



**2024**  
**USATF NIAGARA OPEN & MASTERS**  
**TRACK AND FIELD CHAMPIONSHIPS**



June 22, 2024  
Roberts Wesleyan University, in Rochester, NY

**REGISTRATION**

**Deadline:** June 18 (11:59 pm). There will be no day of registration!

**Fees:** \$30 for up to 2 events, \$5 for each event after that. Form:

**Registration Form:** [REGISTRATION](#)

**AWARDS**

USATF Niagara members are eligible to win Niagara Championships awards for being top 3 in their age division per event.

**RELAYS**

USATF Clubs may register a relay comprised of 4 athletes, that team will compete in the age group of the youngest member of that relay team.

**SCHEDULE OF EVENTS**

8:00am	Check-in open for all track and field events! Implement Inspection for all throwing events!
8:30am	Warm-up for Pole Vault begins.
9:00am	Check-in and Implement inspection will end. Warm-up for throws and jumps begins.
9:00am	All Race Walks to start on the track, Open, and masters.
9:30am	All Field Events to start.
Estimated 9:30am	High Hurdles starting with Men's 110h, then Women's 100h, moving to masters 80h, as necessary.
Estimated 9:45am	ROTY 1 mile heats, slow to fast, Men followed by Women.
Estimated 10:10am	Men's 100m, then Women.
Rolling schedule	Men's 400m, then Women.
	Men's 200m, then Women.
	Men's 800m, then Women.
	Intermediate Hurdles with masters moving up to Women's 400h, then Men's 400h. (27" hurdles NOT available)
	Steeplechase Men, then Women.
Relays:	4x100m (number of heats TBD on entries)
	4x800m (number of heats TBD on entries)
	4x400m (number of heats TBD on entries)