Open Women and Master Women (30+), then Open Men and Master Men (30+), then Youth Girls and Youth Boys (age groups 8/under, 9-10, 11-12, 13-14, 15-16, and 17-18) will be divided into sections as needed in the 800m Run.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.
A competitor may compete in only one division for the 800m run. We will plan to use a waterfall start. A one-turn box start may be used at the discretion of the Clerk. Final placing within each division will be determined by time.

1500m Run:

1500m Run Finals	Open/Master Women, Open/Master Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18), Sections as needed*

Open Women and Master Women (30+), then Open Men and Master Men (30+), then Youth Girls and Youth Boys (age groups 8/under, 9-10, 11-12, 13-14, 15-16, and 17-18) will be divided into sections as needed in the 1500m Run.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.
A competitor may compete in only one division for the 1500m run. We will plan to use a waterfall start.
Final placing within each division will be determined by time.

3000m Run:

3000m Run Finals	Open and Master, Women and Men*

There is no Youth division in the 3000m Run.
Open Men, Open Women, Master Men (30+) and Master Women (30+) will be divided into sections if needed in the 3000m Run.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.
A competitor may compete in only one division for the 3000m run. We will use a waterfall start.
Final placing within each division will be determined by time.

Race Walk:

3:00 p.m.	5000m Race Walk Final	Open Women and Open Men, one race
	3000m Race Walk Final	Master Women and Master Men, Youth Girls and Youth Boys (13-14, 15-16, 17-18)*

Open Women and Open Men will compete at the 5000m Race Walk distance.
Master Women (30+), Master Men (30+), and Youth Boys and Youth Girls in the 13-14, 15-16 and 17-18 age groups only will compete at the 3000m Race Walk Distance.
*Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.
A competitor may compete in only one division for the race walk and may not compete in both the 5000m Race Walk and the 3000m Race Walk. We will use a waterfall start.
Final placing within each division will be determined by time.

Steeplechase:

3000m Steeplechase Finals (36”)	Open Men and Master Men (30-59), one race
2000m Steeplechase Finals (30”)	Open Women, Master Women, Master Men (60+), one race

There is no Youth division in the Steeplechase.
Open Men and Master Men (ages 30-59) will compete in the 3000m Steeplechase. The 3000m Steeplechase has 7.5 laps with 28 barriers and 7 water jumps all set at 36” height. Open Women, Master Women and Master Men (ages 60+) will compete in the 2000m Steeplechase. The 2000m Steeplechase has 5 laps with 18 barriers and 5 water jumps all set at 30” height. A competitor may compete in only one division for the Steeplechase and may not compete in both the 3000m Steeplechase and the 2000m Steeplechase. We will use a waterfall start.
Final placing within each division will be determined by time.

Relays:

4 x 100m Relay Finals	Master and Open, Women then Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*
4 x 400m Relay Finals	Master and Open, Women then Men, Youth Girls, Youth Boys, (8/under, 9-10, 11-12,…,17-18)*

In order to be eligible for USATF scoring and awards, all members of a relay team must be current USATF member athletes all belonging to the same member club and eligible to represent that club in USATF competition according to their online USATF membership profile. If all 4 runners are not members of the same USATF Association member club or if not all 4 runners are not USATF members, then the relay team shall be listed as “Unattached”. Do not make up team names. HS and College athletes should check with their coach for eligibility concerns. NYSPHSAA rules mandate that HS and we suggest that College runners who compete in this USATF Open meet not wear their school uniforms. The USATF relay uniform rule will not be enforced for this event. Mixed gender teams are not permitted.

All issues dealing with USATF membership and club team affiliation must be resolved no later than the close of online registration at noon on Friday, May 27, 2016. To resolve club team eligibility issues, please contact the USATF Adirondack Office no later than noon on Friday, May 27, 2016 at ***eventinfo@usatfadir.org*** or call *518-273-5552* weekdays during regular business hours.

