

**2020 USATF Adirondack  
Open & Master Indoor Track & Field Championships**  
Non-member and Youth athletes are welcome to compete  
**Sunday, February 23, 2020**  
**Utica College - 1600 Burrstone Rd., Utica, NY 13502**

**Doors Open at 10:00 am, Events Begin at 11:00 am**

200m Track— 1/4" spikes allowed

**Track Events - All Divisions**

- 1500/3000 Meter Race Walk
- 3000 Meter Run
- 400 Meter Dash
- 60 Meter Hurdles
- 60 Meter Dash
- 1 Mile Run
- 200 Meter Dash
- 800 Meter Run
- 4 x 200m Relay

Running events are timed finals



**Field Events – All Divisions**

- Pit 1 - Long Jump/Triple Jump – O/M
- Pit 2 – Long Jump/Triple Jump-Youth
- High Jump (Ages 9+)
- Pole Vault (Ages 13+, O/M)
- Shot Put
- Weight Throw (Ages 13+)

*\*Throws/Vault competitors must provide own legal implements*

*\*Throws/Horizontal Jumps – O/M - 6 attempts  
(3-3 if more than 8 in division)*

*\* Throws/Horizontal Jumps – Youth - 4 attempts*

**Eligibility:** This meet is open to all Youth, Open & Master athletes.

USATF membership is encouraged but not required.

The Youth classification shall be limited to athletes 18 and younger on the day of the meet. (Maximum 3 events)

The Open classification shall be limited to athletes ages 19 - 29 on the day of the meet. (Maximum 4 events)

The Master classification shall be limited to athletes ages 35+ on the day of the meet. (Maximum 4 events)

High School and College athletes are asked NOT to wear their school uniform in order to comply with NYSPHSAA eligibility standards. HS and College athletes may compete as 'unattached' or they may represent a USATF member club.

Although this event serves as the USATF Adirondack Association's Open and Masters Indoor Track & Field Championships, this meet is open to all. USATF membership is encouraged but not required. USATF Membership may be purchased online at: <http://www.usatf.org/Products---Services/Individual-Memberships.aspx>

Athletes must declare their events as part of the online registration process.

There is no "official" time schedule for the running events. Events will begin at 11:00 a.m. We will proceed directly from event to event as allowed by the entry numbers. All running events will be timed finals. Events will be seeded according to seed times/distances/heights submitted as part of the online registration process. We reserve the right to combine Youth, Open and Master age groups and genders in the interest of competition when entry numbers dictate.

**ONLINE REGISTRATION DEADLINE – FRIDAY, 2/21/19 – Noon EST**

[Click here to register](#). \$15.00 for the first event, \$10 for additional events.

You MUST select your events when you register online.

You are encouraged to include a seed time/seed distance/seed height when you register online

Athletes who fail to provide a seed time/distance when entering online will be seeded last in their events.

**Limited Day-Of-Meet Registration**

10:00am to 11:00 am – Day-of-meet registration for all Field events, Race Walk, 3000m Run, and 60m Dash. **There is no day-of-meet registration for 60m Hurdles.**

Day-of-Meet registration will stay open until 2pm for all other event entrants. **However, registration for a particular event will close 45 minutes prior to the start of that event.**

Day-of-Meet registration is \$20.00 for the first event, \$10 for additional events.

It is highly recommended that you register online before the Friday, 2/21 deadline at Noon EST.

Online pre-registered athletes may pick up their bib number on meet day from 10:00am until Noon.

**Awards:** USATF Association Championship medals will be awarded to the top three (3) USATF Adirondack Association member individual finishers and member club relay teams in all Open and Master events.

Non-member Open and Masters athletes who would otherwise qualify for an award by finishing in the top 3 will be awarded a non-championship medal.

Ribbons will be awarded to the top three (3) finishers in all Youth age groups in all events.

