



USATF LONG ISLAND SPRING OPENER

YOUTH, OPEN, MASTERS

SUNDAY, APRIL 23, 2017

VALLEY STREAM NORTH HIGH SCHOOL

1:00 PM – 5:00 P.M.

REGISTRATION STARTS AT 12:30

1:00 JAVELIN

1:30 LJ Y,O,M (UNTIL 3:00)

SP Y (UNTIL 3:00)

DISCUS O,M (UNTIL 3:00)

HJ O, M (UNTIL 3:00)

3:00 SP O, M (UNTIL 4:30)

HJ Y (UNTIL 4:30)

DISCUS Y (UNTIL 4:30)

TJ Y,O,M (UNTIL 4:30)

STARTING AT 1:00 P.M.

SPRINT HURDLES (FOT)

SPRINT MEDLEY RELAY (200,200,400,800)

1500 M RACE WALK

PEE WEE 55

100 M (FOT)

400 M

1500 M

800 M

200 M

3000 M

4 X 400 RELAY

4 X 100 RELAY

AWARDS: TOP 3 IN ALL AGE GROUPS

ALL **PEE WEE** PARTICIPANTS (**6 & UNDER**) RECEIVE A RIBBON

FEES PER EVENT: YOUTH \$8
OPEN, MASTERS \$12
RELAYS \$20

Valley Stream North High School
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