



## **OPEN & MASTERS CHAMPIONSHIPS & MEET #3**

### **Hauppauge High School**

500 Lincoln Blvd., Hauppauge, NY

**WEDNESDAY, JULY 18**

Registration starts at 4:00

#### TRACK EVENTS

*Starts at 5:00*

Mile Race Walk *One Race*

Sprint Hurdles (FOT)

Pee Wee 55m Dash

100m (FOT)

1500m

400m

800m

Intermediate Hurdles

200m

4x100m



#### FIELD EVENTS

*5 attempts for jumps & throws*

*Masters start at 4:30pm*

*Y/O at 5:30*

Long Jump

Triple Jump *to follow LJ*

High Jump *Lowest to Highest*

Pole Vault *Lowest to Highest*

*All start at 4:30*

Shot Put

Discus

Javelin & Fin Javelin

*Open Pit*

*\*\* Girls 2004-up & Boys 2002-up are considered Open Athletes \*\**

*\*\*\* There will be non-championship youth sections in all events \*\*\**

#### REGISTRATION FEES

MEMBERS - \$8/event

NON-MEMBERS - \$12/event

RELAYS - \$15

PEE WEE - \$1

*All USATF-LI members must have a valid & current membership number.  
Registration will be available at the meet.*

#### AWARDS

*\* Association Championship Medals to top 5 USATF Long Island members*

*\* Top 3 all others*