



USATF™

LONG ISLAND 2018 SUMMER SERIES

MEET #1 @ Valley Stream North HS

750 Herman Avenue, Franklin Square, NY

WEDNESDAY, JUNE 27

Registration starts at 4:00

TRACK EVENTS

Starts at 5:45

(events all ages unless otherwise noted)

Mile Race Walk *One Race*

200 (FOT)

1500

Sprint Hurdles

Must be checked in at start of Race Walk

Pee Wee 55

100

800m

400



USATF™ LONG ISLAND

FIELD EVENTS

5 attempts in jumps & throws

Masters start at 4:30pm

Y/O at 5:45

Long Jump

Triple Jump *to follow LJ*

High Jump *Lowest to Highest*

Shot Put

Discus

Javelin & Fin Javelin

Open Pit

AWARDS

Top 3 in all age groups.

REGISTRATION FEES

MEMBERS - \$8/event

NON-MEMBERS - \$15/event

RELAYS - \$15

PEE WEE - \$1

All USATF-LI members must have a valid & current membership number.

Registration will be available at the meet.