

## ELEGIBILITY & RULES

The Empire State Liberty Tour is open to all boys and girls, Youth & Scholastic age divisions, and all Men & Women, Open & Masters age divisions. All meets will be officiated by USATF certified officials and will adhere to the 2009 USATF Rulebook. All entrants are encouraged to have a current USATF membership, although it is not essential for some of the meets. Memberships may be purchased at the meets for \$20 for all youth divisions, and \$30 for open & masters with proof of birth. You may also visit [www.usatfadir.org/membership.asp](http://www.usatfadir.org/membership.asp) to apply for a membership online.

### Age Divisions

<b>Youth</b> Determined by Year of Birth	{	<b>Sub Bantam</b>	<b>2001+</b>
		<b>Bantam</b>	<b>1999-2000</b>
		<b>Midget</b>	<b>1997-1998</b>
		<b>Youth</b>	<b>1995-1996</b>
<b>Scholastic</b> Determined by Year of Birth	{	<b>Intermediate</b>	<b>1993-1994</b>
		<b>Young</b>	<b>1991-1992</b>
		<b>Young +</b>	<b>1990 up to 7/26/09</b>

**Open**           **19-29**

**Masters**       **5 year age groups, 30-34, 35-39, etc.**

### Patriots Invitational

Open to all age divisions. SubBantam, Bantam, Midget allowed three events, not including relays. All other divisions allowed four events, not including relays. No territorial restrictions. USATF membership not required. Registration deadline Tuesday, May 19, 2009. Day of Meet registration, add \$10 to preregistration fees.

### Constitution Classic

Open to all age divisions. SubBantam, Bantam, Midget allowed three events, not including relays. All other divisions allowed four events, not including relays. No territorial restrictions. USATF membership not required. Registration deadline Tuesday, June 2, 2009. Day of Meet registration, add \$10 to preregistration fees.

### President's Open/Empire State Track & Field Qualifying Trials-Adirondack Association

Open to all age divisions. SubBantam, Bantam, Midget allowed three individual events, not including relays or multi-events. All other divisions allowed four individual events, not including relays or multi-events. USATF membership required. SubBantams allowed to compete, but to advance to Empire State Track & Field Championships, they must compete and register as Bantams. Registration deadline Monday, June 8, 2009. Day of Meet registration, add \$10 to preregistration fees. Top four (4) finishers in each event and age division, male/female, advance to State Track & Field Championships in July.

In order to accommodate other associations that may not be running certain events, non Adirondack Association members may compete in this meet at those events not offered at their own associations. These athletes will not conflict or replace any Adirondack Association competitor's place in qualifying for the State meet.

### Empire State Track & Field Qualifying Trials-Long Island, Metropolitan, Niagara Associations

These Associations are running the trials in conjunction with their own Junior Olympic and Open/Masters Championships. Top four (4) finishers in each event and age division, male/female, advance to Empire State Track & Field Championships in July.

Open to all age divisions. USATF membership required. Meet dates vary-see registration page. Meet deadlines vary-see the Association's websites; [www.long-island.usatf.org](http://www.long-island.usatf.org), [www.mactrack.org](http://www.mactrack.org), [www.usatf-niagara.org](http://www.usatf-niagara.org).

### **Adirondack Junior Olympic Championships**

Adirondack Association Youth and Scholastic age divisions only. SubBantam, Bantam, Midget allowed three events including relays. Youth, Intermediate, and Young Men/Women allowed four events including relays. SubBantams allowed, but in order to advance to the Region I meet in MA they must compete as Bantams. USATF membership required. Registration deadline Tuesday, June 16, 2009. Preregistration only - NO DAY OF MEET REGISTRATION.

### **Independence Invitational/Adirondack Open & Masters Championships**

Open to all age divisions. SubBantam, Bantam, Midget allowed three events, not including relays. All other divisions allowed four events, not including relays. No territorial restrictions. **Adirondack** Open & Masters only eligible for medals, ribbons to youth divisions. USATF membership required for Adirondack Open & Masters. Registration deadline Monday, June 29, 2009. Day of Meet registration, add \$10 to preregistration fees.

### **Stars & Stripes Twilight 5K Run**

Open to all ages and associations. USATF membership not required. Registration deadline Saturday, June 6, 2009 for \$25, or Tuesday, June 30, 2009 for \$30. Day of meet registration accepted for \$35.

### **Empire State Track & Field Championships**

Open to all age divisions. USATF membership required. Advance only from Association Qualifying Trials; Long Island, Metropolitan, Niagara, Adirondack. You must declare on day of qualifying trials. Registration fees taken at the qualifying trials. Fees for the state meet are as follows: \$25 for 1st event, \$5 each add'l. event, \$20 for Triathlon/Pentathlon, \$30 for Heptathlon/Decathlon, \$20 per relay team.