



USA Track & Field Adirondack Association 2021 Open and Masters Outdoor Track & Field Championships

Featuring selected Youth Developmental events

Sunday, June 20, 2021 at Taconic Hills High School, Craryville, NY

Detailed Meet Information

Eligibility:

2021 USATF membership is required to compete in this meet. This meet is open to Youth (18 and under), Open (15+) and Master (25+) USATF member athletes.

USATF membership info at: <https://www.usatf.org/home/top-utility-nav-content/membership>

Divisions:

Open Ages fifteen and above (15+) as of June 20, 2021.

Master Ages twenty-five and above (25+) as of June 20, 2021.

Youth Age 18 and younger (U19) as of December 31, 2021. We will make every effort to hold sections and heats for each gender age group as entry numbers allow. Youth age groups: 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18.

Register:

ONLINE ONLY - before Noon (EDT) on Thursday, June 17, 2021.

USATF Open and Masters' athletes: <https://www.simplyregister.net/register/?e=119891>

\$8.00 per event

COVID-related information:

IMPORTANT: This meet is being offered under USATF event sanctioning and is required to follow [USATF guidance](#). The current guidance was last updated 5/7/21 and may change before June 20th. Please check the [event website](#) for the most current information. Below summarizes the COVID protocols we must follow as of June 1st; again, this may change, so please monitor the USATF Adirondack website closely as the meet approaches.

Masks are required for everyone at all times, except for athletes when warming up or competing and individuals who have a medical condition where face coverings / mask wearing is contra-indicated.

Everyone (athletes, coaches, volunteers, officials, etc) **will be temperature checked** upon entrance to the facility. Anyone registering a temperature above 100.4 degrees Fahrenheit will not be admitted. Also, everyone will be **required to complete a COVID survey** upon admission confirming (via self-reporting) no signs or symptoms of COVID-19 in past 7 days (**OR** at least 7 days from onset of any COVID-19 infection signs or symptoms **AND** at least 72 hours since signs / symptoms have resolved), no close sustained contact with anyone who is sick within 14 days of the event and no travel within 10 days of the event to or from an international location.

For athletes, all events fall under Low Risk or Moderate Risk as defined by UASTF. **Below are the requirements for entry into Low and Moderate Risk events:**

Low Risk events:

All Field Events (Shot Put, Discus, Javelin, Long Jump, Triple Jump, High Jump, Pole Vault) – social distancing required
Sprints & Hurdles run entirely in their own lane – every other lane will be vacant.

For these events, athletes will be required to meet the entrance requirements above. There are no additional testing or vaccination requirements.

Moderate Risk events:

1500m Race Walk
3000m Race Walk
800m
1500m
3000m
2000m Steeplechase
All Relays

For these events, athletes will be required to meet the entrance requirements above **PLUS one of the following:**

1. **Proof of vaccination** as defined by the CDC (>2 weeks after the full course of vaccination)
2. **Proof of a confirmed (positive) COVID-19 (SARS-CoV-2) test** via PCR or antigen testing within 90 days of the competition if all the following criteria are met:
 - It has been at least 14 days since the positive COVID-19 test
 - It has been at least 24 hours with no fever without the use of fever reducing medicine
 - Other symptoms of COVID-19 are resolved (except for loss of taste or smell, which may take longer to resolve)
3. **Proof of one negative COVID-19 antigen or PCR test**, performed within seven days of the event. Note that COVID-19 antibody testing is NOT currently accepted to meet the negative COVID-19 test criterion.

Selecting your division and events:

You must select only one division during the online registration process: Open, Masters or Youth. You may enter up to 3 events (Age 12 and under) or 4 events (13+) during the registration process. A relay entry counts as one event. You will be asked to submit a seed time/distance/height at this time. If you do not have a recent seed performance, then you can enter “nt” = “no time”. Failure to submit a seed performance will result in you being seeded last in your events. The seed performance should be your most recent performance in that event or your best guess. Athletes in overlapping divisions – Youth 15-18 and all Masters must choose to enter one division only.

