

**2009 USATF East Region Open & Club  
Track & Field Championships**

**Sunday, July 5, 2009, 9:30am**  
**Ichabod Crane High School**  
**Valatie, NY**  
**Check-in: 8:30 AM**  
**Start: 9:30 AM**



**ENTRY FEES AND DEADLINES**  
**ON-TIME-ENTRY:** Post marked by June 30 or online by midnight June 30  
 \$ 20/ first event, \$10 each additional event.

**FINAL-ENTRY:** Online only by midnight July 1  
 \$35/ first event, \$ 10ea additional event.

**RELAY ENTRIES:** Relay team members must be entered as individuals in the meet in at least one other event. \$10 per team per relay, payable at time of declaration. Relay Team declaration by 10 AM on meet day.

**NO DAY OF MEET ENTRIES ACCEPTED!**

Please complete the attached meet entry form making your payment and mail to **USATF Adirondack PO Box 1200 Troy NY 12181**  
**QUESTIONS** [eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org) or call (518) 273-5552

**SCHEDULE OF EVENTS**

**Implement Inspection and Weigh- in begins at 8:30 am.**

**TRACK EVENTS**

9:30am 5000 RW (W,M)  
 10:20 5000m (W)  
 10:50 5000m (M)  
**Welcome/National Anthem**  
 11:25 4 x 100 Relay(W)  
 11:30 4 x 100 Relay(M)  
 11:40: 1500m (W)  
 11:55 1500m (M)  
 12:10 100m H (W) 33"  
 12:25 110m H (M) 42"  
 12:35 3000 Steeple (W)2'6"  
 12:50 3000 Steeple (M) 3'  
 1:05 **Lunch Break**  
 1:25 400m (W)  
 1:35 400m (M)  
 1:45 100m (W)  
 1:55 100m (M)  
 2:05 800m (W)  
 2:15 800m (M)  
 2:30 400m H (W) 30"  
 2:45 400m H (M) 36"  
 3:00 200m (W)  
 3:10 200m (M)  
 3:20 4x400 relay (W, M)  
 3:30 DMR (W,M)  
 (1200, 400, 800, 1600)  
 3:45 SMR(W,M)  
 (200, 200,400, 800)

**FIELD EVENTS**

10:00am:HJ(M) 1.5m (4'11")  
 LJ(W)  
 SP(M)  
 Discus (W)  
 11:00 SP(W)  
 PV(W) 2.15m (~7')  
 Disc (M)  
 11:30 HJ(W) 1.35m (4'5")  
 LJ (M)  
 1:00pm PV(M) 2.75m (~9')  
 TJ (W)  
 Jav (W)  
 2:00 Jav (M)  
 2:30 TJ(M)

**Note: Hammer throw will NOT be contested.**  
**All times are estimates and subject to change**

**Team Scoring:**

- 8 Places: 10-8-6-5-4-3-2-1
- Includes only registered teams & team members
- All events run as timed finals, heats slow -fast
- Scoring in relays limited to A team from each club.

**ELIGIBILITY**

**2009 USATF membership required.** To obtain membership, please visit: [www.usatf.org/membership](http://www.usatf.org/membership). USATF members and clubs from the following Associations are eligible to score in this meet: Adirondack, Connecticut, Long Island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Three Rivers, and Virginia.

If you are competing for a club at this event, this club must be listed on your USATF membership record. Subject to verification.

**Minimum Ages: Female 14 Male 16**

**INDIVIDUAL AWARDS**

**REGIONAL MEDALS:** Top 3 from region in each event

**CLUB PRIZE MONEY**

**MEN:** 1st: \$400 2nd: \$200 3rd: \$100  
**WOMEN:** 1st: \$400 2nd: \$200 3rd: \$100

**WINNING CLUBS:** (one male, one female) will also earn \$500 in travel stipends for the USATF National Club Track & Field Championship meet. (Scoring 10-8-6-5-4-3-2-1)

**FACILITIES:** Ichabod Crane HS: state-of-the-art 8 lane all weather track. Two LJ/3J runways, two HJ pits. Pin or 1/4" spikes only. No locker room facilities available. Bathrooms in concession stand adjacent to track.

**WEB SITE:** [www.usatfadir.org/2009\\_USATF\\_EastRegionT&FChamps.htm](http://www.usatfadir.org/2009_USATF_EastRegionT&FChamps.htm)

Please visit our web site to access: online registration, entry confirmation & results.

**USATF National Club Track & Field Championships:**

July 10-11, 2009 Ichabod Crane Stadium on Randall's Island - New York City  
[www.usatf.org/events/2009/USATFClubTFChampionships/](http://www.usatf.org/events/2009/USATFClubTFChampionships/)

Please enter me in the following East Region Open Events July 5, 2009 Ichabod Crane High School **Checks payable to USATF Adirondack.**  
 (NOTE: Seed times/estimated distances must be included for all events): **Mail to: USATF Adirondack PO Box 1200 Troy NY 12181**

1. \_\_\_\_\_ / \_\_\_\_\_ 2. \_\_\_\_\_ / \_\_\_\_\_ 3. \_\_\_\_\_ / \_\_\_\_\_ 4. \_\_\_\_\_ / \_\_\_\_\_ 5. \_\_\_\_\_ / \_\_\_\_\_  
 event/seed time event/seed time event/seed time event/seed time event/seed time e-mail

\_\_\_\_\_  
 LAST NAME FIRST NAME **Circle One:** Male Female \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Birth Date Age

\_\_\_\_\_  
 STREET ADDRESS (w/apt no.) 2009 USATF Number Required ( ) \_\_\_\_\_  
 Phone Number

\_\_\_\_\_  
 CITY STATE ZIP USATF Association Name of USATF Club

RELEASE: IN CONSIDERATION OF THIS ENTRY'S ACCEPTANCE, I, INTENDING TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE ADIRONDACK ASSOCIATION OF USATF, INC., THE STATE OF NEW YORK, ICHABOD CRANE HIGH SCHOOL, OR ANY OTHER SPONSORS, PARTIES, GROUPS, ORGANIZATIONS, VOLUNTEERS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM PHYSICALLY ABLE TO COMPETE IN THIS EVENT.

\_\_\_\_\_  
 SIGNATURE OF ATHLETE

\_\_\_\_\_  
 IF UNDER 18-SIGNATURE OF PARENT

\_\_\_\_\_  
 DATE