



UPSTATE NY HOLIDAY CLASSIC XVII

Open, Youth and Masters Indoor Track & Field Invitational

Also serving as the

2015 USA Junior, Open & Masters Indoor 5000m Race Walk Championships

Also serving as the

USATF Niagara Association Open & Masters Men's & Women's Indoor Track & Field Championships

Featuring the Roger Messenger Masters (30+) Mile

New this year – Youth events – 60, 200, 1500, LJ, 4x200

Hosted by the River Road Running Club and the USATF Niagara Association

Sunday, December 27, 2015

Rochester Institute of Technology, Gordon Field House, Rochester, NY

Online Registration:

2015/16 USATF MEMBERS - \$15.00 per athlete – ONLINE ONLY.

You will pay an additional small online processing fee.

To enter online please go to: <http://www.usatf-niagara.org/>

To join/renew your USATF membership for 2015 please go to:

<http://www.usatf.org/Products---Services/Individual-Memberships.aspx>

Online registration closes at Noon (ET) on Saturday, December 26, 2015.

ALL OTHERS - \$20.00 per athlete - ONLINE ONLY.

You will pay an additional small on-line processing fee.

To enter on-line please go to: <http://www.usatf-niagara.org/>

Online registration closes at Noon (ET) on Saturday, December 26, 2015.

All online registrants will receive a **FREE** Holiday Classic commemorative tumbler glass. Entry fee is non-refundable.

Day-of-Meet Registration:

EVERYONE - \$25.00 per athlete for day-of-meet registration beginning at 7:30am.

USATF members will not receive a discount

Day-of-Meet registrants may receive a Holiday Classic commemorative tumbler glass – supply is limited.

UPSTATE NY HOLIDAY CLASSIC XVII

Open Indoor Track & Field Invitational

Featuring the

2015 USA Junior, Open & Masters Indoor 5000m Race Walk Championships

Also serving as the

USATF Niagara Association Open & Master Men & Women Indoor Track & Field Championships

New this year – Youth events

Featuring the Roger Messenger Masters (30+) Mile

Hosted by the River Road Running Club and the USATF Niagara Association

Sunday, December 27, 2015

Rochester Institute of Technology, Gordon Field House, Rochester, NY

Order of Track Events

7:30 a.m.	Doors Open - Packet Pick-Up for Online Registrants Begins	
7:30 a.m.	Doors Open - Day-of-Meet Registration Begins	
8:30 a.m.	5000m Race Walk - Women	W Junior/Open/Masters
8:30 a.m.	10,000m Race Walk – Women	Invitation Only W Jr./Open/Masters
9:25 a.m.	5000m Race Walk – Men	M Junior/Open/Masters
9:30 a.m.	5000m Race Walk – Section II	W/M Open/Masters – Sec. II – Slow
10:15 a.m.	5000m Final	Women/Men - Sections as needed
	60m Hurdles Semi-Final	Women (33’’)
	60m Hurdles Semi-Final	Men (42’’)
	1500m Final	Women/Youth
	60m Hurdles Final	Men (42’’)
	60m Hurdles Final	Women (33’’)
	1500m Final	Men
	60m Semi-Final	Women
	60m Semi-Final	Men
	400m Final	Women
	400m Final	Men
	60m Final	Youth – all age groups, G/B, younger 1 st
	60m Final	Women
	60m Final	Men
	800m Final	Women
	800m Final	Men
	200m Final	Youth – all age groups, G/B, younger 1 st
	200m Final	Women
	200m Final	Men
	3000m Final	Women
	3000m Final	Men
	Messenger Masters Mile	Women, Sections as needed (Ages 30+)
	Messenger Masters Mile	Men, Sections as needed (Ages 30+)
	4 x 200m Relay	Youth – all age groups, G/B, younger 1 st
	4 x 200m Relay	Women
	4 x 200m Relay	Men
	4 x 400m Relay	Women
	4 x 400m Relay	Men

Note: There is no “official” time order for running events after 10:15 a.m. We will proceed directly from event to event as allowed by the entry numbers. All events will be timed finals unless otherwise listed. Open 60m and 60m Hurdles: The **top 8 times** will advance to the finals. Fast sections will first **unless otherwise indicated**. The Messenger Masters Mile is open to Runners Ages 30+. See below for specific event information. Please do not contact RIT for information about this meet. For complete meet information and results go to: <http://www.usatf-niagara.org/>

