

# USATF LONG ISLAND

2023 SUMMER SERIES

## OPEN & MASTERS CHAMPIONSHIPS

Wednesday, July 12th, 2023

West Babylon Middle School, 200 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 2008 & up & Boys 2006 & 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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