

**President's Open  
Empire State Liberty Tour Championship Trials  
Ichabod Crane High School  
Saturday - Sunday, June 12-13, 2010**

**Saturday, June 12, 2010**

Packet Pick-up/Registration/Implement Weigh-in: 1:00pm  
Day of Meet Registration ends at 2:00pm

**Triathlon**

Shot Put (5:00)  
High Jump (6:00)  
200m (Girls) 400m (Boys) (7:00)

**Pentathlon**

80m HH (MB/MG) (2:15)  
100m HH (YB/YG) (3:15)  
High Jump (2:40/3:45)  
Shot Put (3:45/4:45)  
Long Jump (4:30/5:30)  
800m (Girls) 1500m (Boys) (5:30/6:30)

**Masters Women Pentathlon**

80m HH (2:15)  
High Jump (2:40)  
Shot Put (3:45)  
Long Jump (4:30)  
800m Run (5:30)

**Heptathlon - Day 1**

100m HH (3:00)  
High Jump (3:45)  
Shot Put (6:00)  
200m Dash (7:00)

**Decathlon - Day 1**

100m Dash (2:00)  
Long Jump (2:40)  
Shot Put (3:30)  
High Jump (4:15)  
400m Dash (6:00)

**Masters Men Pentathlon**

Long Jump (2:00)  
Javelin (3:00)  
200m Dash (4:00)  
Discus (4:30)  
1500m Run (5:30)

**Field Events**

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

**Track Schedule**

**2:00** 100m Dash - Decathlon - SB/OM  
**2:15** 80m HH - Pentathlon - MG/MB  
80m HH - Pentathlon MW 40+  
**\*3000m Racewalk - SG/SB**  
**3:00** 100m HH - Heptathlon - SG/OW  
**3:15** 100m HH - Pentathlon YB/YG  
100m HH - Pentathlon MW 30-39  
**3:30** **\*1500m Racewalk - Bantam/Midget/Youth**  
**4:00** 200m Dash - Pentathlon MM  
**5:30** 1500m Run - Pentathlon MM/MB  
800m Run - Pentathlon MW/ MG  
**6:00** 400m Dash - Decathlon SB/OM  
**6:30** 800m Run - Pentathlon - YG  
1500m Run - Pentathlon - YB  
**6:45** 200m Dash - Heptathlon - SG/OW  
**7:00** 200m Dash - Triathlon BG  
400m Dash - Triathlon BB  
**\*10,000m Run - SG/SB/OW/OM/MW/MM**

	Long Jump	High Jump	Shot Put	Discus	Javelin
2:00	Pent MM	MM/MW	MW		MM
2:40	Dec	Pent MW/ Midgets	MM		MW
3:00					Pent MM
3:30		Hep	Dec	MW	
3:45		Pent Youth	Pent MW/ Midgets	MM	
4:15		Dec			
4:30	Pent MW/ Midgets		Pent Youth	Pent MM	
5:00			Tri		
5:30	Pent Youth				
6:00		Tri	Hep		

- Please note that these events involve athletes not 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.

# Sunday, June 13, 2010

Packet Pickup/Registration: 7:30am

Day of Meet Registration ends at 9:00am

Shot/Discus Weigh-in: 8:00-9:00am

Javelin Weigh-in: 11:00am-12:00pm

4x800 Relays must declare by 8:45am; 4x100, 4x400 by 12:00pm

## Decathlon - Day 2

110m HH (8:30)  
Discus (9:15)  
Pole Vault (10:15)  
Javelin (12:15)  
1500m Run (1:15)

## Heptathlon - Day 2

Long Jump (11:00)  
Javelin (12:00)  
800m Run (1:00)

## Track Schedule

**8:30** 110m HH - Decathlon  
**8:45** 5000m Racewalk - OW/OM/MM/MW  
**9:15** 4x800 Relay Midget to Masters  
**9:30** 5000m Run - OM/OW/MM/MW  
**10:00** 80m HH - MB/MG/MW 40+/MM 70+  
**10:10** 100m HH - YG/YB/SG/OW/MW 30-39/MM 50-69  
**10:15** 110m HH - SB/OM/MM 30-39  
**10:30** 3000m Run - MB/MG/YB/YG/SG/SB  
**11:00** \*100m Dash Semi - All  
**11:15** **\*\*800m Run \*\* - All**  
**11:45** 400m IH - SG/SB/OM/OW/MW 30-49/MM30-59  
**11:50** 200m IH - YG/YB  
**12:00** 100m Dash Finals - All  
**12:30** 2000m Steeplechase - SG/MW all/MM60+  
**12:40** 3000m Steeplechase (30" OW) 36" (SB/OM/MM 30-59)  
**1:00** 800m Run - Heptathlon - SG/OW  
**1:10** 400m Dash - All  
**1:30** 1500m Run - Decathlon - SB/OM, then All  
**2:00** 200m Dash - All  
**2:30** 4x100 Relay - All  
**2:40** 4x400 Relay - All

## Field Events

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

- 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.
- **\*\* Featured event, offering \$150/\$100/\$50 to 1st/2nd/3rd place finishers in open and masters male divisions, age graded. Full field of 10 needed to qualify for prizes.**