Field Events

- 9:00 a.m. Women's Pole Vault runway warm-ups begin
 9:45 a.m. Women's PV begins.
 Women - bar starts at 2.40m (7'10"); bar will be raised by 20 cm up to 3.00 then by 15 cm up to 3.90 then by 10 cm
- Approx. 11:45 a.m. Men's Pole Vault runway warm-up begins.
Men's warm-up and competition start time may vary depending on numbers/quality in women's Pole Vault.
- Approx. 12:30 p.m. Men's Pole Vault begins.
 Men - bar starts at 3.40m (11'2"), bar will be raised by 20 cm up to 4.00 then by 15 cm up to 4.90, then by 10 cm
For both men and women pole vault, if your starting height is an hour or more after the warm-up ends, you will get a warm-up jump, if two hours or more, then 2 warm-up jumps.
Note: If they choose, **Master Men (ages 30+)** may compete with women.
- 9:30 a.m. High Jump Women warm-up begins.
 10:00 a.m. High Jump Women begins.
 Bar starts at 1.07m (approx. 3'6")
 Bar will be raised 5cm increments (approx. 2")
- Approx. 11:00 p.m. High Jump Men warm-up begins – Warm-up start time may vary depending on numbers in Women's HJ.
 Approx. 11:30 p.m. High Jump Men begins – Start time may vary depending on numbers in Women's HJ.
 Bar starts at 1.47m (approx. 4'8")
 Bar will be raised 5cm increments (approx. 2").
- 9:30 a.m. Weight Throw Women warm-up (15 minutes max. each flight).
 10:00 a.m. Weight Throw Women begins. 6 throws.
 Followed by
Weight Throw Men warm-up (15 minutes max. each flight).
 Weight Throw Men begins. 6 throws.
 Followed by
Shot Put Women warm-up (15 minutes max. each flight).
 Shot Put Women begins. 6 throws.
 Followed by
Shot Put Men warm-up (15 minutes max. each flight).
 Shot Put Men begins. 6 throws.
- 9:00 a.m. Youth Long Jump – all age groups Girls and Boys together
 15 minute general warm-up
 9:15 a.m. Youth Long Jump begins – 45 minute Open Pit – 3 jumps maximum per athlete. No finals.
 Youth jumpers must wear their bib number during the Long Jump competition.
- 10:00 a.m. Long Jump Open Women and Open Men – 6 jumps.
 We will divide the field into gender neutral flights of 10-15 based on the number of entries.
 We will try to place all women in the first flight.
 Warm-up - 10 minutes each flight.
- After LJ Triple Jump Open Women and Open Men – 6 jumps.
 We will divide the field into gender neutral flights of 10-15 based on the number of entries.
 We will try to place all women in the first flight.
 Warm-up - 10 minutes each flight.



UPSTATE NY HOLIDAY CLASSIC XVII

Eligibility

- **Open Events**—Limited to Female ages 14+ and Male athletes ages 16+ as of 12/27/2015. No maximum age.
- **Youth Events** – Age determined as of 12/27/2015. Athletes must be at least 7 years of age as of 12/27/2015. Athletes must be under 19 years of age as of 12/27/2015. Youth age groups are limited to: 7-8, 9-10, 11-12, 13-14, 15-16 and 17-18 for both Boys and Girls.
- **Junior Race Walk** – Athletes must be at least 14 and not yet 20 as of 12/31/2015.
- **Master Events** –Athletes must be age 35+ as of 12/27/2015. No maximum age.
- **Entry Limits - All athletes are limited to any three (3) events.** Yes, a relay counts as an event.

You may not compete in the same event in different divisions. (e.g., Master Milers may not also in the Open 1500m, Youth LJ may not also enter the Open LJ.)

- **Sign up for events** - Athletes do NOT need to indicate their event(s) when registering online. All event registration and seeding will take place on the day of the meet.

Field events will report directly to the event official when called.

Running events will report directly to the Clerk of Course when called.

- **Timing:** We will be using a Lynx Fully Automatic Timing System (FAT).

All athletes will be timed in all events.

Location:

Rochester Institute of Technology (RIT) is located south of Rochester, NY.

The Main Entrance to RIT is off Jefferson Rd. (Rt. 252) between NY 383 and NY Rt. 15.

For internet directions to RIT use the address: 1 Lomb Memorial Drive, Rochester, NY 14623.

