



# USATF LONG ISLAND

## OPEN & MASTERS

### INDOOR TRACK CHAMPIONSHIP

SATURDAY, FEBRUARY 23<sup>RD</sup>, 9:00 AM

St. Anthony's High School • Wolf Hill Road • Huntington

REGISTRATION BEGINS: 8:00 AM

1ST EVENT CHECK IN: 9:00 AM

#### FEES

USATF-LI MEMBERS: \$12 /EVENT

USATF MEMBERS: \$15 /EVENT (NON-LI)

NON USATF MEMBERS: \$20 /EVENT

YOUTH INVITATIONAL RELAYS: \$20

FASTEST KID ON LI: \$10

All USATF members must have a valid and current membership number.

Member registration will be available at the meet.

Athletes over the age of 14 may compete as an open athlete.



#### ORDER OF EVENTS

- 60M HH
- 3000M
- **\*\*LI YOUTH INVITATIONAL SPRINT MEDLEY RELAY\*\***  
(200,200,400,800)
- 60M DASH SEMI
- PEE WEE 55
- **\*\*FASTEST KID ON LONG ISLAND 55M INVITATIONAL\*\***  
(UNDER 14 AGE GROUPS)
- 60M DASH FINAL
- 400M
- 1500M
- MILE RACE WALK
- 200M
- 800M
- 4x400M
- 4x200M
- LI YOUTH INVITATIONAL 4x200M

#### FIELD EVENTS

- LONG JUMP - (OPEN PIT - 9:00-10:30) - 4 JUMPS
- TRIPLE JUMP - (FOLLOWS LJ) - 4 JUMPS
- POLE VAULT - (OPENING HEIGHT - 6')
- HIGH JUMP - (OPENING HEIGHT - 4')  
(UNDER 4' WILL START AFTER)
- SHOT PUT - (9:00 AM) - 4 THROWS
- WEIGHT THROW - (1:00PM) - 4 THROWS

**\*\* ONLY USATF Long Island Youth Teams are eligible to compete in the Youth Invitational Events.**

To enter contact: Sheryl Hall, [youth@longisland.usatf.org](mailto:youth@longisland.usatf.org)

