



**USATF Niagara Association**  
**2017 Open and Masters Outdoor Track & Field Championships**  
Saturday, June 24, 2017      Penfield H.S., Penfield, NY

**Eligibility:**

The meet is open to athletes of all ages, but the Championships is only open to USATF Niagara members in good standings of the appropriate ages.

Open division athletes must be ages 19-29. Master division athletes may be ages 30+. (Masters age athletes may choose to compete in Open division)

Some events will be contested as part of the 2017 USATF Niagara Junior Olympic Championships ahead of Sunday's schedule as noted.

**2017 USATF membership** is recommended but **not required** to compete in this meet.

However, only 2017 USATF Niagara Association member athletes are eligible to win Niagara Championship medals and score team points.

Non-USATF member athletes, USATF member athletes from other Associations and Canadian citizens are welcome to compete in this meet but are not eligible for team scoring or for Niagara Championship medals. Team scoring is limited to USATF Niagara Association member club teams only. USATF memberships are available on-line at

[www.usatf.org/membership/](http://www.usatf.org/membership/)

**Meet Registration all USATF members:**

**Online Registration available at [Open and Masters registration ONLY](#)**

\$15.00 per individual USATF member – up to 3 events.

There is an additional fee of \$5 per event for each additional event.

2017 USATF Niagara Junior Olympic Championships must register online at: [Junior Olympic registration ONLY](#) Online registration will close on Tuesday June, 20 at 11:59pm. (NO day of registration will be accepted)

**Non USATF members:**

Online registration available at [Open and Masters registration ONLY](#)

\$20.00 per individual non-USATF member- up to 3 events.

That's right! Save \$5 RIGHT NOW by [becoming a USATF Niagara member](#). You'll also save \$5 at the Upstate NY Holiday Classic in December! That's \$10 in immediate savings!!

There is an additional fee of \$5 per event for more than 3 events.

**Day of meet registration only. Please bring your current USATF membership card indicating which Association you are a member of**

\$25.00 per individual – up to 3 events.

There is an additional fee of \$5 per event for each additional event.

Cash or Checks payable to USATF Niagara (Credit Cards will NOT be accepted)

**Waiver:**

Every athlete entering on the meet will be required to sign a waiver at registration prior to competing, stating that track and field is an inherently dangerous sport and participants will not hold USATF Niagara or Penfield High School liable for any injury. And that as a participant, you are in good health to compete as an athlete.



## 2017 Open and Masters Outdoor Track & Field Championships

Saturday, June 24, 2017

Penfield H.S., Penfield, NY

### Order of Track Events

**Only events with participants entered on Thursday at 9:00pm will be run!**

9:00 a.m.	Implement Inspection begins. Day of Registration begins. Registration will end at 10:45 a.m. The meet will run on a rolling schedule and is not expected to take long, we recommend arriving by 9:30.	
9:30 a.m.	Last Man Standing 4000m	Open M
10:00 a.m.	3000m Race Walk Final	Masters M/W
	5000m Race Walk Final	Open M followed by W
	1500m Race Walk Final	(JO) 9-10 B/G, 11-12 B/G
	3000m Race Walk Final	(JO) 13-14, 15-16, 17-18 B/G
	*Race Walks may combine races for competition*	
10:30 a.m.	80m Hurdle Finals (30")	W40-59, M70-79
	80m Hurdle Trials (30")	(JO) 11-12 G, 11-12 B
	100m Hurdles Trials (30")	(JO) 13-14 G
	100m Hurdle Finals (33")	Open W, W30-39, M60-69
	100m Hurdles Trials (33")	(JO) 13-14 B, 15-16 G, 17-18 G
	100m Hurdle Finals (36")	M50-59
	110m Hurdles Finals (39")	Masters M30-49
	110m Hurdles Trials (39")	(JO) 15-16 B, 17-18 B
	110m Hurdle Finals (42")	Open M
	400m Dash Finals	Masters/Open M followed by W
	2000m Steeple Chase Final	(JO) 15-16 B&G, 17-18 B&G
	2000m Steeple Chase Final	Masters M 60+, Masters W
	3000m Steeple Chase Final	Open M, Masters M30-59, Open W
	2 Mile (ROTYS)	Masters M followed by Masters W
	100m Dash Finals	Masters/Open M followed by W
	100m Dash Trials	(JO) Age groups youngest to oldest, B followed by G
	1500m Run Finals	Masters/Open M followed by W
	200m Dash Finals	Masters/Open M followed by W
	800m Run Finals	Masters/Open M followed by W
	300m Hurdles Finals (30")	Masters M60-69; W50-59
	400m Hurdles (30")	W30-49, Open W
	400m Hurdles (33")	M50-59
	400m Hurdles (36")	Masters M30-39, Open M
	Last Woman Standing 4000m	Open W
	4 x 100m Relay Finals	Masters/Open M followed by W
	4 x 800m Relay Finals	Masters/Open M and W
	4 x 400m Relay Finals	Masters/Open M followed by W

