

3rd Annual

Tupper Lake Rotary
Track & Field
Open

July 16, 2011
Tupper Lake, NY

Athlete Information

Entry Instructions

Print out and complete the entry form provided on the website.

Be sure to enter all information on the form including date of birth.

Make sure to declare which division you are competing in.

Reminders....

- **Check the age divisions on the web site to determine which one you should enter.**
- **College athletes must enter the open division regardless of age.**
- **Graduated High School Seniors must compete in the open division.**
- **Please enter a seed even if it is an estimate so that heats will be as evenly matched as possible. This makes for a more competitive meet.**
- **Be sure to enclose a check or money order for the entry fee and send it to the address on the entry form.**
- **If Pre-registering by EMAIL, you must include all the information required on the entry form. You will be entered and can pay and pick up your packet and bib number when you check in the day of the meet.**
- **VERY IMPORTANT.....Athletes under 18 registering by email must have a parent present when you check in at the meet to sign the permission form.**

Seeding and Award Presentations

All events will be seeded in each of three divisions:

Youth	9-14
High School	15-18
Open	19+

Your seed time/height/distance will determine your heat/flight in your division.

You may be competing against different age groups within your event but the results will be sorted by age.

The results for each division will be separated according to age groups:

Youth	9-10, 11-12, 13-14
High School	15-16, 17-18
Open	19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-99.....

There will be ribbons for top 6 in each age group provided by **Tupper Lake Supply**

TUPPER LAKE ROTARY TRACK AND FIELD OPEN INVITATIONAL

TUPPER LAKE ROTARY TRACK AND ATHLETIC FIELDS

Saturday, July 16, 2011

ORDER AND SCHEDULE OF EVENTS

You must check in before first call for your first event at the building behind the bleachers to pick up your packet and bib number.

**Weigh-in for throwing implements from 9:00 to 9:30 am
at the building behind the bleachers.**

**10:00 am Field Events Begin
11:00 am Running Events Begin**

**Field Events Schedule
(top 7 in each field event will return for seeded finals)**

10:00 AM

**Long Jump Open pit from 10:00 AM - 12:00AM...Seeded finals to follow.
Runway and pit will be along the homestretch going away from the finish line**

**Boys/Mens Shot Put (seeded flights) Followed by Girls/Women
Girls/Women Discus (seeded flights) Followed by Boys/Men
Girls/Women High Jump (seeded order) Followed by Boys/Men**

1:00 PM

(sooner if previous events are finished)

**Triple Jump Open pit from 1:00 PM - 3:00 PM...Seeded finals to follow.
Runway and pit will be along the homestretch going away from the finish line**

Events Schedule

We will move things along so please pay attention to the calls.

All Running Events Will Be Girls Followed By Boys Unless Otherwise Noted.

Running Events

5000m Run	HS & Open Divisions	Timed Final	11:00AM
100m Dash	All Divisions	Trials	
4 x 800m Relay	All Divisions	Timed Final	
55m Hurdle	Youth Division Only	Timed Final	
100m Hurdle	HS & Open Divisions	Timed Final	
110m Hurdle	HS & Open Divisions	Timed Final	
100m Dash	All Divisions	Final	
Mile Run	All Divisions	Timed Final	
4 x 100m Relay	All Divisions	Timed Final	
400m Dash	All Divisions	Timed Final	
200m Hurdles	Youth Division Only	Timed Final	
400m Hurdles	HS & Open Divisions	Timed Final	
200m Dash	All Divisions	Trials	
800m Run	All Divisions	Timed Final	
200m Dash	All Divisions	Final	
3000/3200m Run	HS & Open Divisions	Timed Final	
4 x 400m Relay	All Divisions	Timed Final	

Field Events

Boys/Mens Shot Put	All Divisions	Trials	10:00 AM
Girls/Women Discus	All Divisions	Trials	10:00 AM
Boys/Mens Discus	All Divisions	Trials	1:00 PM
Girls/Women Shot Put	All Divisions	Trials	1:00 PM
LongJump	All Divisions	Open Pit Trials	10:00 AM
Triple Jump	All Divisions	Open Pit Trials	1:00 PM
Girls/Women High Jump	All Divisions	Final	10:00 AM
Boys/Mens High Jump	All Divisions	Final	1:00 PM

In the running events trials will be used as finals if only one trial heat is necessary.