From the NYS Thruway (I-90): Take exit 46 and proceed north onto I-390 expressway for 1.5 miles to exit 13 (Hylan Drive). Left onto Hylan Dr. and continue 1.0 mile north past Marketplace Mall to Jefferson Road (Route 252). Turn left at the light onto Rt. 252. Proceed west approx. 2.6 miles to the main campus entrance. Turn left at the light at the main campus entrance (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in "D" Lot, next to the outdoor track. Gordon Field House is the big building directly in front of you. Enter on ground level.

Facility:

The Gordon Field House at RIT features:

- 200m Beynon BSS-1000 polyurethane track and field event surface.
- Six 42" lanes on the oval. Eight 42" lanes on the straightaway.
- Synthetic runways for the following: Long Jump, Triple Jump, High Jump, Pole Vault.
- Shot Put & Weight Throw will take place from a raised wooden platform inside a UCS indoor throwing cage.
- Eight Olympic style blocks will be provided.
- One Moyer style block will be provided.
- You may use your own blocks if the spikes are 1/8" or less.
- 1/4" spiked shoes are allowed. Clerks will check spikes at each race check-in.
- Bathrooms only will be available in the Gordon Field House.
- **No food/drink will be allowed on the track level of the Gordon Field House.**

Host Hotel:

Radisson Rochester Airport Hotel at the Rochester Institute of Technology

The newly renovated Radisson Hotel Rochester Airport is ideally located on the campus of the Rochester Institute of Technology, just minutes away from ROC Airport and downtown. With complimentary shuttle service, our hotel provides guests with hassle-free transportation to the airport and local business offices. Guests at the Radisson also enjoy a Fitness Center, complimentary high-speed Internet access and a heated indoor swimming pool. Choose the Radisson and see why we're one of the best Rochester hotels. The Radisson is a mere 0.6 miles from the front door of RIT's Gordon Field House as the race walker walks.



Radisson Inn- Rochester Airport, 175 Jefferson Rd, Rochester, NY, 14623

For hotel reservations:

Call 585-475-1910 and mention "USATF" for the special **\$83 per night room rate.**

Format of Events

- ❖ Fast section will first unless otherwise indicated.
- ❖ All athletes in running events will be seeded by the Clerk when they check-in for the event.
- ❖ All athletes in field events will sign in at the event.
- ❖ Unless instructed differently by a field event official, all athletes must wear their assigned bib number when competing.
- ❖ When timed sections are held in any running event, the final placing will be determined by time.
- ❖ 1/4" spiked shoes are allowed. Clerks will check spikes at each race check-in.
- ❖ Eight Olympic style blocks will be provided. One Moya style block will be provided.
- ❖ Relay team entry cards will be made available at Clerk's desk for all relay teams.
- ❖ Athletes are limited to any three (3) events. Yes, a relay counts as an event.
- ❖ You may not compete in the same event in different divisions. (e.g., Masters Mile may not Open 1500m also. Youth LJ may not enter Open LJ also.)
- ❖ USATF Association Championship medals will be awarded to the USATF Niagara Association members only. USATF members from other Associations and non-USATF members including Canadian citizens are welcome to compete as guests but will not be eligible for USATF medals.
- ❖ We will not separate hurdle heights for Youth and/or Master hurdlers. The only hurdle heights are 42" for Open Men and 33" for Open Women.

Awards:

The following awards are available to USATF member athletes only:

USA Junior Indoor 5000m Race Walk Championship

USATF National Junior Championship Medals will be awarded to the top 3 Junior Men and to the top 3 Junior Women USATF member finishers in the 5000m Race Walk. Athletes must be at least age 14 and not more than age 19 as of 12/31/2015 order to compete. Only USATF member athletes are eligible for USATF awards. Non-members may compete but are not eligible for USATF awards. Final placing will be determined by time.

USA Open Indoor 5000m Race Walk Championship

USATF National Open Championship Medals will be awarded to the top 3 Open Men and to the top 3 Open Women USATF member finishers in the 5000m Race Walk. Athletes must be ages 14 and over in order to compete. Only USATF member athletes are eligible for USATF awards. Non-members may compete but are not eligible for USATF awards. Final placing will be determined by time.

USA Masters Indoor 5000m Race Walk Championship

USATF National Master Championship Medals will be awarded to the top 3 Master Men and to the top 3 Master Women finishers in the 5000m Race Walk in each 5-year age group beginning at 35-39 and continuing through the age group of the oldest finisher. Athletes must be ages 35 and over in order to compete in the Master division. Only USATF member athletes are eligible for USATF awards. Non-members may compete but are not eligible for USATF awards. Final placing will be determined by time.