We will use a rolling time schedule – If required, separate Master (30+) sections will run first – younger to older. They will be immediately followed by the Open sections – slower to faster.



## 2017 Open and Masters Outdoor Track & Field Championships

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Penfield H.S., Penfield, NY

**Order of Field Events** - If required, separate Master (30+) sections will compete first – younger to older. They will be immediately followed by the Open sections.

9:00 a.m.	Registration begins 9:00 a.m. Registration will end at 10:45 a.m.	
9:00 a.m.	Implement Inspection begins and will end at 9:50 a.m. (There will not be “house” implements provided.)	
10:00 a.m.	Pole Vault	Men (pit #1)
10:00 a.m.	Pole Vault	Women (pit #2)
10:00 a.m.	Discus	Masters/Open, M/W, flights as needed
10:00 a.m.	Long Jump	Masters/Open, W/M, flights as needed
10:00 a.m.	Shot Put	Masters/Open, W/M, flights as needed
Following SP	High Jump	Masters/Open, W/M, combined (5-alive)
Following LJ	Triple Jump	Masters/Open, W/M, flights as needed
Following TJ	Triple Jump	(JO) 13-14, 15-16, 17-18 B/G
Following Disc	Javelin Throw	Masters/Open, W/M, flights as needed
	Javelin Throw	(JO) Youngest to Oldest, B/G

**\*\*Javelin will be contested from a grass runway\*\***



## **AWARDS**

There will be separate awards for both Open and Masters and both Men and Women. All awards must be claimed within 30 minutes after the conclusion of the meet.

## **MEDALS**

### **USATF Niagara Member athletes only:**

USATF Association Championship medals - top 3 in all individual Open events.

USATF Association Championship medals - top 3 in all individual Master events for each 5-year age group beginning at 30-34.

## **RIBBONS**

### **USATF Niagara Member athletes only:**

Ribbons – top 4 teams in both Open relay events

Ribbons – top 4 teams in both Master relay events for each 10-year age group beginning at 30+

## **ATHLETE INFO**

### **Bib Number:**

Each athlete will be issued a competitor's bib number that must be pinned to the front of the top outer garment visible during all competition. Bibs must be worn as issued and may not be altered in any way. They must be worn unaltered as instructed by the Clerk of Course

### **Seeding for running events:**

Athletes will report to the clerk of course when their running event is called. Seeding will be done by the Clerk of Course based upon times submitted during the entry process. The Clerk will issue heat and lane assignments.

### **Seeding for field events:**

Field event athletes will report directly to the head field event judge when the field event is called. Seeding will be done at the field event by the head field event judge.

### **Team Scoring:**

All verified members of USATF Niagara clubs are eligible to score points for their team. Teams must have at least 10 scoring individuals to qualify for team prizes. (open/masters, men and women qualify as one team) Scoring will be based on overall gender results in each event. (masters and open results will be combined and scored in each event) Total highest score will be named winning team.

