

**2012 USATF Adirondack Open & Masters
Indoor Track & Field Championships
Youth and Adult All Comers meet**

USATF Team Competition

Saturday, February 25, 2012

11:00 AM - 12:30 PM Free Athletes' Instructional Clinic

12:00 PM - Registration

1:00 PM - Start Time

SEFCU Arena at University at Albany



Track Events - All Age Groups

1. 1500 Meter Race Walk
2. 1 track lap (172 meters)(kids 12 & younger only)
3. 3000 Meter Run
4. 400 Meter Dash
5. 55 Meter Hurdles
6. 55 Meter Dash
7. 800 Meter Run
8. 2 track laps (kids 12 & younger only)
9. 200 Meter Dash
10. 1 mile
11. 4 x 1 lap (kids 12 & younger only)
12. 4 x 2 lap (kids 12 & younger only)
13. 4 x 400 Meter Relay

In each event, youth heats will be followed by open/ masters heats. There are no preliminary heats or trials. Heats for each event will go from slow to fast. Finals are all on time!

Spikes: 1/4" spikes or shorter are allowed. Needle spikes are NOT allowed.

Eligibility

This meet is open to all youth boys & girls in the Junior Olympic divisions, and all Men & women in both the Open & Masters divisions. All entrants are encouraged to have a current USATF membership, although it is not essential to be eligible for competition. **USATF Adirondack membership is required to compete in the USATF Adirondack Open & Masters Championship.** Memberships will be sold at the meet for \$20.00 to all youth division athletes, and \$30.00 for Open & Masters athletes with proof of birth. You can also visit www.usatfadir.org/membership.asp to apply for a membership online.

Athlete Clinic

Prior to the start of the Championship Event, there will be an Athlete Clinic, which will be held from 11:00 am to 12:30 pm. The events covered will be high jump, long jump, triple jump, shot put, sprints, and race walking. Registration is not necessary, and no fees are charged for the clinic.

Field Events - All Age Groups

- ◆ Shot Put^{1, 2} - Youth to Open/Masters
- ◆ Weight Throw^{1, 2, 3} - Upon Completion of Shot Put
- ◆ Long Jump² - Youth to Open/Masters
- ◆ Triple Jump² - Follows Long Jump
- ◆ High Jump - Youth to Open/Masters
- ◆ Pole Vault^{1, 3} - Begins upon completion of HJ

¹All athletes must bring their own implements for these events.

²6 attempts each

³Not open to ages 12 & younger

Age-graded team scoring:

Teams from registered 2012 USATF clubs only

Scoring: 10-8-6-5-4-3-2-1.

Prize money to the top 3 teams: \$75-\$50- \$25.

Entry Procedure

Register Online at:

<http://www.sportssignup.com/USATF-Adirondack-Online-Registration.start>

Register by mail: Please print attached registration form, fill it out, sign it, make check payable to USATF Adirondack and mail to: **USATF Adirondack**

PO Box 1200 Troy NY 12181-1200

- Youth Athletes - **\$10.00** Pre-Registration; **\$10.00** Day of Meet registration
- Open & Masters Athletes - **\$15.00** Pre-Registration; **\$20.00** Day of Meet registration

Results: www.usatfadir.org

Directions : http://www.albany.edu/about_the_university/visit_us/directions_car.html#uptown

Contact Information

**USATF Adirondack
PO Box 1200
Troy NY 12181-1200**

**518-273-5552
eventinfo@usatfadir.org**

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- Youth Athletes - **\$10.00** Pre-Registration; **\$10.00** Day of Meet registration.
- Open & Masters Athletes - **\$15.00** Pre-Registration; **\$20.00** Day of Meet registration.

Please place an X next to the event(s) you are competing at today:

1. ___ Clinic—11:00 AM - 12:30 PM

Track Events

1. ___ 1500 Meter Race Walk
2. ___ 1 track lap (172 meters) (kids 12 & younger only)
3. ___ 3000 Meter Run
4. ___ 400 Meter Dash
5. ___ 55 Meter Hurdles
6. ___ 55 Meter Dash
7. ___ 800 Meter Run
8. ___ 2 track laps (kids 12 & younger only)
9. ___ 200 Meter Dash
10. ___ 1 mile
11. ___ 4 x 1 lap (kids 12 & younger only)
12. ___ 4 x 2 lap (kids 12 & younger only)
13. ___ 4 x 400 Meter Relay

Field Events

1. ___ Shot Put¹
2. ___ Weight Throw^{1, 2}
3. ___ Long Jump
4. ___ Triple Jump
5. ___ High Jump
6. ___ Pole Vault^{1, 2}

¹All athletes must bring their own implements for these events.

²Not open to ages 12 & younger

LAST NAME: _____ FIRST NAME _____

STREET: _____ DOB __/__/__ AGE: _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: (____)____-_____

E-MAIL: _____ 2012 USATF MEMBERSHIP : _____

2012 USATF club: _____

WAIVER: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators and assigns, waive any and all claims to damages which I might have against USATF, USATF Adirondack, their Board of Directors, event officials, event volunteers, the University at Albany, their agents, representatives, successors and assigns for any and all injuries suffered by me at said meet.

Signed: _____ Date: _____

If under 18 years, Parent or Guardian's signature: _____

Make check payable and mail to: USATF Adirondack, PO Box 1200, Troy NY 12181-1200