All Individual Open Events - USATF Niagara Association Championship Medals

USATF Association Championship Medals will be awarded to the top 3 USATF Niagara Men and to the top 3 USATF Niagara Women finishers in each individual Open event. There are separate awards for the Messenger Masters Mile – see below.

Masters Events/Youth Events and All Relay Events - USATF Niagara Ribbons

Ribbons will be awarded to top 3 finishers in each of the following categories:

- Masters (5-year age groups Master Men and Master Women starting at age 35+) who compete in each individual event
- all Youth events
- all Relays

The following awards are available to all competitors:

Special Upstate Holiday Classic ribbons to the top 4 non-USATF finishers in every Open event.

The following awards are available to competitors in the Messenger Masters Mile only:

Roger Messenger Masters Mile (ages 35+) Men and Women

1st Place 40+ Male and 40+ Female - Messenger Champion Trophy

1st Place Age-Graded Master Runner 35+ Male or 35+ Female - \$100.00 – only one award

1st Place Age-Graded Master Runner 35+ Male and 35+ Female - Messenger Age Graded Champion Trophy

1st Place in every 5-year age group beginning at 35-39 will receive Medals.

Masters are eligible to win more than one award for this race.

All awards must be claimed within 30 minutes after the conclusion of the meet.

Rochester Institute of Technology (RIT) is proud to host the Upstate Holiday Classic XVI Open Indoor Track & Field Invitational at the state of the art Gordon Field House and Activities Center. We especially welcome those competitors in the USA 5000m Indoor Track Race Walk Championships. We hope that you will find the following information helpful when you visit RIT on December 27, 2015.

Meet Director:	Brendan Fitzgerald	brendanfitzgerald@gmail.com
Asst. Meet Director	Bill Quinlisk	billqxc@verizon.net
RIT Head Track Coach:	David Warth	djwatl@rit.edu
Head Timer:	Brian Sparacino	bsparacino@gmail.com
Director of Officials:	Kathy McLymond	lake07@rochester.rr.com

Please do not contact RIT for information about this meet.

Format of Track Events

Youth 60m: Sections of up to 8 runners at a time. Girls before Boys. Younger age groups will first. We reserve the right to combine age group and genders in the interest of competition when numbers dictate. Final placing will be determined by time if more than one section per age group is required. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Preferred lanes: 5-4-6-3-7-2-1-8

60m and 60m Hurdles: The top 16 entrants based on seed times submitted will be assigned to the first two semi-final heats. Other entrants will be assigned to later heats. The **top 2 finishers from the first 2 heats and the next best 6 times from all of the heats will advance to the Finals.** Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Note: We will not separate hurdle heights for Youth and/or Master hurdlers. They only hurdle heights will be Open Men=42", Open Women=33". Preferred lanes 5-4-6-3-7-2-1-8

Youth 200m: Sections of up to 5 runners at a time. (We will use all 6 lanes if the Triple Jump has finished). Girls before Boys. Younger age groups will first. We reserve the right to combine age group and genders in the interest of competition when numbers dictate. Final placing will be determined by time if more than one section per age group is required. Staggered starts, race in lanes the entire 200m distance. Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Preferred lanes: 3-4-5-2-1-6

200m: Power-seeded sections of 5 runners at a time (we will use all 6 lanes if the Triple Jump has finished). Fast section will first. Staggered starts, race in lanes the entire 200m lap. Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Preferred lanes: 3-4-5-2-1-6

400m: Power-seeded sections of 5 runners at a time. Fast section will first. 2 lap race. 2-turn staggered start. Runners will break to the inside after running the first 2-turns in lanes (approx. 150m in lanes). Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Preferred lanes: 3-4-5-2-1

Youth 1500m: Sections of up to 15 runners at a time. Girls before Boys. Younger age groups will first. We reserve the right to combine age group and genders in the interest of competition when numbers dictate. All races will use a waterfall start. At the discretion of the clerks, a one-turn box start may be used. Final placing will be determined by time. 7.5 lap race.