Empire State Classic Qualifier:

NEW THIS YEAR: This meet is a qualifier for the **2021 Empire State Classic** scheduled for Sunday, July 25, 2021 at SUNY Cortland. Uniforms will be provided. Inter-Association individual and team competition will be held among the USATF New York State Associations: Adirondack, New York, Long Island and Niagara. Each Association will enter 3 qualifiers of each gender per event. Remember, **only competitors entered in the Open division are eligible to qualify for the Empire State Classic.**

Complete info on the new 2021 Empire State Classic is at:

<https://adirondack.usatf.org/events/2021/2021-empire-state-classic>

Questions:

Questions concerning participation and eligibility can be directed to USATF Adirondack Office, no later than Noon EDT, Thursday, June 18, 2021 at: office@adirondack.usatf.org

Age Verification:

In the past, officers of the Adirondack Association were able to submit the necessary documents on behalf of Association members to verify ages, which we often did in advance of youth meets. That has changed; all age verification is now done using USATF Connect and supported by the National Office. If you, or your athlete, require age verification, that now must be done 5 business days in advance of an event. The Adirondack Association is no longer able to expedite or submit documents on behalf of members.

Day-of-Meet Registration: NONE

Day of meet, postal, email, phone or fax entries will not be accepted.

For complete meet details go to: <http://www.adirondack.usatf.org>

Don't wait to handle USATF membership and affiliation issues:

Please handle all membership and affiliation problems before the registration deadline. In order to be eligible for this meet, all athletes must be current 2021 USATF members in good standing. In order for a relay team to be eligible for USATF scoring and USATF awards, all relay team members must belong to the same USATF Adirondack member club and must be eligible to represent that club in USATF competition according to their online USATF individual membership profile. It is up to each USATF member athlete and member club to manage their own online membership profile. All questions concerning participation and eligibility can be directed to USATF Adirondack office at office@adirondack.usatf.org no later than Noon EDT on Thursday, June 18, 2021. In order to comply with NYSPHSAA eligibility standards - High School/College athletes are requested NOT to wear their school uniform. HS/College athletes may only compete as 'unattached' or they may represent a USATF member club.

The Facility:

Taconic Hills High School, 73 County Route 11A, Craryville, NY 12521

8-lane, 400m track with all-weather surface on track/runways. Double LJ/TJ pits. ¼" pyramid spikes maximum on track/runways. Javelin throws off grass; long spikes OK. FAT results for all runners. Bathrooms only. No locker rooms.

Seeding:

For running events: Athletes will report to the Clerk of Course when their running event is called. Final seeding with heat and lane assignments will be done by the Clerk of Course based upon times submitted during the entry process and last minute scratches.

For field events: Field event athletes will report directly to the Head Field Event Judge when that field event is called. Final seeding with flight and competition order will be done by each Head Field Event Judge.

For Relay Teams: Relay teams will fill out a relay card when called to the event by the Clerk of Course. Seeding will be done by the Clerk. Relay cards will be available at the Clerk's table.

Masters: Separate Master (ages 25+) sections and flights will be provided in all 5-year Master age groups for all Master events where entry numbers allow.

Youth: Separate Youth event sections and flights will be provided in all 2-year age groups for all Youth events where entry numbers allow.

Combining divisions: Divisions, genders, age divisions and sections may be combined at the discretion of Meet Management based on entry numbers and to ensure competition.

Awards and Scoring:

USATF Association Championship medals will be awarded to the top 3 USATF Adirondack Association members in each individual event and relay event in all Open and Master events. **Note:** to maintain social distancing, the medals will not be distributed on the day of the meet but instead be available at the annual banquet (January 2022).

Association ribbons will also be awarded to the top 3 finishers in all 2-year Youth age groups in all Youth events. **Note:** to maintain social distancing, ribbons will not be distributed on the day of the meet but instead be mailed directly to the clubs after the meet.

USATF Adirondack Association Open Team Scoring: 5-3-2-1 in all events including relays.

Only registered Open USATF Adirondack Association athletes who are valid members of USATF Adirondack Association member clubs are eligible to score team points for that club.

USATF Master Team Scoring: 5-3-2-1 in all events including relays for each 5-year age division beginning at 25-29.

Only registered Master USATF Adirondack Association athletes (ages 25+) who are valid members of USATF Adirondack Association member clubs are eligible to score team points for that club.

The club affiliation must be listed on the entry form. No additions to clubs will be permitted once the entry form has been submitted. There will be separate scoring for Men and Women Open and Master club teams.