**Contact Information/Questions:** Craig Evans, Meet Director: 518-992-3439

Meet Director: Craig Evans, [trackandfield@adirondack.usatf.org](mailto:trackandfield@adirondack.usatf.org)

Directions: <http://www.utica.edu/instadvice/marketingcomm/campus/findus.cfm>



Above: The Todd and Jen Hutton Sports and Recreation Center on the campus of Utica College. The dome – which is the second largest facility of its kind in North America – is 270 feet wide, 500 feet long and 82 feet high. It houses an eight-lane, 200-meter NCAA competition indoor track (Connor Sports Protraxx surface) and features two sand pits for long jump and triple jump, two pole vault areas and multiple throwing circles.

The 135,000-square foot structure stands just behind Charles A. Gaetano Stadium.

Two large air-handling units, one at each end of the facility, keep the air-locked structure inflated.

Note:

Ribbon awards for the Youth division will be based on the following divisions:

8 and under Division - Born in 2012+

9-10 Division – Born 2010-2011

11-12 Division – Born 2008-2009

13-14 Division – Born 2006-2007

15-16 Division – Born 2004-2005

17-18 Division – Born 2002-2003

For individual events:

MASTER division shall base awards on 5-year age groups beginning at 30-34 and continuing to the age group of the oldest competitor for both men and women.

For the relay:

MASTER divisions shall be 35+, 40+, 50+, 60+, 70+ and 80+ for both men and women. Older runners may run on younger Master relay teams. The age of a Master relay team shall be determined by the age of the youngest runner.

Miscellaneous:

Open/Master athletes are limited to four (4) events. Youth athletes are limited to three (3) events. Yes, a relay counts as an event. You may not compete in the same event in different divisions. (e.g., Master 800m runner may not also run in the Open 800m nor may a Youth LJ also enter the Open LJ.)

Sign up for events - Athletes MUST indicate their event(s) along with a seed time/distance/height when registering online. Field events will report directly to the field event official when the event is called.

Running events will report directly to the Clerk of Course when called.

We will be using a Lynx Fully Automatic Timing System (FAT).

All athletes will be timed in all events.

❖ Fast section will run first unless otherwise indicated.

❖ All athletes in running events will be assigned heats/lanes based on their seed times.

❖ Athletes who fail to provide seed times/distances when they register will be seeded last.

- ❖ All athletes must wear their assigned bib number on the front of their top garment when competing.
- ❖ For all running events final placing will be determined by time.
- ❖ Hurdle heights will be Open/Masters age and gender appropriate, down to 30", per USATF guidelines.
- ❖ We will not run any other separate hurdle heights/distances for Youth or Masters 27" Hurdles.

### **Format of Track Events**

**60m Dash:** Timed finals with power-seeded sections based on seed times of up to 8 runners per heat. Fast section will run first. We reserve the right to combine age groups and genders in the interest of competition when seed times and entry numbers dictate. Blocks will be provided. Preferred lanes: 4-5-6-3-2-7-8-1

**60m Hurdles:** Timed finals with power-seeded sections based on seed times of up to 8 runners per heat. Hurdle heights will be Open/Masters age and gender appropriate, down to 30", based on USATF guidelines, and different heights may be combined within the same heat. Fast sections will run first. We reserve the right to combine age groups and genders in the interest of competition when seed times and entry numbers dictate.

Blocks will be provided. Preferred lanes: 4-5-6-3-2-7-8-1

We will not run any other separate hurdle heights/distances for Youth or Masters 27" Hurdles.