800m/1500m/3000m/5000m: Seeded sections as needed. Fast section will first unless otherwise indicated on the order of events. We will try to keep each of the fast sections limited to 10-12 athletes. All races will use a waterfall start. At the discretion of the clerks, a one-turn box start may be used. Final placing will be determined by time. 800m = 4 laps. 1500m = 7.5 laps. 3000m = 15 laps. 5000m = 25 laps.

5000m Race Walk: We are planning 2 sections. Junior, Open and Masters, men and women will be combined. Section I will be a 5000m only for the faster Race Walkers. Section II will be for the not so fast Race Walkers. Fast section (Section I) will walk first in the order of events. We will try to keep the fast sections limited to 10-15 athletes. All races will use a waterfall start. Final placing will be determined by time. 25 laps.

10000m Race Walk: This special invitational race walk will start at the same time as Section I of the 5000m Race Walk. For an invitation to this event please contact Dave or Erin Talcott at: David.Talcott@dot.ny.gov
We will use a waterfall start. 50 laps.

Roger Messenger Masters Mile:

This event is a memorial to our Genesee Valley Harrier teammate and friend Roger Messenger. The Master Women's fast section will first. It will be followed by the Master Women's slower section (if needed) and then the Master Men's sections (fast section first). Depending on entry numbers the Clerk will divide the Messenger Master Mile races into sections based on seed times, not ages. The faster section will first. We will try to keep each of the fast sections limited to 10-12 athletes. All races will use a waterfall start. Final placing will be determined by time. This event is limited to runners ages 35+ as of race day. This is a 8 lap race.

The following awards are available to competitors in the Messenger Masters Mile only:

Roger Messenger Masters Mile (ages 35+) Men and Women

1st Place 40+ Male and 40+ Female - Messenger Champion Trophy

1st Place Age-Graded Master Runner 35+ Male or 35+ Female - \$100.00 – only one award

1st Place Age-Graded Master Runner 35+ Male and 35+ Female - Messenger Age Graded Champion Trophy

1st Place in every 5-year age group beginning at 35-39 will receive Medals.

Masters are eligible to win more than one award for this race.

Format of Relays

Youth 4 x 200m Relay: Relay entry cards must list your team name if all four runners are representing the same Club or school team; College/University/High School. If not representing a club or school team, then all "unofficial" teams shall be listed as "Unattached". Do not make up team names. HS and College athletes should check with their coach for eligibility concerns. NY State HS rules suggest that HS runners who compete in an Open meet should not wear their school uniforms. The USATF relay uniform rule will not be enforced for this event. The relay entry card shall list the names of all four runners in their running order along with their bib numbers and a seed time and shall be submitted to the Clerk at last call for the event. Relay Entry cards will be made available at the Clerk's desk throughout the meet.

The 4 x 200m Relay will use a 3-turn staggered start. The lead-off runner will the entire 200m first leg in lane.

The 2nd runner will continue in the lane for one turn and then break for the inside at the top of the backstretch.

The 3rd and 4th runners will receive the baton in the order of running. Seeded sections of 5 or 6 teams each as needed. We will use lane 6 if the TJ has ended. Fast section will first. Preferred lanes: 3-4-5-2-1-6
Final placing will be determined by time. Batons will be provided. You may use your own legal baton. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

4 x 200m Relay: Women will before the Men. Relay teams may represent a USATF member club or school if all four runners are members of the same USATF member club or school team; College/University/High School. If all four runners are not members of the same USATF member club or school team, then the team shall be listed as "Unattached". Do not make up team names. HS and College athletes should check with their coach for eligibility concerns. NY State HS rules suggest that HS runners who compete in an Open meet should not wear their school uniforms. The USATF relay uniform rule will not be enforced for this event. The relay entry card shall list the names of all four runners in their running order along with their bib numbers and a seed time and shall be submitted to the Clerk at last call for the event. Relay Entry cards will be made available at the Clerk's desk throughout the meet. Mixed gender teams are not permitted.

The 4 x 200m Relay will use a 3-turn staggered start. The lead-off runner will run the entire 200m first leg in lane.

The 2nd runner will continue in the lane for one turn and then break for the inside at the top of the backstretch.

The 3rd and 4th runners will receive the baton in the order of running.

Seeded sections of up to 6 teams each as needed. Fast section will first. Preferred lanes: 3-4-5-2-1-6
Final placing will be determined by time. Batons will be provided. You may use your own legal baton. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

4 x 400m Relay: Women will run before the Men. Relay teams may represent a USATF member club or school if all four runners are members of the same USATF member club or school team; College/ University or High School. If all four runners are not members of the same USATF member club or school team, then the team shall be listed as "Unattached". Do not make up team names. HS and College athletes should check with their coach for eligibility concerns. NY State HS rules suggest that HS runners who compete in an Open meet should not wear their school uniforms. The USATF relay uniform rule will not be enforced for this event.