Relay teams will fill out a relay card when called to the event by the Clerk of Course. Relay cards may be picked up from the Clerk's table at any time during the meet. The relay card shall list the names of all four runners in their running order. The form shall also list each competitor's bib number and, if possible an estimated seed time. An athlete may compete for only one team in the 4x100m Relay. An athlete may compete for only one team in the 4x400m Relay. Seeding will be done by the Clerk.
The order of competition will be:
Master Women (30+), Open Women, Master Men (30+), Open Men, Youth Girls and Youth Boys.
Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.
Youth Girls and Youth Boys relay team divisions: (8/under, 9-10, 11-12, 13-14, 15-16, and 17-18)
Final placing within each division will be determined by time.

The 4 x 100m Relay will be run in lanes the entire race. Preferred lanes: 4-5-6-3-2-7-1-8

The 4x400m Relay will use a 2-turn staggered start. The lead-off runner will run the entire 200m first leg in lane.
The 2nd runner will break for the inside when they are in possession of the baton.
The 3rd and 4th runners will receive the baton in the order of running.
Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.
Preferred lanes: 4-5-6-3-2-7-1-8
Final placing will be determined by time. Batons will be provided. You may use your own legal baton.

Results:
Official results will be posted at the registration table for all athletes in all events upon completion of the event.
Awards may be picked up at that time from the registration table. All awards must be claimed within 30 minutes after the conclusion of the meet.

Official results will be posted at http://www.usatfadir.org/

USATrack & Field Adirondack Association
2016 Open and Masters Outdoor Track & Field Championships

Featuring Youth Developmental events

3 p.m., Sunday, May 29, 2016 at Taconic Hills High School, Craryville, NY

Eligibility: This meet is open to Youth, Open and Master athletes.
2016 USATF membership is recommended but not required to compete in this meet. However, USATF medals and team scoring in the Open/Master Championships is limited to USATF Adirondack member athletes and member clubs. Questions concerning participation and eligibility can be directed to USATF Adirondack Office no later than noon on Friday, May 27, 2016 at ***eventinfo@usatfadir.org*** or call *518-273-5552* weekdays during regular business hours.
For meet details please see the **Complete Meet Information document**

Open Division - ages Female 14+, Male 16+. Age determined as of the day of the meet.
Master Division - ages 30+ Female and Male. Age determined as of the day of the meet.
Youth Division - ages 18/under Girls and Boys. Age and age group determined as of December 31, 2016.
Athletes are limited to participation in one division only.

Links to online Pre-Registration:

USATF members: **USATF member ENTRY FORM**

Non-members: **Non-member ENTRY FORM**

$15.00 per individual USATF member – up to 3 events.
$20.00 per individual non-member – up to 3 events.
There is an additional fee of $5 per event for each additional event after your first 3 for Open/Master athletes only.
Select your events during the registration process.
Save money - USATF memberships are available on-line at www.usatf.org/membership/
Online entries close at noon on Friday, May 27, 2016. There is no phone or snail mail pre-entry available.

Day-of-Meet Registration: Register at Taconic Hills HS from 2 p.m. until 4 p.m. on Sunday, May 29, 2016. Meet begins at 3 p.m. $30.00 per individual - up to 3 events. There is an additional fee of $5 per event for each additional event after your first 3 for Open/Master athletes only. Select your events during the registration process. Make checks payable to USATF Adirondack. Parents must sign waiver if under 18. Save money – register early online.
Please fill out and bring with you the Day-of-Meet Entry Form/Waiver

The Facility: Taconic Hills HS, 73 County Road 11A, Craryville, NY 12521
8-lane 400m Track. All-weather surface on track/runways. Javelin throws off grass. Double LJ/TJ pits.
¼" pyramid spikes max. FAT results for all runners. Concessions provided by Taconic Hills Boosters.

