

USATF LONG ISLAND

OPEN/MASTERS/PARA-ATHLETICS INDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, March 1st, 2025

All athletes 14 years and older may compete as an open athlete.

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

TRACK EVENTS

60m HH (*FOT*)
3000m
60m Dash *Semi*
400m
60m Dash *Final*
1500m
Mile Race Walk
200m (*FOT*)
800m
4x400m
4x200m



USATF™
LONG ISLAND

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'
Followed by Under 4'
Shot Put
9:00 | 4 throws
Weight Throw
12:30 | 4 throws

In Person Registration Begins: 8:00am

First event check-in: 9:00am

FEES

USATF Long Island Members: \$12/event
USATF Members (non-LI): \$15/event
Non-Members: \$20/event

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

Member registration will be available at the meet.

<https://www.usatf.org/home/top-utility-nav-content/membership-1>