The relay entry card shall list the names of all four runners in their running order along with their bib numbers and a seed time and shall be submitted to the Clerk at last call for the event. Relay Entry cards will be made available at the Clerk's desk throughout the meet. Mixed gender teams are not permitted.

The 4 x 400m Relay will use a 2-turn staggered start. The lead-off runner will run 2-turns in lane (approx. 150m) and then break to the inside. The 2nd, 3rd and 4th runners will receive the baton in the order of running.

Seeded sections of up to 6 teams each as needed. Fast section will first. Preferred lanes: 3-4-5-2-1-6
Final placing will be determined by time. Batons will be provided. You may use your own legal baton. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

Format of Throwing Events

Throwing Facilities: Shot Put and Weight Throw will take place from a raised wooden platform inside a UCS indoor throwing cage. Warm-ups will begin at the time indicated and will be supervised by the event official. Any throwing prior to the official warm-up period will be cause for event disqualification. Throwing will not be allowed upon completion of the event.

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 will 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.

Weight Throw: Each thrower will be allowed 6 throws. There will be no finals.

The top 8 throwers based on seed distances submitted with the athlete's entry form will be placed in the first flight of each event. Final placing will be determined by best distance. We reserve the right to reduce the competition to 4 throws each if there are more than 36 athletes entered.

The following implement weights may be used:

HS: 25 lb. Boys and 20 lbs. Girls.

Open: 35 lb. Men and 20 lb. Women

Masters: Appropriate Weights for each age group.

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

WOMEN	Weight
30-49	9.08 kg (20 lb)
50-59	7.26 kg (16 lb)
60-79	5.45 kg (12 lb)
80+	5.45 kg (12 lb)

MEN	Weight
30-49	15.88 kg (35 lb)
50-59	11.34 kg (25 lb)
60-69	9.08 kg (20 lb)
70-79	7.26 kg (16 lb)
80&up	5.45 kg (12 lb)

Bring your own legal indoor implements. Implement inspection begins at 9:00 a.m. Throwing event implements will be inspected before the beginning of each throwing event.

9:30 a.m. Weight Throw Women warm-up (15 minutes max. each flight).
 10:00 a.m. Weight Throw Women begins. 6 throws.
 Followed by
Weight Throw Men warm-up (15 minutes max. each flight).
 Weight Throw Men begins. 6 throws.
 Followed by
Shot Put Women warm-up (15 minutes max. each flight).
 Shot Put Women begins. 6 throws.
 Followed by
Shot Put Men warm-up (15 minutes max. each flight).
 Shot Put Men begins. 6 throws.

Shot Put: Each thrower will be allowed 6 throws. There will be no finals. The top 8 throwers based on seed distances submitted with the athlete's entry form will be placed in the first flight of each event. Final placing will be determined by best distance. We reserve the right to reduce the competition to 4 throws each if there are more than 36 athletes entered.

The shot shall be a sphere made of any metal but not softer than brass. It can be solid or filled with a smooth surface. The weight varies depending on age group and governing body as shown below. Internal movement by feel or sound is no longer a restriction.

The following shot put implement weights may be used:

HS: 12 lb. Boys and 4 kg Girls.
 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 are as follows:

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

Format of Jumping Events

Runway Surfaces: Gordon Field House at R.I.T. has a polyurethane surface on the entire floor. 1/4" spikes are allowed on all runways.

9:30 a.m.	<u>High Jump Women</u> warm-up begins.
10:00 a.m.	High Jump Women begins. Bar starts at 1.07m (approx. 3'6") Bar will be raised 5cm increments (approx. 2")
Approx. 11:00 p.m. Women's HJ.	<u>High Jump Men</u> warm-up begins – Warm-up start time may vary depending on numbers in Women's HJ.
Approx. 11:30 p.m.	High Jump Men begins – Start time may vary depending on numbers in Women's HJ. Bar starts at 1.47m (approx. 4'8") Bar will be raised 5cm increments (approx. 2").

Pole Vault: There will be two separate Pole Vault competitions.

