

USATF LONG ISLAND

2024 SUMMER SERIES

OPEN & MASTERS CHAMPIONSHIPS

Wednesday, July 10th, 2024

West Babylon Junior High School, 200 Old Farmingdale Rd
West Babylon, NY 11704

TRACK EVENTS

Starts at 5:00 pm
(events are all ages unless noted otherwise)

3000m

Mile Race Walk *One Race*

Sprint Hurdles (FOT)

Must sign up before 3000m

Pee Wee 55m Dash

100m (FOT)

1500m

400m

800m

Intermediate Hurdles

200m

4x100m

FIELD EVENTS

4 attempts in 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 pole vault starts at 4:30

Shot Put

Discus

Javelin & Fin Javelin *Open Pit*

AWARDS

Association Championship Medals to
top 5 USATF Long Island Members

Top 3 to all others

In Person Registration Begins: 4:00 pm

Girls 2009 & up & Boys 2007 & up are considered Open Athletes

There will be non-championship youth sections in all events

Registration Fees

Relays: \$15 USATF LI Members: \$10/event

Pee Wee: \$3 Non-Members: \$15/event



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