Open pit for Long and Triple Trials. Finals to follow completion of trials. Seeded Flights for Shot and Discus.

High Jump is a seeded final with G/W followed by B/M.

G/W Shot Put Follows B/M Shot Put.

B/M Discus Follows G/W Discus.

GENERAL INFORMATION

TRACK: 6-lane, all weather surface
1/4" Spikes maximum on all surfaces.

INFIELD: The infield will be closed to spectators and coaches.

Only athletes reporting to the clerking tent, competing in a running event on the track or competing in the long jump, triple jump or high jump will be permitted access to the infield. We will have people at the gates and someone on the infield to monitor this.

Teams or individuals may set up "camp" along either side of the big fence outside the track near the scoreboard. There is limited shade near the track so you may want to bring tarps or tents.

FIELD EVENTS: Field event athletes should report directly to the event site. Long/Triple Jump will be open during the specified times and each athlete will be allowed 3 jumps in the open pit trials and 3 more in the finals. There will be no practice runs, throws or jumps allowed after the field event begins except in the throwing events where warm ups between flights will be allowed and in the high jump (without the bar).

No tape allowed on the runways...we will provide tongue depressors and markers at each site to use along the side of the runways.

Shot Put and Discus events will be run in flights. 3 throws in the trials and 3 throws in the finals. A short warm up period will be allowed between flights but only for those athletes competing in the next flight. All implements must be weighed and marked and must be available to all athletes during competition.

UNIFORMS: Relay teams must have the same color and style uniforms.

CLERKING AREA: The clerking area will be a tent set up at the scoreboard end of the football field. Athletes must report to the clerk by the third call. Athletes reporting to the clerk may use the infield to warm up but should remain near the clerking area. They will be led to the start by an official at the proper time. The events will be announced on the PA system so tell your athletes to pay attention to the calls. We will make only one attempt to get your athlete to report if they did not show at the clerking tent but we will not hold up the meet waiting for them.

AWARDS: We will be announcing and presenting awards on the infield in front of the bleachers at the conclusion of each event. The top 6 finishers in each age group for each running event will be announced and awards presented as soon as possible after the completion of the event. Place winners in the field events will be announced and should report immediately to the award stand at that time.

RESULTS: Results will be compiled in the building near the finish line. Until the completion of the meet, no one...including coaches...will be allowed in the building. Results will be announced and posted on the outside of the building.

We will have complete meet results posted on the website after the meet.

MEDICAL: We are planning to have a certified athletic trainer on site. They will be located in the red tent on the infield.

**LAVATORY/
CHANGING** We will have lavatory facilities available near the concession stand near the track. There are no locker room facilities available.

CONCESSION: There will be a concession stand open during the meet with hot food, drinks and souvenir shirts for sale.

PARKING:

Cars may park in either the upper parking lot in front of the school or in the field along the road to the lower baseball field near the track. There will be no spectator or bus parking inside the main gate. This is for event staff only. We will allow handicap vehicles only to enter the main gate and park along the track fence but not past the shot put area.

ADMISSION:

There will be admission (donation) charged at the gate.

Adults: \$5.00

Students & Seniors: \$2.00

MISC.:

Please...no "Boom Boxes", frisbees, footballs or other potentially distracting items in the stands or on the fields.

DIRECTIONS:**From the East**

Coming in on Route 3 (from Saranac Lake):

Look for Sunmount Developmental Center (large white buildings) on your right at the top of the hill coming into town.

Turn left onto Hosley Avenue (4 way intersection with stoplight and Community Bank on your left.)

Go about 150 yards down Hosley Ave. and the entrance to L.P.Quinn elementary school will be on your left. (see section on parking)

From the West

Coming in on Route 3 (from Watertown):

Stay on Route 3 heading east to Saranac Lake.

Heading out of town on Route 3 east look for Community Bank across on your right at a four way intersection with a stoplight.

Turn right at the light on to Hosley Avenue.

Go about 150 yards down Hosley Ave. and the entrance to L.P.Quinn elementary school will be on your left. (see section on parking)

From the South

Coming in on Route 30 (from Long Lake):

Look for signs for Route 3 (Saranac Lake)

Follow directions for coming from the west.