9:00 a.m.	<u>Women's Pole Vault</u> runway warm-ups begin
9:45 a.m.	Women's PV begins. Women - bar starts at 2.40m (7'10"); bar will be raised by 20 cm up to 3.00 then by 15 cm up to 3.90 then by 10 cm
Approx. 11:45 a.m.	<u>Men's Pole Vault</u> runway warm-up begins. Men's warm-up and competition start time may vary depending on numbers/quality in women's Pole Vault.
Approx. 12:30 p.m.	Men's Pole Vault begins. Men - bar starts at 3.40m (11'2"), bar will be raised by 20 cm up to 4.00 then by 15 cm up to 4.90, then by 10 cm For both men and women pole vault , if your starting height is an hour or more after the warm-up ends, you will get a warm-up jump, if two hours or more, then 2 warm-up jumps. Note: If they choose, Master Men (ages 30+) may compete with women.

Long Jump/Triple Jump:

The Youth Long Jump will feature a 20 minute general warm-up followed by a one hour open pit. Youth Long Jumpers will have one hour to attempt a maximum of 3 jumps.

Open Long Jump and Open Triple Jump will feature combined Men's and Women's flights of up to 15 jumpers at the discretion of the event official. We will attempt to place all Women in the first flight(s). If there are fewer than 8 competitors, then each competitor will be allowed six jump attempts. In this case the Women will jump first.

If there are more than 8 competitors then each jumper will be allowed 3 jumps. The top 8 jumpers will advance to the finals for 3 more jumps. All boards at RIT are available for use.

9:00 a.m.	<u>Youth Long Jump – all age groups Girls and Boys together</u> 15 minute general warm-up
9:15 a.m.	Youth Long Jump begins – 45 minute Open Pit – 3 jumps maximum per athlete. No finals. Youth jumpers must wear their bib number during the Long Jump competition.
10:00 a.m.	<u>Long Jump Open Women and Open Men</u> – 6 jumps. We will divide the field into gender neutral flights of 10-15 based on the number of entries. We will try to place all women in the first flight. Warm-up - 10 minutes each flight.
After LJ	<u>Triple Jump Open Women and Open Men</u> – 6 jumps. We will divide the field into gender neutral flights of 10-15 based on the number of entries. We will try to place all women in the first flight. Warm-up - 10 minutes each flight.

Please do not contact RIT for information about this meet.
For complete information and results go to: <http://www.usatf-niagara.org/>

Additional Information:

PARKING: D-Lot is adjacent to the athletic facilities.

BUS PARKING: Visiting team drop off will be designated in D lot, adjacent to all athletic facilities. Please unload all items and then idle bus during competition in N, E or F Lots.

MEDIA CREDENTIALS: Media covering the Upstate Holiday Classic at RIT should contact USATF Niagara Association President, Bill Quinlisk at billqxc@verizon.net to arrange for credentials.

Host Hotel

Radisson Inn-Airport, 175 Jefferson Rd, Rochester, NY, 14623

For reservations: Call 585-475-1910 and mention "USATF" for special \$81 per night room rate.

Location: Rochester Institute of Technology (RIT) is located south of Rochester, NY.

The Main Entrance to RIT is off Jefferson Rd. (Rt. 252) between NY 383 and NY Rt. 15.

For internet directions to RIT use the address: 1 Lomb Memorial Drive, Rochester, NY 14623.

From the NYS Thruway (I-90): Take exit 46 and proceed north onto I-390 expressway for 1.5 miles to exit 13 (Hylan Drive). Left onto Hylan Dr. and continue 1.0 mile north past Marketplace Mall to Jefferson Road (Route 252). Turn left at the light onto Rt. 252. Proceed west approx. 2.6 miles to the main campus entrance. Turn left at the light at the main campus entrance (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in "D" Lot, next to the outdoor track. Gordon Field House is the big building directly in front of you.

From the Airport: As you exit the airport, turn right onto Brooks Avenue (Rt. 204), then a quick right onto I-390 South. From I-390, take the next exit (Scottsville Road) and turn right at the end of the ramp onto Scottsville Rd. (Rt. 383). Proceed 2.8 miles on Scottsville Rd. (Rt. 383) to Jefferson Rd. (Rt. 252). Turn right onto Jefferson Rd. (Rt. 252) and cross the Genesee River. Proceed 0.5 miles. Turn right at the light at the main campus entrance (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in "D" Lot, next to the outdoor track. Gordon Field House is the big building directly in front of you.