

**2010 USATF Adirondack Open & Masters
Indoor Track & Field Championships and
& All Comers meet**



Sunday, February 28, 2010

1:00 PM - Registration

2:00 PM - Start Time

SEFCU Arena at University at Albany

Track Events - All Age Groups

Sunday February 28, 2010

Registration Begins - 1:00 PM

Start Time 2:00 PM

1. 1500 Meter Race Walk
2. 3000 Meter Run
3. 55 Meter Hurdles
4. 1500 Meter Run
5. 400 Meter Dash
6. 55 Meter Dash
7. 800 Meter Run
8. 200 Meter Dash
9. 4 x 200 Meter Relay

All races will begin with the Youth Divisions and progress through the Master's Divisions. There are no preliminary heats or trials. Finals are all on time!

Eligibility

The Empire State Liberty Tour 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. Memberships will be sold at the meets 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.

Coaches/Athlete Clinic

Prior to the start of the Championship Event, there will be a Coaches/Athlete Clinic, which will begin at 12:00 pm. There will be two (2) sessions, each of which will be 45 minutes in length, and the options to choose from will be Hurdles, Discus, Javelin/Turbo Javelin, Sprints, Long Jump, and High Jump. Registration is not necessary, and no fees are charged for the clinic. Be sure to be on time.

Field Events - All Age

Groups

Sunday February 28, 2010

Registration Begins - 1:00 PM

Start Time - 2:00 PM

- ♦ **Shot Put** - Open/Master's to Bantam
 - ♦ **Turbo Javelin** - Bantam to Midgets
 - ♦ **Pole Vault** - Begins upon completion of TJ
 - ♦ **Long Jump** - Open/Master's to Bantam
 - ♦ **Triple Jump** - Follows Long Jump
- *Note** - Sub Bantams , Bantams & Midgets will get 4 jumps, all other age divisions will get 6.
- ♦ **High Jump** - Bantam to Open/Master's
 - ♦ **Weight Throw** - Upon Completion of Shot Put

Entry Fees

- JO Athletes (Pre-Registration): **\$6.00** (Day of Meet): **\$10.00** (maximum 3 events for Sub/Bantam/Midget participants and 4 events for Youth/Intermediate/Young categories). These limitations do include relays.
- Open & Masters Athletes (Pre-Registration): **\$10.00** (Day of Meet): **\$15.00** (maximum of 5 events).
- Non-USATF Members (Pre-Registration): **\$15.00** (Day of Meet): **\$20.00**. All individuals will be subject to 2010 USATF rules and regulations.

Junior Divisions (birth year)

Sub Bantam	02 - 03	Youth	96 - 97
Bantam	00 - 01	Intermediate	94 - 95
Midget	98 - 99	Young	92 - 93

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**

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

Meet results on our website: www.usatfadir.org

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



REGISTRATION FORM
2010 ADIRONDACK ASSOCIATION
OPEN & MASTERS INDOOR CHAMPIONSHIPS
& ALLCOMERS MEET
Sunday, February 28
1:00 pm Registration
2:00 pm Start time
 SEFCU Arena at University at Albany



- **USATF members: Youth** athletes 18 yrs & younger (Pre-Registration): **\$6.00** (Day of Meet): **\$10.00** (maximum 3 events for Sub/Bantam/Midget participants and 4 events for Youth/Intermediate/Young categories). These limitations include relays.
- **USATF members: Open & Masters** Athletes (Pre-Registration): **\$10.00** (Day of Meet): **\$15.00** (maximum of 5 events).
- **Non-USATF Members** (Pre-Registration): **\$15.00** (Day of Meet): **\$20.00**.

All individuals will be subject to 2010 USATF rules and regulations.

Please indicate your most recent performance for the event(s) you are competing at today:

<u>Performance</u>	<u>Track Events</u>	<u>Performance</u>	<u>Field Events</u>
_____	1500 meter Race Walk	_____	Shot Put
_____	3000 meter run	_____	Turbo Javelin (bantam & midgets)
_____	55 meter hurdles	_____	Pole Vault
_____	1500 meter run	_____	Long Jump
_____	400 meter dash	_____	Triple Jump
_____	55 meter dash	_____	High Jump
_____	800 meter run	_____	Weight Throw
_____	200 meter dash		
_____	4x200 meter relay		

LAST NAME: _____ FIRST NAME _____

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

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

E-MAIL: _____ 2010 USATF MEMBERSHIP : _____

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