## **Miscellaneous Meet Information**

- You may use your own starting blocks if the spikes are 1/4" or less.
- 1/4" or less spiked shoes are allowed. Clerk of Course/Field Judges will check spikes at each event check-in.
- Bathrooms only will be available. No locker rooms available.
- Concessions will be sold by Max Velocity Track Club

## **USATF Niagara room block**

Contact the Penfield Hampton Inn for the "USATF" room special. We have arranged a discounted room rate for those interested in staying the night in Penfield. The Penfield Hampton Inn has just been completed opening in the Spring of 2017. Call 585-249-0601 and ask for the "USATF" room rate. The Hampton Inn is located at 950 Panorama Trail South, Penfield, NY 14526. Less than 3 miles from the track!

## **Format of Field Events**

### **Throws**

**Implement Inspection:** All implements should meet the weight and measures standards and should be safe to use. Throwing an implement that is altered is grounds for disqualification, even if it occurs during the warm-up period. All athletes are responsible for bringing their own legal implements. We will not provide implements for use. We plan to inspect all implements before the competition begins. Inspection begins at 9:00 a.m. Athletes found using illegal implements after the inspection will be disqualified from the meet.

If required, separate Master (30+) sections will compete first, younger to older, trials then finals. They will be immediately followed by the Open sections, trials then finals.

Each competitor will be allowed 3 preliminary attempts in all throws. Upon completion of the preliminary attempts, the top 9 competitors in each age division will advance to the finals for 3 more attempts.

An athlete may compete in only one division for each of the throwing events.

### **Approximate Schedule of Throws**

<b>9:30 a.m.</b>	<b>Warm-ups begin</b>	
10:00 a.m.	Discus	Masters/Open, M/W, flights as needed
10:00 am	Shot	Masters/Open, W/M, flights as needed
12:00 pm	Javelin Throw	Masters/Open, W/M, flights as needed

### **Shot Put:**

Bring your own legal implement. Inspection begins at 9:00 a.m.

The following shot put implement weights may be used:

Open: 16 lbs. Men and 4 kg Women

Masters: Appropriate Weights for each age group.

The different Shot Put weights used for Master (ages 30+) Men and Women under USATF rules are as follows:

<b>WOMEN</b>	<b>Shot</b>
30-49	4 kg
50-59	3 kg
60-79	3 kg
80+	3 kg
<b>MEN</b>	<b>Shot</b>
30-49	7.26 kg (16 lb)
50-59	6 kg
60-69	5 kg
70-79	4 kg
80&up	3 kg

### **Discus Throw:**

Bring your own legal implement. Inspection begins at 9:00 a.m.

The following Discus implement weights may be used:

Open: 2.0 kg Men and 1.0 kg Women

Masters: Appropriate Weights for each age group.

The different Discus weights used for Master (ages 30+) Men and Women under USATF rules are as follows:

<b>WOMEN</b>	<b>Discus</b>
30-49	1 kg
50-59	1 kg
60-79	1 kg
80+	0.75 kg
<b>MEN</b>	<b>Discus</b>
30-49	2 kg
50-59	1.5 kg
60-69	1 kg
70-79	1 kg
80&up	1 kg

### **Javelin Throw:**

Bring your own legal implement. Inspection begins at 9:00 a.m.

The following Javelin implement weights may be used:

Open: 800g Men and 600 g Women

Masters: Appropriate Weights for each age group.

The different Javelin weights used for Master (ages 30+) Men and Women under USATF rules are as follows:

<b>WOMEN</b>	<b>Javelin</b>
30-49	600 g
50-59	400 g
60-79	400 g
80+	400 g
<b>MEN</b>	<b>Javelin</b>
30-49	800g
50-59	700g
60-69	600g
70-79	500g
80&up	400g

## **Jumps**

### **Warm-ups begin 30 minutes prior to the start of the event, 1 hour for Pole Vault**

10:00 a.m.	Long Jump	Masters/Open, W/M, flights as needed
10:00 a.m.	Pole Vault	Masters/Open, W/M, combined (5-alive)
~12:00 p.m.	High Jump	Masters/Open, W/M, combined (5-alive)
~12:00 p.m.	Triple Jump	Masters/Open, W/M, flights as needed

**Pole Vault:** If there are less than 20 total pole vaulters entered, then Master, Open, Men, Women will jump together based on seed heights. We will use the 5-alive system.