Youth Club Team Scoring: There will be no Youth team scoring at this meet.

Bib Numbers:

Each athlete will be issued a competitor's bib number that must be pinned to the front of the top outer garment visible during all competition. Bibs must be worn as issued and may not be altered in any way. Additional age/gender numbers for Masters (25+) and/or hip numbers may be issued at the discretion of the Clerk of Course. They must be worn unaltered as instructed by the Clerk of Course. High Jumpers and Pole Vaulters must wear their bib numbers at the discretion of their Head Field Event

Judge.

Miscellaneous Information:

- You may use your own starting blocks if the spikes are 1/4" or less. Moya blocks are not allowed under USATF rules.
- 1/4" or less spiked shoes are allowed. Clerk of Course/Field Judges will check spikes at each event check-in.
- Bathrooms only will be available. No locker rooms available.

Timing:

We will be using a Lynx Fully Automatic Timing System (FAT). All athletes will be timed in all events.

Results will be posted at the [event website](#).



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Order of Running Events

- 8:30 a.m. Packet pick-up begins. No day-of-meet registration.
- 9:30 a.m. 3000m Race Walk Final – Sections as needed, Open, Master, Youth (Ages 13-18)
- 9:45 a.m. 1500m Race Walk – Sections as needed, Youth ages 9-12 only. If 3k race walk is held, this event will start as soon as the 3k race walk completes.
- 10:00 a.m. Running events begin.
 Open followed by Master, followed by Youth unless otherwise indicated.
 Women run before Men unless otherwise indicated.
 Younger age groups followed by older age groups.
 Once the running events start at 10am, we will use a rolling time order for the running events.
 Race Walks may be combined into one race.
 If 100m trials (Open) are unnecessary, event will be run in Open Finals slot (after 2000m Steeplechase).
- 10:00 a.m. 4 x 100m Relay Final – Sections as needed, Open, Master, Youth (All Ages)
 3000m Run Final – Sections as needed, Open, Master, Youth (Ages 11+)
 110m Hurdle Final (42") Open M
 (39") Master M (25-49), Youth Boys (Ages 15-18)
 100m Hurdle Final (36") Master M (50-59), Youth Boys (13-14)
 (33") Open W, Master W (25-39), Master M (60-69)
 (33") Youth Girls (Ages 15-18)
 (30") Master W (40+), Master M (70+), Youth Girls (Ages 13-14)
 100m Dash Final Open (Trials *if needed*), Master, Youth (All Ages)
 400m Dash Final Sections as needed, Open, Master, Youth (All Ages)
 2000m Steeplechase All Women (Ages 15+), Men 60+
 1500m Run Final Sections as needed, Open, Master, Youth (All Ages)
 2000m Steeplechase All Men (Ages 15-59)
 100m Dash Open Final Open
 400m Hurdle Final (36") Open M, Master M (ages 25-49), Youth Boys (15-18)
 (33") Master M (ages 50-59)
 (30") Open W, Master W (25-49), Youth Girls (Ages 15-18)
 300m Hurdle Final (30") Master M (60+), Master W (50+)
 200m Dash Final Sections as needed, Open, Master, Youth (All Ages)
 800m Run Final Sections as needed, Open, Master, Youth (All Ages)
 4 x 400m Relay Sections as needed, Open, Master, Youth (All Ages)
 4 x 800m Relay Sections as needed, Open, Master, Youth (All Ages)

*Genders, age divisions, sections may be combined at the discretion of Meet Management depending on entry numbers and to ensure competition.



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- 8:30 a.m. Packet pick-up begins. No day-of-meet registration.
8:30-10:00 a.m. Implement inspection.
10:00 a.m. Field events begin.
Open followed by Master, followed by Youth unless otherwise indicated.
Women before Men unless otherwise indicated.
Younger age groups followed by older age groups.
9:00 a.m. Pole Vault warm-ups begin – Higher Heights (10' and above)

Order of Field Events

Age appropriate implements only.

