



## 2019 Youth Indoor Association Championships

Sunday, January 13, 2019  
3:00 pm  
Suffolk Community College  
Wicks Road, Brentwood

**Online Registration is required USATF members MUST be 'age verified'  
Registration – Fri. December 21 – Wed. January 9 midnight  
DOB verification ends Wednesday Jan. 9 @ 1:30 pm**

Read the attached very carefully for entry instructions

### Entry Fees:-

USATF-LI members - \$10/event  
USATF members (non-LI) - \$13/event  
Non USATF members - \$15/event  
PeeWee 55 - \$2  
All relays \$20

\*\* Long Island Association Championship Medals are awarded ONLY to USATF Long Island Youth Members. O/M athletes and Non USATF Long Island Members will receive our Winter Series Medals.  
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### Entry Instructions - **USATF-LI MEMBERS ONLY**

1. Go to website: [www.athletic.net](http://www.athletic.net)
2. You must add your team to the site before you can add athletes – check the box “add team”.  
If you are an unattached athlete – check the box “add unattached athlete”. Follow on - screen instructions. Payment must be made online – service fee is added to cost of entry.
3. *No additions or deletions or changes are allowed at packet pickup.*
4. Online registration starts Friday, December 21 and ends Wednesday, January 9 @ midnight  
**Date of Birth verification ends Wednesday, January 9 @ 1:30 PM – NO EXCEPTIONS!!**
5. Only six (6) athletes can be entered for the Relay in each age group for each relay.

**Inquiries:** youth@longisland.usatf.org



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**Sunday, January 13, 2019**  
**Registration/Packet Pick up – 2:15 pm**  
**Suffolk Community College**  
**Wicks Road, Brentwood**

### ORDER OF EVENTS

55HH (final on time) – *07/08 & Up*  
55M (FOT)  
1500m Race Walk  
400m  
1500m  
PeeWee 55  
800m  
200m  
3000m – *09/10 & Up*  
4 x 200m Relay  
4 x 400m Relay

***NO SPIKES ALLOWED!***

### YOUTH AGE GROUPS 2019

7/8 years	2011 - 2012
9/10 years	2009 - 2010
11/12 years	2007 - 2008
13/14 years	2005 - 2006
15/16 years	2003 - 2004
17/18 years	2001 - 2002

**\*\*\* ALL HURDLERS MUST**  
**SIGN IN AT THE**  
**REGISTRATION TABLE**  
**BY 2:30 PM\*\*\***  
**NO EXCEPTIONS!!**

### FIELD EVENTS

Long Jump (4 jumps) 3:00 – 5:30

Triple Jump- *05/06 & Up* (4 jumps) follows LJ

High Jump (start under 4' & moves up)

Shot Put (4 throws) – open pit

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Registration/Packet Pick up – 2:15 pm  
Suffolk Community College  
Wicks Road, Brentwood

**Entry Instructions - NON-USATF LONG ISLAND MEMBERS (GUESTS)**

*Please read instructions and rules before completing form*

Date & Time: Sunday, January 13<sup>th</sup> – 3:00 PM **Packet Pickup – 2:15 PM**  
Location: Suffolk Community College, Wicks Road, Brentwood  
Entry Fee: **\$15.00** / event      **PeeWee 55 (2-6yrs) \$2**      **Relays - \$20**  
Entry Limits: 7/8 years, 9/10 years, 11/12 years – 3 events ; All other youth – 4 events

Please fill out form completely and **clearly**. **MUST BE RECEIVED BY TUES, JANUARY 8TH**  
Email [shall@hallen.com](mailto:shall@hallen.com) – fax 516.432.8406

Name \_\_\_\_\_ Gender(circle) M F

DOB \_\_\_\_\_

Club \_\_\_\_\_

Tel # /email \_\_\_\_\_

in case there is a problem with your entry

***NO SPIKES ALLOWED!***

55M **HH** \_\_\_\_\_ 07/08, 05/06, 03/04, 01/02

Long Jump \_\_\_\_\_

1500 RW \_\_\_\_\_ 55M DASH \_\_\_\_\_

Triple Jump \_\_\_\_\_ 05/06, 03/04, 01/02

400M \_\_\_\_\_

High Jump \_\_\_\_\_

1500M \_\_\_\_\_

Shot Put \_\_\_\_\_

PeeWee 55 \_\_\_\_\_

800M \_\_\_\_\_

200M \_\_\_\_\_

3000M \_\_\_\_\_ ***NO 2011/2012***

4 x 200M \_\_\_\_\_

4 x 400M \_\_\_\_\_

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