

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 Championship meets will be officiated by USATF certified officials and will adhere to the 2010 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 to apply for a membership online.

Age Divisions

Youth Determined by Year of Birth	{	Sub Bantam	2002+
		Bantam	2000-2001
		Midget	1998-1999
		Youth	1996-1997
Scholastic Determined by Year of Birth	{	Intermediate	1994-1995
		Young	1992-1993
		Young +	1991 from 8/1/91 to 12/31/91

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 Wednesday, May 19, 2010. 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 Wednesday, May 26, 2010. 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. Sub Bantam now allowed to advance as separate age division. All other divisions allowed four individual events, not including relays or multi-events. Registration deadline Tuesday, June 8, 2010. Day of Meet registration, add \$10 to preregistration fees. Top four (4) finishers in each event and age division, male/female, advance to Empire State Track & Field Championships in July. Registration for the State Meet will be taken at this meet.

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

USATF membership required. Open to all age divisions. Meet dates and deadlines vary-see the Association's website/registration page; www.long-island.usatf.org, www.mactrack.org, www.usatf-niagara.org. These Associations may be running the trials in conjunction with their own Junior Olympic and Open/Masters Championships or as a separate meet. Top four (4) finishers in each event and age division, male/female, advance to Empire

USATF Adirondack Association Championships

Junior Olympic, Open and Masters

NEW!! Now open to all age divisions. Adirondack Association athletes **only**. SubBantam, Bantam, Midget allowed three events including relays. Youth, Intermediate, and Young Men/Women allowed four events including relays. SubBantams must register and compete as Bantams to advance. **USATF membership required.** Registration deadline Wednesday, June 16, 2010. Preregistration only - **NO DAY OF MEET REGISTRATION.** Register online at www.usatfadir.org.

Independence 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 Wednesday, June 30, 2010. Day of Meet registration, add \$10 to preregistration fees.

Stars & Stripes Twilight 5K Run

Open to all ages and associations. USATF membership not required. T-shirt and refreshments to all registrants. Registration deadline Monday, June 21, 2010 for \$25, or Thursday, July 1, 2010 for \$30. Day of meet registration accepted for \$35. USATF members receive a 10% discount on registration fees.

Prize Money of \$100/50/25 to top 3 female and male finishers in Open and Masters divisions (age graded). Minimum entry of 25 per division required for prize money to be awarded. Trophies to top male/female finisher in each adult division. Trophy to top team. Team members must all be from the same 2010 USATF team and must be 2010 USATF members. Subject to verification. Each team member must also have an individual registration form submitted.

USATF East Region Open/Masters/Club Championships

Open to 2010 USATF members ages 14+ for females/ 16+ for males residing in the following Associations: Adirondack, Connecticut, Long island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Three Rivers, and Virginia.

To score for a club or relay team, that club must be on your USATF membership profile. Subject to verification. Relays teams must enter each member in an at least one individual event other than the relay. Relays must declare by 10am on meet day and pay the relay fee of \$10 at that time.

Regional medals to top 3 male/female in each event. Club prize money of \$400/200/100 to top 3 open clubs male and female. Winning open clubs, one male, one female, also receive \$500 travel stipend to attend the National Club Track & Field Championship meet. Plaques to top two masters clubs.

Scoring: 5-3-2-1. One relay per club to count in scoring.

Early Bird Entry: Post marked by or online by midnight June 21. \$20 first event, \$10 each additional event.

On Time Entry: Post marked by or online by midnight June 28. \$25 first event, 10 each additional event.

Last Chance Entry: Online only by midnight Thursday, July 1. \$35 first event, \$10 each additional event. **NO DAY OF MEET ENTRIES!!!!**

Multi Event Entries: Decathlon/Heptathlon \$20; Masters Pentathlon \$15

Empire State Track & Field Championships

Open to all age divisions. Sub Bantam/Bantam/Midget allowed three events not including relays. Youth/Intermediate/Young Men & Women allowed four events not including relays. 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.