- | | | |
|------------|---|---|
| 10:00 a.m. | Pole Vault | Higher Heights (10' and above), Open, Masters, Youth (Ages 13-18 only)
Lower Heights (below 10') PV will follow. |
| 10:00 a.m. | Shot Put
Followed by Discus
Followed By Javelin | Flights as needed, Masters, Youth (All Ages), Open
Flights as needed, Open, Masters, Youth (11-18 only)
Flights as needed, Open, Masters, Youth (All ages) |
| 10:00 a.m. | Long Jump
Followed by Triple Jump | Flights as needed, Open, Masters, Youth (All Ages)
Flights as needed, Open, Masters, Youth (13-18 only) |
| 10:00 a.m. | High Jump | Flights as needed, Open, Masters, Youth (9-18 only) |

Genders, age divisions, flights may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. Athletes excused to another event have 15 minutes to return.

Field Event Information

Throws

Implements:

Implements will be inspected between 8:30 a.m. and 10:00 a.m.

All implements should meet the weight and measures standards of the various divisions and should be safe to use. Throwing an implement that is illegal or altered is grounds for disqualification, even if it occurs during the warm-up period. All athletes are responsible for bringing their own legal implements. We will not provide implements for use.

Attempts: All Open and Master (ages 25+) competitor will be allowed six (6) attempts in all throws.

All Youth competitors will be allowed four (4) attempts in Youth event throws.

An athlete may compete in only one division for each of the throwing events.

Shot Put:

Bring your own legal implement.

The following shot put implement weights may be used:

Open: 16 lbs. Men and 4 kg Women (6 attempts)

Master: Appropriate Weights for all age groups (6 attempts)

Youth: Appropriate Weights for all age groups (4 attempts)

All Open and Master (ages 25+) competitor will be allowed six (6) attempts in all throws.

All Youth competitors will be allowed four (4) attempts in all Youth throwing events.

The different Shot weights used for various age groups under USATF rules are as follows:

WOMEN Shot

Open 4 kg

25-49 4 kg

50-59 3 kg

60-74 3 kg

75+ 2 kg

MEN Shot

Open 7.26 kg (16 lb.)

25-49 7.26 kg (16 lb.)

50-59 6 kg

60-69 5 kg

70-79 4 kg

80&up 3 kg

Youth Shot

8/under 2 kg

9-10 6 lb.

11-12 6 lb.

13-14 Boys 4 kg

13-14 Girls 6 lb.

15-16 & 17-18 Boys 12 lb.

15-16 & 17-18 Girls 4 kg.

Discus Throw:

Youth Ages 11-18 only. Bring your own legal implement. The following Discus implement weights may be used:

Open: 2.0 kg Men and 1.0 kg Women (6 attempts)

Master: Appropriate Weights for all age groups (6 attempts)

Youth: Appropriate Weights for 11-12, 13-14, 15-16, 17-18 age groups only. (4 attempts)

All Open and Master competitor will be allowed six (6) attempts in all throws.

All Youth competitors will be allowed four (4) attempts in all Youth throwing events.

The different Discus weights used for various age groups under USATF rules are as follows:

WOMEN	Discus
Open	1 kg
25-49	1 kg
50-59	1 kg
60-74	1 kg
75+	0.75 kg

MEN	Discus
Open	2 kg
25-49	2 kg
50-59	1.5 kg
60-69	1 kg
70-79	1 kg
80&up	1 kg

Youth	Discus
8/under	No Discus
9-10	No Discus
11-12	1 kg
13-14	1 kg
15-16 & 17-18 Boys	1.6 kg
15-16 & 17-18 Girls	1 kg

Javelin Throw:

Javelin will be thrown off grass. Up to 1" spikes allowed.

Bring your own legal implement. The following Javelin implement weights may be used:

Open: 800g Men and 600 g Women (6 attempts)

Master: Appropriate Weights for each age group (6 attempts)

Youth: See implement weights below.

All Open and Master competitor will be allowed six (6) attempts in all throws.

All Youth competitors will be allowed four (4) attempts in all Youth throwing events.