Bar will start at 2.35m (approx. 7-8). Bar will be raised 15cm.

Progression for Women and Masters (30+) will be as follows:

2.20, 2.35, 2.50, 2.65, 2.80, 2.95, 3.10, 3.20,...

Progression for Open Men will be as follows:

3.10m, 3.25, 3.40, 3.55, 3.70, 3.85, 4.00, 4.15,...

If we have 20 or more pole vaulters entered, then we will use 2 separate pits:

Pit #1 – Open Men will start at 3.10m.

Progression for Open Men will be as follows:

3.10m, 3.25, 3.40, 3.55, 3.70, 3.85, 4.00, 4.15,...

Pit #2 Women will start at 2.35m.

Progression for Women will be as follows:

2.35m, 2.50, 2.65, 2.80, 2.95, 3.10, 3.25,...

Masters M/W (30+) may choose to jump at either Pit.

After 3 consecutive passed heights, a 2 min. warm-up period per newly entering vaulter will be made available

Special accommodation: Any Master (30+) Women or Men who want to start lower than the scheduled opening height of 2.35m must inform the head pole vault official no later than 9:30 a.m. on the day of the meet.

An athlete may compete in only one division for each of the vertical jumping events.

**High Jump:** Master, Open, Men, Women may jump together based on seed heights.

Open Women and Masters (30+) bar will start at 1.20m (approx. 4-0).

Progression for Open Women and Masters (30+) will be: 1.20, 1.25, 1.30, 1.35, 1.40, 1.45...

Open Men may enter at 1.50m

Progression for Open Men will be: 1.50, 1.60, 1.70, 1.80, 1.85, 1.90, 1.95,...

After one hour of passed heights, one warm-up jump w/o bar for newly entering jumpers will be made available at that height.

Special accommodation: Any Master (30+) Women or Men who want to start lower than the scheduled opening height of 1.20m must inform the head high jump official no later than 9:30 a.m. on the day of the meet.

An athlete may compete in only one division for each of the vertical jumping events.

### **Long Jump and Triple Jump:**

If required, separate Master (30+) sections will compete first – younger to older, trials then finals. They will be immediately followed by the Open sections, trials then finals.

Each competitor will be allowed 3 preliminary jumps in all horizontal jumps. Upon completion of the preliminary attempts, the top 9 competitors in each division will advance to the finals for 3 more jumps.

An athlete may compete in only one division for each of the horizontal jumping events.

## **Format of Running Events**

**Last Man Standing:** Last man standing is a limited field and is invite and accepted entries only. To be considered must contact [eboycexc@gmail.com](mailto:eboycexc@gmail.com) by June 17 to be considered. The last man standing race is looking to field 12-14 athletes to make a competitive competition. If the last man standing race is unable to field 12-14 runners by June 17th the race will accept entries until the field is complete. Must be a 2017 USATF Niagara member to compete in this event and the Last man standing is part of the 2017 USATF Niagara Runner Of The Year Series.

**Short Hurdles Finals:** We will attempt to accommodate all Master hurdle heights and race distances if equipment and facility markings allow.

The finals of the short hurdles will be run in the following order:

110m Hurdle Final (42")	MOpen(ages 19+)
110m Hurdle Final (39")	M30-49
100m Hurdle Final (36")	M50-59, WOpen(ages19+)
100m Hurdle Final (33")	W30-39, M60-69
80m Hurdle Final (30")	W40-59, M70-79
80m Hurdle Final (27")	W60+, M80+

A runner may compete in only one division for the short hurdles.

The short hurdle finals will run in reverse order of the semi-finals as listed above. This occurs so that we don't have to change hurdle heights, markings, pullover weights more than necessary.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.

Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.

