

President's Open
Empire State Liberty Tour Championship Trials
Ichabod Crane High School
Saturday - Sunday, June 13-14, 2009

Saturday, June 13, 2009
Packet Pick-up/Registration/Implement Weigh-in: 1:00pm
Day of Meet Registration ends at 2:00pm

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
3. 80m HH - Pentathlon MW 40+
4. *3000m Racewalk - SG/SB
- 3:00** 5. 100m HH - Heptathlon - SG/OW
- 3:15** 6. 100m HH - Pentathlon YB/YG
7. 100m HH - Pentathlon MW 30-39
- 3:30** 8. *1500m Racewalk - Bantam/Midget/Youth
- 4:00** 9. 200m Dash - Pentathlon MM
- 4:15** 10. *10,000m Run SG/OW/MW
- 5:30** 11. 1500m Run - Pentathlon MM
12. 800m Run - Pentathlon MW
- 5:50** 13. *10,000m Run - SB/OM/MM
- 6:45** 14. 1500m Run - Pentathlon MB
15. 800m Run - Pentathlon MG
- 7:00** 16. 400m Dash - Triathlon BB
17. 200m Dash - Triathlon BG
18. 200m Dash - Heptathlon - SG/OW
- 7:30** 19. 400m Dash - Decathlon SB/OM
20. 800m Run - Pentathlon - YG

- **Please note that these events may involve athletes not necessarily participating in the combined events.**
- **Times given are approximates only. The schedule may vary due to the number of participants. Please check in with your escort and/or clerk for your event.**
- **Masters must bring their own age appropriate implements.**

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Day of Meet Registration ends at 2:00pm

Triathlon

1. Shot Put
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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

Field Events

Hammer will be contested off site at University @ Albany at 11:00am.

Time	Long Jump Pit 1	High Jump Pit 1	High Jump Pit 2	Shot Put 1	Discus	Javelin	Hammer
11:00							SB/SG
11:30							MM/MW
12:00							OM/OW
2:00	Pent MM	MM	MW	MW		MM	
2:40	Dec SB/OM			MM		MW	
3:00		Pent MW	Pent MB/MG			Pent MM	
3:30							
3:45		Hept SG/OW		Pent MW			
4:00			Pent YB/YG	Dec SB/OM			
4:30	Pent MW			Pent MB/MG	Pent MM		
5:00		Dec SB/OM		Tri BB/BG	MM		
5:30	Pent MB/MG			Pent YB/YG	MW		
6:00			Tri BB/BG	Hep SG/OW			
6:30	Pent YB/YG						

Sunday, June 14, 2009
Packet Pickup/Registration: 7:30am
Day of Meet Registration ends at 9:00am
Implement Weigh-in: 8:00-10:00am
Relays must declare by 12:00pm

Decathlon - Day 2		Heptathlon - Day 2	
1.	110m HH (8:30am)	1.	Long Jump (8:30am)
2.	Discus	2.	Javelin
3.	Pole Vault	3.	800m Run
4.	Javelin		
5.	1500m Run		

Track Schedule of Events

8:30	1.	110m HH - Decathlon
9:00	2.	4x800 Relay Midget to Masters
9:15	3.	5000m Run - SB/SG/OM/OW/MM/MW
10:15	4.	80m HH - MB/MG/MW 40+/MM 70+
10:30	5.	100m HH - YG/YB/SG/OW/MW 30-39/MM 50-69
10:45	6.	110m HH - SB/OM/MM 30-39
11:00	7.	3000m Run - MB/MG/YB/YG
11:25	8.	800m Run - Heptathlon - SG/OW
11:30	9.	*100m Dash Semi - All
12:00	10.	*800m Run ** - All
1:00	11.	400m IH - SG/SB/OM/OW/MW 30-49/MM30-59
	12.	200m IH - YG/YB
1:30	13.	100m Dash Finals - All
2:00	14.	2000m Steeplechase - SG/MW all/MM60+
2:15	15.	3000m Steeplechase (30" OW) 36" (SB/OM/MM 30-59)
2:30	16.	400m Dash - All
3:00	17.	1500m Run - All
4:00	18.	200m Dash - All
4:00	19.	5000m Racewalk - OW/OM/MM/MW
5:00	20.	1500m Run - Decathlon - SB/OM
	21.	4x400 Relay - All
	22.	4x100 Relay - All

** Featured event, offering \$150/\$100/\$50 to 1st/2nd/3rd place finishers in open male/female and masters male/female divisions, age graded.

Field Events

8:30	1.	Pit 1 - Long Jump (Hep/BB/BG/MB/MG/YB/YG)
9:00	2.	Pit 2 - Long Jump (SB/SG/O/M) Triple Jump (All)
9:00	3.	High Jump (BB/BG/MB/MG/YB/YG/SB/SG/O/M)
9:00	4.	Pole Vault (MM/MW/YB/YG/SB/SG/O/Dec)
9:00	5.	Shot Put (BB/BG/MB/MG/YB/YG/SB/SG/O)
9:00	6.	Discus (MB/MG/YB/YG/SB/SG/O)
12:00	7.	Turbo Javelin (BB/BG/MB/MG)
2:00	8.	Javelin (YB/YG/SB/SG/O/M/Hep/Dec)

- All times are approximate only. Please be alert to any changes in the schedule.
- Check in with the clerk or the event official 1 hour before scheduled time.
- All races require that 9 or more athletes be present for a preliminary round, otherwise results will be Final On Time.