

# USATF LONG ISLAND 2023 SUMMER SERIES

## Meet #3

Wednesday, July 19th, 2023

Port Washington HS, 101 Campus Drive, Port Washington, NY 11050

### TRACK EVENTS

Starts at 5:45  
(events are all ages unless noted otherwise)

Mile Race Walk

*One Race*

200 (*FOT*)

1500

Sprint Hurdles

*Must be checked in at start of Race Walk*

Pee Wee 55

100m

800m

400m

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

Top 3 in all age groups.

USATF  
LONG ISLAND

In Person Registration Begins: 4:00 pm

### Registration Fees

USATF Long Island Members: \$10/event

Non-Members: \$15/event

Relays: \$15

Pee Wee: \$3

