



OPEN & MASTERS CHAMPIONSHIPS & MEET #4
Hauppauge High School
500 Lincoln Blvd., Hauppauge, NY
WEDNESDAY, JULY 26
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



USATF™
LONG ISLAND

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 2003-up & Boys 2001-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*