Awards:
USATF Association Championship medals will be awarded to the top 3 USATF Adirondack Association member individual finishers/club relay teams in all Open and Master events. Non-member Open/Master athletes who would otherwise qualify for an award by finishing in the top 3 of their division will be awarded special meet ribbons.
Special meet ribbons will also be awarded to the top 3 finishers in all 2-year Youth age groups in all Youth events.

USATF Adirondack Association
2016 Open and Masters Outdoor Track & Field Championships

Featuring selected Youth Developmental events

3 p.m., Sunday, May 29, 2016 at Taconic Hills High School, Craryville, NY

Order of Events by Divisions

2:00 p.m. Day-of-meet registration begins. Registration will end at 4 p.m.
3:00 p.m. Events begin

Open	**Master (30+)**	**Youth**
Running	**Running**	**Running**
5000m Race Walk, W/M	3000m Race Walk, W/M	3000m Race Walk, G/B13-14,15-16,17-18
3000m Steeplechase (36”), M	3000m Steeplechase (36”), M30-59	x
110m Hurdles (42”), M	x	x
x	110m Hurdles (39”), M30-49	110m Hurdles (39”), B13-14,15-16,17-18
x	100m Hurdles (36”), M50-59	x
100m Hurdles (33”), W	100m Hurdles (33”), W30-39,M60-69	100m Hurdles (33”), G13-14,15-16,17-18
x	100m Hurdles (30”), W40+, M70+	x
2000m Steeplechase (30”), W	2000m Steeplechase (30”), W30+, M60+	x
100m Dash, W/M	100m Dash, W/M	100m Dash, G/B 8/under, 9-10,…,17-18
1500m Run, W/M	1500m Run, W/M	1500m Run, G/B 8/under, 9-10,…,17-18
400m Dash, W/M	400m Dash, W/M	400m Dash, G/B 8/under, 9-10,…,17-18
400m Hurdles (36”), M	400m Hurdles (36”), M 30-49	x
x	400m Hurdles (33”), M50-59	x
400m Hurdles (30”), W	400m Hurdles (30”), W30-49	x
400m Hurdles (36”), M	400m Hurdles (36”), M 30-49	x
x	300m Hurdles (30”), W50+, M60+	x
200m Dash, W/M	200m Dash, W/M	200m Dash, G/B 8/under, 9-10,…,17-18
800m Run, W/M	800m Run, W/M	800m Run, G/B 8/under, 9-10,…,17-18
3000m Run, W/M	3000m Run, W/M	x
4 x 100m Relay, W/M	4 x 100m Relay , W/M	4 x 100m Relay , G/B 8/under, 9-10,…,17-18
4 x 400m Relay, W/M	4 x 400m Relay, W/M	4 x 400m Relay, G/B 8/under, 9-10,…,17-18

Open	**Master (30+)**	**Youth**
Field	**Field**	**Field**
Shot Put, W/M	Shot Put, W/M	Discus, G/B 11-12,13-14,15-16,17-18
Then Discus, W/M	Then Discus, W/M	Then, Shot Put, G/B 8/under, 9-10,…,17-18
Javelin, W/M	Javelin W/M	Turbo Javelin, G/B 8/under, 9-10,11-12
		Javelin, G/B 13-14,15-16,17-18
Long Jump, W/M	Long Jump, W/M	Long Jump, G/B 8/under, 9-10,…,17-18
Then Triple Jump, W/M	Then Triple Jump, W/M	Then, Triple Jump, G/B 13-14, 15-16, 17-18
High Jump, W/M	High Jump, W/M	High Jump, G/B, 9-10,11-12,…,17-18
(After Youth HJ	(After Youth HJ)	
Pole Vault, W/M	Pole Vault, W/M	No Youth Pole Vault

We will use a rolling time order after 3:00 p.m.

Genders, age divisions, sections may be combined at the discretion of Meet Management depending on entry numbers and to ensure competition. For complete meet info and results visit: http://www.usatfadir.org/

Due to lack of a hammer cage - the Hammer Throw will NOT be contested.