

**2010 USATF East Region Open/
Masters /Club
Track & Field Championships
Saturday/Sunday, July 3/4, 2010**
Ichabod Crane High School
2910 Rt. 9, Valatie, NY
Check-in: 8:30 am
Implement Weigh-in 8:00am



ENTRY FEES AND DEADLINES

Early Bird Entry: Post marked by or online by midnight June 21.
\$20 first event, \$10 each additional event.
On Time Entry: Post marked by or online by midnight June 28.
\$25 first event, \$10 each additional event.
Last Chance Entry: Online only by midnight Thursday, July 1.
\$35 first event, \$10 each additional event.

There is a master's surcharge of \$5 per athlete.

Relay Entries: Relay team members must be entered as individuals in the meet in at least one other event. \$10 per relay, payable at time of declaration. One club entry per type of relay. Relay Team declaration by 10 AM on meet day. Must include only registered teams & team members.

SCHEDULE OF EVENTS

TRACK EVENTS	FIELD EVENTS
9:00 110m HH (Decathlon)	9:00am HJ (MW/OW)
5000 RW (all)	LJ (MM)
9:45 5000m (W)(M)	PV (MW/OW/MM)
Welcome/National Anthem	SP(MM)
10:35 **100m Semis	Discus (MW/OW)
10:45 1500m Run	9:30 Discus (Decathlon)
11:15 80m HH (MW 40+)	10:00 HJ (MM)
(MM 70+)	LJ (OW/MW)
11:25 100m HH (MW 30-39)	Discus (OM)
(OW)(MM 50-69)	10:30 PV (Decathlon)
11:35 110m H (OM)	11:00 HJ(OM) 1.5m
(MM30-49)	LJ (OM)
11:45 4x100 Relays (all)	SP (MW/OW)
12:00 400m	Discus (MM)
12:20 2000m Steeple (MW)	12:00 Triple (OM/MM)
(MM 60+) 30"	PV (OM) 2.75m
3000 Steeple (W) 30"	Jav (MW/OW)
3000 Steeple (M) 36"	SP (OM)
Lunch Break	1:00 Jav (OM)
1:00 1500m (Decathlon)	Triple (MW/OW)
1:20 100m Finals	2:00 Jav (MM)
1:40 800m	
2:00 400m IH (W) 30"	Decathlon/Heptathlon/Masters Pentathlon will be on Saturday at Ichabod. Start at 4:00pm.
300m IH	Hammer/Weight/Superweight to be contested on Saturday at the University at Albany. Start at 12:00pm.
200m IH (MW 70+)	
2:30 200m	
2:50 4x400 relay	
3:00 DMR (1200, 400, 800, 1600)	
3:15 SMR (200, 200,400, 800)	
All times are estimates and subject to change.	
Updated schedule to be posted after July 1 deadline.	
	National Open & Club Championships 7/9-10/2010 San Francisco, CA
	Nat'l Masters Championship 7/22-25/2010 Sacramento, CA

Multi Events Entries: Open Decathlon/Open Heptathlon/Masters Pentathlon \$20.

NO DAY OF MEET ENTRIES ACCEPTED!

ELIGIBILITY

2010 USATF membership required. To obtain membership, please visit: 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. Athletes from outside this area may compete as 'guests'.

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 Masters: 35
You must compete as a master or open for the entire meet. You may not 'hopscotch around' between divisions.

AWARDS

REGIONAL MEDALS: Top 3 male/female from region per event.
REGIONAL PATCHES: Winners male/female from region per event.
REGIONAL TROPHIES: Plaques to top two masters clubs. Trophy to top open club male/female
Open Club Prize Money: Male/female 1st: \$400, 2nd: \$200, 3rd: \$100. Winning clubs male/female receive \$500 in travel stipend to USATF National Club T & F Championship meet.

SCORING

Scoring to be 5-3-2-1 in accord with Rule 7.3

FACILITIES

Ichabod Crane HS: Eight lane all weather track. No rail. Three LJ/TJ runways, one HJ pit., one PV pit. Pyramid or 1/4" spikes only. Concessions available. No locker room facilities available. Bathrooms behind concession stand.

Open shot/discus/javelin are available. Masters must bring their own age appropriate implements. Hurdles are adjustable to 29" only. Athletes must bring their own poles.

QUESTIONS: www.empirelibertytour.com or call (518) 877-0927.

Please enter me in the following East Region Open/Masters/Club Events
(NOTE: Seed times/estimated distances must be included for all events):

Checks payable to USATF Adirondack.
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 Male Female Gender Open Masters Division _____ Age/Day of Meet

STREET ADDRESS (w/apt no.) 2010 USATF Number Required () _____ Phone Number _____ Birth Date

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