**Long Hurdles Finals (200m, 300m and 400m Hurdles):** We will attempt to accommodate all Master hurdle heights and race distances if equipment and facility markings allow.

The finals of the long hurdles will be run in the following order:

400m Hurdles (36")	MOpen(ages 19+), M30-39
400m Hurdles (33")	M50-59
400m Hurdles (30")	W30-49
300m Hurdles (30")	M60-69, W50-59
300m Hurdles (27")	M70-79, W60-69
200m Hurdles (27")	M80+, W70+ (Only if 27" hurdles are available)

A runner may compete in only one division for the long hurdles.

If needed, the top 8 entrants based on seed times submitted will be assigned to the last section of each age division. Other entrants will be assigned to earlier sections if necessary. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race. Final placing within each division will be determined by time.

### **100m Dash:**

If required, separate Master Men (30+) sections will run first – younger to older. They will be immediately followed by the Open Men sections. They will be followed by, separate Master Women (30+) sections if required – younger to older. The Master Women will be immediately followed by the Open Women sections. If sections are needed within a division we will run slower to faster. If needed, the top 8 entrants within a division based on seed times submitted will be assigned to the fast heat. Other entrants will be assigned to earlier heats.

A runner may compete in only one division for the 100m Dash.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.

Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.



**200m and 400m Dash:** If required, separate Master Men (30+) sections will run first – younger to older. They will be immediately followed by the Open Men sections. They will be followed by, separate Master Women (30+) sections if required – younger to older. The Master Women will be immediately followed by the Open Women sections. If sections are needed within a division we will run slower to faster. If needed, the top 8 entrants within a division based on seed times submitted will be assigned to the fast heat. Other entrants will be assigned to earlier heats.

A runner may compete in only one division for the 200m Dash.

A runner may compete in only one division of the 400m Dash.

Blocks will be provided. You may use your own blocks if they have 1/4” spikes or less on the bottom. Final placing within each division will be determined by time. Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.

**800m Run, 1500m Run, 3000m Run, Masters Mile Walk, 5000m Walk:** If required, separate Master (30+) sections will run first – younger to older. They will be immediately followed by the Open sections. Masters may be combined with Open if entry number warrant. If sections are needed within a division we will run slower to faster. Fast section will run last.

Fast sections will be limited to maximum of:

800m – 12 runners

1500m - 16 runners

Masters One Mile Walk – 16 walkers

3000m – 18 runners

5000m Race Walk – 24 walkers

The 1500m, 3000m and the 5000m Race Walk will use a waterfall start. The 800m will use either a one-turn box start or a waterfall start depending on numbers. Final placing will be determined by time. Masters may be combined with Open if entry numbers warrant. Men and Women may also be combined depending on entry numbers.

An athlete may compete in only one division for the 800m.

An athlete may compete in only one division for the 1500m.

An athlete may compete in only one division for the 3000m.

An athlete may compete in only the Open division for the 5000m Race Walk. This is not a Masters event.

An athlete may compete in only one division for the Masters One Mile Walk. This is not an Open event.

## **Format of Relays**

**4 x 100m Relay and 4 x 400m Relay:** All 4 members of each relay team will be required to sign a waiver at registration prior to competing. Each athlete will be issued a competitor’s bib number that must be pinned to the front of the top outer garment visible during all competition. Bibs must be worn as issued and may not be altered in any way. Additional age/gender numbers and/or hip numbers may be issued at the discretion of the Clerk of Course. There is no uniform requirement for relay teams.

Relay teams will fill out a relay card when called by the Clerk. Seeding will be done by the Clerk. Separate Masters (ages 30+) heats and flights will be provided if entry numbers allow.

In order to be eligible for USATF Championship awards and team scoring all four runners must be valid members of the same USATF member Club and individual USATF Niagara Association members. If all 4 runners are not members of the same USATF Association member club or if not all 4 runners are not USATF members, then the relay team shall be listed as “Unattached”. The Relay entry form shall list the names of all four runners in their running order. The form shall also list each competitor’s bib number and a seed time. An athlete may compete for only one team in the 4x100m Relay.

