

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
11:00						MM/MW
11:30						SB/SG
12:00						OM/OW
2:00	Pent MM	MM	MW		MM	
2:40	Dec SB/OM	MW	MM		MW	
3:00	MM Triple	Pent All			Pent MM	
3:30	MW Triple		Dec SB/OM			
3:45	MM LJ	Hept SG/OW		MW		
4:15	MW LJ		Pent All	MM		
4:30	Pent All	Dec SB/OM	Tri BB/BG	Pent MM		
5:15		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
9:00	Triple -All	Bantam/Midget Youth	Youth/ Masters	Bantam	Midget	Bantam/ Midget
9:30	Heptathlon			Midget	Decathlon	
10:00	Bantam			Youth		
10:30	Midget		Decathlon		Youth	Heptathlon
11:00	Youth	SB		OM	SB	Youth
11:30	SB				SG	
12:00		SG	SG/OW	OW	OM	Decathlon
12:30	SG				OW	SG
1:00		OW	SB/OM	SG		SB
1:30	OW			SB		OW
2:00	OM	OM				OM

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