The different Javelin weights used for Master (ages 25+) M/W and Youth B/G under USATF rules are as follows:

WOMEN Javelin

Open 600 g

25-49 600 g

50-59 500 g

60-74 500 g

75+ 400 g

MEN Javelin

Open 800 g

25-49 800g

50-59 700g

60-69 600g

70-79 500g

80&up 400g

Youth:	B/G 8/under, 9-10	Mini-Javelin 300g
	B/G 11-12	Aero-Javelin 450g
	B/G 13-14	Javelin 600g
	B 15-16, B17-18	Javelin 800g
	G 15-16, G17-18	Javelin 600g

Pole Vault:

9:00 a.m.	Pole Vault warm-ups begin	Higher Heights only (10' and above)
10:00 a.m.	Pole Vault	Higher Heights (10' and above), Open, Masters, Youth (Ages 13-18 only) Lower Heights (below 10') PV will follow and will be given an adequate

We will use the 5-alive system in the Pole Vault. All ages and both genders will jump together based on seed height.

The Higher Heights vaulters will begin at 2.90m (approx. 9'6)

Bar will be raised 20cm as follows: 3.10, 3.30, 3.50, 3.70, 3.90.

After 3.90 the bar will be raised 15cm as follows: 4.04, 4.20, 4.35, 4.50, etc.

If necessary and if possible with extenders, the bar will start at lowest height possible for the Lower Heights group. (approx. 2.20m or 7'-2.6").

Bar will be raised 15cm.

Progression for all will be as follows: 2.20, 2.35, 2.50, 2.65, 2.80, 2.95, 3.10, 3.25, etc.

After 3 consecutive passed heights and/or passing for 60 minutes or more, a 2 min. warm-up period per newly entering vaulter will be made available at height changes for those vaulters who enter at that height. The vaulter must then make at least one attempt at that height.

High Jump:

Bar starts at lowest height available

We will use the 5-alive system in the High Jump.

Open/Master Women will jump first followed by Open/Master Men.

Upon completion they will be followed by Youth B/G combined (Ages 9-18).

If necessary and if possible with onsite standards, the bar will start as low as needed.

The bar will be raised 5cm.

Progression for High Jump will be as follows: ... 1.00, 1.05, 1.10, 1.15, 1.20, 1.25, 1.30, 1.35, 1.40, 1.45, 1.50,...

After 3 consecutive passed heights, one warm-up jump without the crossbar in place for newly entering jumpers will be made available at height changes for those jumpers who enter at that height. The jumper must then make at least one attempt at that height.

An athlete may compete in only one division for each of the vertical and horizontal jumping events.

Long Jump and Triple Jump:

We may use 2 pits if enough officials are available.

All Open and Master (ages 25+) competitor will be allowed six (6) attempts in the LJ and TJ and will jump first.

All Youth competitors will be allowed four (4) attempts in Youth LJ and Youth TJ.

Youth LJ is open to all ages 8/under to 18.

Youth TJ is only open to ages 13-18.

Genders, age divisions, flights may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

An athlete may compete in only one division for each of the horizontal jumping events.

Format of Running Events

Short Hurdles: Because of limitations in equipment and time we will only be able to run the following short hurdle heights and distances:

110m Hurdle Final	(42") Open M (39") Master M (25-49), Youth Boys (Ages 15-18)
100m Hurdle Final	(36") Master M (50-59), Youth Boys (13-14) (33") Open W, Master W (25-39), Master M (60-69) (33") Youth Girls (Ages 15-18) (30") Master W (40+), Master M (70+), Youth Girls (Ages 13-14)

A runner may compete in only one division for the short hurdles.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.

Moye blocks are not allowed under USATF rules.

Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race. Final placing within each division will be determined by time. Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

Long Hurdles: Because of limitations in equipment and time we will only be able to run the following long hurdle heights and distances:

400m Hurdle Final	(36") Open M, Master M (ages 25-49), Youth Boys (15-18) (33") Master M (ages 50-59) (30") Open W, Master W (25-49), Youth Girls (Ages 15-18)
300m Hurdle Final	(30") Master M (60+), Master W (50+)

A runner may compete in only one division for the long hurdles.

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom.

Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race. Final placing within each division will be determined by time.

Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition.

100m Dash, 200m Dash, 400m Dash:

Women run before Men. Younger followed by older age groups.

All ages 100m Dash Finals	Open*, Master, Youth
All ages 200m Dash Finals	Open, Master, Youth
All ages 400m Dash Finals	Open, Master, Youth

All age groups will be divided into sections as needed in the 100m, 200m and 400m Dashes based on their seed times.

Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. A runner may compete in only one division for each sprint event.