The 4 x 100m Relay will be run in lanes for the entire race. Blocks and batons will be provided. You may use your own blocks if they have 1/4” spikes or less on the bottom. You may use your own legal baton. There is no uniform requirement for relay teams. Masters Men will run first – younger to older followed by Open Men – slow to fast; if necessary. Masters Women will run first after the men – younger to older followed by Open Women, if necessary. Masters may be combined with Open if entry numbers warrant. Men and Women may also be combined depending on entry numbers. Final placing within each division will be determined by time. Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race.

An athlete may compete in only one division for the 400m Relay.

The 4 x 400m Relay will use a 3-turn staggered start.\* The lead-off runner will run the entire 400m first leg in lane. The 2<sup>nd</sup> runner will receive the baton in lane and stay in lane for the first turn. The 2<sup>nd</sup> runner may break for the inside after passing the break line at the beginning of the back straightaway. The 3<sup>rd</sup> and 4<sup>th</sup> runners will receive the baton in the order of running. Seeded sections of 8 teams each as needed. Masters Men will run first – younger to older followed by Open Men – slow to fast; if necessary. Masters Women will run first after the men – younger to older followed by Open Women; if necessary. Masters may be combined with Open if entry numbers warrant. Men and Women may also be combined depending on entry numbers. Final placing will be determined by time. Blocks and Batons will be provided. You may use your own legal baton. You may use your own blocks if they have 1/4” spikes or less on the bottom. There is no uniform requirement for relay teams.

If there are fewer than 5 teams in any section of the 4x400m relay, then the Clerk may run a 1–turn stagger for the lead-off runners.

An athlete may compete in only one division for the 1600m Relay.

Note: In order to be eligible for overall team scoring and receive USATF medals all 4 team relay runners must have valid 2017 USATF membership number and belong to the same USATF Niagara Association member club.

### **Directions to Penfield High School Track :**

Penfield High School is located in Penfield, NY which is an eastern suburb of Rochester, NY.

For internet directions to Penfield H.S. use the address: 25 High School Dr., Penfield, NY 14526-14221.

The Main Entrance to Penfield HS (High School Drive) is off Five Mile Line Rd. (CR.18) between Rt. 441 and Rt. 286. Ample parking is available near the track stadium.

From the East: NYS Thruway (I-90): Take exit 45 (Victor) and proceed north onto I-490 expressway for 9.8 miles to exit 23 (Linden Ave./Rt. 441). Turn right (East) onto Rt. 441/Linden Ave. and continue 2.8 miles to the Penfield Four Corners located at the intersection of Five Mile Line Rd. (CR 18). Turn left (North) onto Five Mile Line Rd. (CR 18). High School Drive is 0.4 miles on the right. The Track is located in the football stadium behind the northeast corner of the High School. Bend to the left at the end of High School Drive and drive behind the school.

From the North: You probably live in Webster so you already know how to get there. Otherwise you are living in Lake Ontario.

From the South: Drive North to the Thruway and follow the directions above.

From the West: You can try to save a couple of cents by exiting the Thruway at Exit 46 or 47 and drive East on Rt. 490 but you'll probably get lost. So you're better off using Exit 45 off the Thruway and following the directions above.

### **Facilities:**

Penfield High School has an 8-lane all-weather track with full field event facilities. Due to safety concerns – lack of a hammer cage - the Hammer Throw will NOT be contested at this meet. Track and jump runways are newly surfaced 'Eurotan' composition, so 1/4-inch or less spikes are allowed. Throwing circles are brushed concrete. The Javelin will be thrown off a grass runway. Bathrooms are available at the Track stadium. Limited concessions will be on sale.

Please park in the Northeast Lot behind the High School closest to the Track. Extra parking is available in the North Lot.

### **Results:**

Official results will be posted at the registration table for all athletes in all events upon completion of the event. Official results will also be posted on our website at [Niagara.USATF.org](http://Niagara.USATF.org)