



USATF™

LONG ISLAND 2019 SUMMER SERIES

MEET #1 @ Hauppauge High School

500 Lincoln Blvd., Hauppauge, NY

WEDNESDAY, JULY 17

Registration starts at 4:00

TRACK EVENTS

Starts at 5:45

(events all ages unless otherwise noted)

3000m (Association Championship)

Sprint Hurdles

400m

Intermediate Hurdles

Must be checked in during the 3000m

100m

Pee Wee 55

Mile

200m

800m

4x400 (Association Championship)



USATF™

LONG ISLAND

FIELD EVENTS

5 attempts in jumps & throws

Masters start at 4:30pm

Y/O at 5:45

Long Jump

Triple Jump *to follow LJ*

Pole Vault

open at 9' then back down after

High Jump *Lowest to Highest*

Shot Put

Discus

Javelin & Fin Javelin

Open Pit

AWARDS

Top 3 in all age groups.

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.