**200m Dash:** Timed finals with power-seeded sections based on seed times of up to 8 runners per heat. Fast section will run first. Staggered starts, race in lanes the entire 200m lap. Final placings will be determined by time. We reserve the right to combine age groups and genders in the interest of competition when seed times and entry numbers dictate. Blocks will be provided. Preferred lanes: 4-5-6-7-8-3-2-1

**400m Dash:** Timed finals with power-seeded sections of up to 8 runners per heat. Fast section will run first. 2 lap race. 2-turn staggered start. Runners will break to the inside after running the first 2-turns in lanes (approx. 150m in lanes). Final placing will be determined by time. We reserve the right to combine age groups and genders in the interest of competition when seed times and entry numbers dictate. Blocks will be provided. Preferred lanes: 4-5-6-3-2-1-7-8

**800m Run/1 Mile Run/3000m Run and 1500m/3000m Race Walk:** Seeded sections as needed. Fast section will run first. We reserve the right to combine age groups and genders in the interest of competition when seed times and entry numbers dictate. All races will plan to use a waterfall start. At the discretion of the clerks, a one-turn box start may be used. 1500m Race Walk and 3000m Race Walk will be run at the same time. Final placing will be determined by time. 800m = 4 laps. 1 Mile = ~8 laps. 3000m = 15 laps.

**4 x 200m Relay:** Timed finals with sections of up to 8 teams per section as needed. Fast section will run first. Relay teams may represent a USATF member club if all four runners are members of that same USATF member club. If all four runners are not members of the same USATF member club then the 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 athletes (and we suggest College athletes) who compete in a 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.

The 4 x 200m Relay will use a 3-turn staggered start. The lead-off runner will run the entire 200m first leg in lane.

The 2<sup>nd</sup> runner will receive the baton in their lane and run the first turn in that lane. The 2<sup>nd</sup> runner may break for the inside when they have passed the break line at the top of the back stretch. The 3<sup>rd</sup> and 4<sup>th</sup> runners will receive the baton in the order of running. Blocks and batons will be provided. Preferred lanes: 4-5-6-3-2-1-7-8

Final placing will be determined by time. You may use your own legal baton.

### **Format of Field Events**

**Throws:** The Weight Throw will take place inside an indoor throwing cage. Shot Put and Weight Throw warm-ups will begin 30 minutes prior to the event or at the time indicated by the event official and will be supervised by the event official. Any throwing prior to the official warm-up period will be cause for event

disqualification. Throwing will not be allowed upon completion of the event. We plan to allow each Open and Master thrower 6 attempts. However, if there are more than 8 competitors in any division, then we will allow 3 attempts in the trials and the top 8 throwers in each division will advance to the finals for 3 more attempts. Final placing will be determined by best distance. We reserve the right to combine age groups and genders in the interest of competition when seed distances and entry numbers dictate. All Youth throwers will be permitted 4 attempts.

**Throwing Implements:** Implements should meet weight/measure standards for each division. All implements should be safe to use. Throwing an implement that is 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.**

The following implements may be used:

Weight Throw

Youth: Appropriate weights for each age group.  
Open: 35 lb. Men and 20 lb. Women  
Masters: Appropriate weights for each age group.

Shot Put

Youth : Appropriate weights for each age group.  
Open: 16 lbs. Men and 4 kg Women  
Masters: Appropriate weights for each age group.

**Horizontal Jumps**

Warm-ups will begin 30 minutes prior to the event or at the time indicated by the event official and will be supervised by the event official. Any jumping prior to the official warm-up period will be cause for event disqualification. Jumping will not be allowed upon completion of the event. We plan to allow each Open and Master jumper 6 attempts. However, if there are more than 8 competitors in any division, then we will allow 3 attempts in the trials and the top 8 jumpers will advance to the finals for 3 more attempts. Final placing will be determined by best distance. We reserve the right to combine age groups and genders in the interest of competition when seed distances and entry numbers dictate. All Youth jumpers will be permitted 4 attempts. We will be using 2 separate jump pits.

**Vertical Jumps**

Warm-ups will begin 30 minutes prior to the event or at the time indicated by the event official and will be supervised by the event official. Any jumping prior to the official warm-up period will be cause for event disqualification. Jumping will not be allowed upon completion of the event.

We reserve the right to combine age groups and genders in the interest of competition when seed heights and entry numbers dictate. Opening heights and increments will be based on seed heights and entry numbers.

In case of inclement weather go to: <http://www.adirondack.usatf.org/> for information.