

**President's Open  
Empire State Liberty Tour Championship  
Queensbury High School**

Saturday - Sunday, July 25-26, 2009

**Saturday, July 25, 2009**

**Packet Pick-up/Registration/Implement Weigh-in: 1:00pm**

**Hammer Weigh-In at U Albany: 11:00am**

**Triathlon**

1. Shot Put
2. High Jump
3. 200m (Girls) 400m (Boys)

**Pentathlon**

1. 80m HH (MB/MG)  
100m HH (YB/YG)
2. High Jump
3. Shot Put
4. Long Jump
5. 800m (Girls) 1500m (Boys)

**Masters Men Pentathlon**

1. Long Jump
2. Javelin
3. 200m Dash
4. Discus
5. 1500m Run

**Heptathlon - Day 1**

1. 100m HH
2. High Jump
3. Shot Put
4. 200m Dash

**Decathlon - Day 1**

1. 100m Dash
2. Long Jump
3. Shot Put
4. High Jump
5. 400m Dash

**Masters Women Pentathlon**

1. 80m HH
2. High Jump
3. Shot Put
4. Long Jump
5. 800m Run

**Track Schedule of Events**

- 2:00** 1. 100m Dash - Decathlon - SB/OM
- 2:15** 2. 80m HH - Pentathlon - MG/MB (30", 7.5)  
3. 80m HH - Pentathlon MW 40+ (30", 8.0)  
4. 100m HH - Pentathlon YG (30", 8.0)  
5. 100m HH - Pentathlon YB/MW 30-39 (33", 8.5)  
6. 100m HH - Heptathlon SG/OW (33", 8.5)
- 6:00** 7. 5000m RaceWalk - OW/OM/MW/MM  
8. 3000m RaceWalk - SG/SB  
9. 1500m RaceWalk - BG/BB/MG/MB/YG/YB
- 7:00** 10. 10,000m Run - OW/MW  
11. 10,000m Run - OM/MM

Time	Long Jump	High Jump	Shot Put 1	Discus	Javelin	Hammer
<b>11:00</b>						<b>MM/MW</b>
<b>11:30</b>						<b>SB/SG</b>
<b>12:00</b>						<b>OM/OW</b>
<b>2:00</b>	Pent MM	<b>MM</b>	<b>MW</b>		<b>MM</b>	
<b>2:40</b>	Dec SB/OM	<b>MW</b>	<b>MM</b>		<b>MW</b>	
<b>3:00</b>	<b>MM Triple</b>	Pent All			Pent MM	
<b>3:30</b>	<b>MW Triple</b>		Dec SB/OM			
<b>3:45</b>	<b>MM LJ</b>	Hept SG/OW		<b>MW</b>		
<b>4:15</b>	<b>MW LJ</b>		Pent All	<b>MM</b>		
<b>4:30</b>	Pent All	Dec SB/OM	Tri BB/BG	Pent MM		
<b>5:15</b>		Tri BB/BG	Hep SG/OW			

- **Times given are approximates only.**
- **Masters must bring their own age appropriate implements.**

**Sunday, July 26, 2009**  
**Packet Pick-up/Registration/Implement Weigh-in: 7:30 am**

**Track Schedule of Events**

- 8:30** 1. 5000m - OW/OM/MW/MM
- 9:00** 2. 110m HH - Dec. SB/OM
- 9:15** 3. 3000m - MG/MB/YG/YB/SG/SB
- 10:00** 4. 110m HH - OM (42")
- 5. 110m HH - SB (39")
- 10:15** 6. 4x800 Relay - Midget to Masters
- 10:30** 7. 100m HH - MM 50-59 (36", 8.5)
- 8. 100m HH - YB/SG/OW MW 30-39 (33", 8.5)
- 9. 100m HH - MM 60-69 (33", 8.0)
- 10. 100m HH - YG (30", 8.0)
- 11:00** 11. 80m HH - MW 40-49 (30", 8.0)
- 12. 80m HH - MG/MB (30", 7.5)
- 13. 80m HH - MM 70-79/MW50-59 (30", 7.0)
- 14. 80m HH - MM 80+/MW 60+ (27", 7.0)
- 11:30** 15. 800m Run - Heptathlon - SG/OW
- 12:00** 16. 100m Dash Semi - All divisions
- 1:00** 17. 800m Run - All divisions
- 1:30** 18. 400m IH - SB/OM/MM 30-49 (36")
- 19. 400m IH - MM 50-59 (33")
- 20. 400m IH - SG/OW/MW 30-49 (30")
- 21. 300m IH - MW 50-59/MM 60-69 (30")
- 22. 300m IH - MW 60-69/MM 70+ (27")
- 23. 200m IH - YG/YB (30")
- 24. 200m IH - MW 70+ (27")
- 2:00** 25. 100m Dash Finals - All
- 2:30** 26. 2000m Steeplechase - SG/MW all/MM60+ (30")
- 27. 3000m Steeplechase - OW (30")
- 28. 3000m Steeplechase - SB/OM/MM 30-59 (36")
- 3:00** 29. 400m Dash - All divisions
- 3:30** 30. 1500m Run - All divisions
- 4:00** 31. 200m Dash - All divisions
- 32. 4x100 Relay - All divisions
- 33. 4x400 Relay - All division

Time	Long Jump	High Jump	Pole Vault	Shot Put 1	Discus	Javelin
<b>9:00</b>	Triple --All	Bantam/Midget Youth	Youth/ Masters	Bantam	Midget	Bantam/ Midget
<b>9:30</b>	Heptathlon			Midget	Decathlon	
<b>10:00</b>	Bantam			Youth		
<b>10:30</b>	Midget		Decathlon		Youth	Heptathlon
<b>11:00</b>	Youth	SB		OM	SB	Youth
<b>11:30</b>	SB				SG	
<b>12:00</b>		SG	SG/OW	OW	OM	Decathlon
<b>12:30</b>	SG				OW	SG
<b>1:00</b>		OW	SB/OM	SG		SB
<b>1:30</b>	OW			SB		OW
<b>2:00</b>	OM	OM				OM

- **Remember, All Times are Approximates. Please check in 1 hour before your event.**