***For the 100m (Open division only), if the numbers warrant, Trials will be followed later by a Final (after the 2000m steeplechase...see schedule).**

Blocks will be provided. You may use your own blocks if they have 1/4" spikes or less on the bottom. Moye blocks are not allowed under USATF rules.

Preferred lanes: 4-5-3-6-2-7-1-8. Run in assigned lanes for the entire race. Final placing within each division will be determined by time.

800m Run:

Women run before Men

All ages 800m Run Finals Open, Master, Youth

All age groups will be divided into sections as needed in the 800m run based on their seed times. Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. A competitor may compete in only one division for the 800m run. We will plan to use a waterfall start. A one-turn box start or lanes for one-turn may be used at the discretion of the Clerk. Final placing within each division will be determined by time.

1500m Run:

Women run before Men

All ages 1500m Run Finals Open, Master, Youth Sections as needed

All ages will be divided into sections as needed in the 1500m run based on their seed times. Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. A competitor may compete in only one division for the 1500m run. We will plan to use a waterfall start. Final placing within each division will be determined by time.

3000m Run:

3000m Run – Sections as needed Open, Master, Youth (Ages 11+)

The race may be divided into sections as the entry numbers warrant. Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. A competitor may compete in only one division for the 3000m run. We will use a waterfall start. Final placing within each division will be determined by time.

1500m Race Walk 3000m Race Walk:

1500m Race Walk Sections as needed, Youth ages 9-12 only

3000m Race Walk Sections as needed, Open, Master, Youth (Ages 13-18)

The race walk may be divided into sections as entry numbers warrant, or combined into a single race. Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. A competitor may compete in only one division for the race walk. We will use a waterfall start. Final placing within each division will be determined by time.

Relays:

All ages 4 x 100m Relay Open, Master, Youth

All ages 4 x 400m Relay Open, Master, Youth

All ages 4 x 800m Relay Open, Master, Youth

Batons will be provided or you may use your own legal baton.

In order to be eligible for USATF scoring and awards, all members of a relay team must be current USATF member athletes and belong to the same member club and be eligible to represent that club in USATF competition according to their online USATF membership profile. If all 4 runners are not members of the same USATF Association member club, then the relay team shall be listed as "Unattached". Do not make up team names. HS and College athletes should check with their coach for eligibility concerns. NYSPHSAA rules mandate that HS runners and we also suggest that College runners who compete in this USATF Open meet not wear their school uniforms. The USATF relay uniform rule will not be enforced for this event although matching tops are always welcome. Mixed gender teams are not permitted. Relay teams will fill out a relay card when called to the event by the Clerk of Course. Relay cards may be

picked up from the Clerk's table at any time during the meet. The relay card shall list the names of all four runners in their running order. The form shall also list each competitor's bib number and, an estimated seed time. An athlete may compete for only one team in any Relay. Seeding will be done by the Clerk. The relay uniform rule is waived for this event.

The planned order of competition will be: Open, Master, Youth with Women running before Men. Genders, age divisions, sections may be combined or separated at the discretion of Meet Management depending on entry numbers and to ensure competition. Final placing within each division will be determined by time.

The 4 x 100m Relay will be run in lanes the entire race. We will use 30m exchange zones. Preferred lanes: 4-5-6-3-2-7-1-8

Extra batons will be available. You may use your own legal baton.

The first leg of the 4 x 400m Relay will be run in lanes the entire race. Depending on the number of relay teams

In each section, the 2nd runner will receive the baton in lane and run in their lane until the 1500m break line at the top of the backstretch where they can break for the inside. 3rd and 4th runners will receive the baton based upon running order and as directed by the zone officials. Teams will use the 20m relay zone.

Preferred lanes: 4-5-6-3-2-7-1-8

Extra batons will be available. You may use your own legal baton. Depending on number of entries in each section and the age groups involved, the Clerk may use an alternate method to run the race.

The 4 x 800m will use a waterfall start. Sections will be run as needed.

Results

Official results will be posted at the registration table for all athletes in all events upon completion of the event. Results will also be available online at the [event website](#).

Awards may be picked up at that time from the registration table. All awards must be claimed within 30 minutes after the conclusion of the meet. Official results will be posted at:

<http://www.adirondack.usatf.org>