



**Armory Youth, Open, Masters Championship**  
**March 6, 2010**

**Youth Section 9:00AM – 1:00PM**

\$10 per athlete covers three events maximum per athlete.

Registration opens at 8:00AM. No pre-registration. Only same-day registration. Only ¼ inch pyramid or Christmas tree spikes. No pin spikes allowed.

**9:00 AM      Running Events**

1500m run (midget and up)  
55m hurdles (midget and up)(FINAL ON TIME)  
55 dash (TOP EIGHT TO FINALS)  
4 x 200m relay  
55 meter (finals)  
400m dash  
800m run  
200m dash finals

**9:00 AM      Field Events (Midgets and Up)**

LONG JUMP  
SHOT PUT  
TRIPLE JUMP (11:00AM or after the conclusion of the Long Jump)  
HIGH JUMP (11:00AM or after the conclusion of the 55 meter finals)

- Age groups combined in some events if the entry warrants.
- Hurdle heights and implement weights according to the USATF rules
- High Jump will start at a low height and move upward; bar will not be lowered after event begins

**RULES**

In accordance with USATF 2009 Competition Rule Book. Only competing athletes will be permitted on the track or infield area, except for medical emergencies

Female athletes 14 and over are eligible to compete in the Open Division.

Male athletes 16 and over are eligible to compete in the Open Division.

**Open/Masters Section 1:00PM – 5:00PM** (registration opens at noon)  
\$25 per athlete for unlimited events - No pre-registration - Only same-day registration -  
Only ¼ inch pyramid or Christmas tree spikes. No pin spikes allowed

**1:00pm      Running Events (Women first Men to follow)**  
3000m Racewalk (W/M)  
60m hurdles Open – W (ALL HURDLES – FINAL ON TIME)  
60m hurdles Masters - W  
60m hurdles Open - M  
60m hurdles Masters - M  
60m Open - W  
60m Masters - W  
60m Open - M  
60m Masters - M  
60m Finals Open - W  
60m Finals Open - M  
60m Finals Masters - W  
60m Finals Masters - M  
800m Open - W  
800m Open - M  
800m Masters - W  
800m Masters - M  
200m Open - W  
200m Masters - W  
200m Open - M  
200m Masters -M  
1500m Open - W  
1500m Masters – W  
1500m Open - M  
1500m Masters - M  
400m Open – W  
400m Masters - W  
400m Open - M  
400m Masters – M  
3000m Open/Masters – W  
3000m Open/Masters – M

Age groups combined in some events if the entry warrants - Hurdle heights and implement weights according to the USATF rules

**1:00pm      Field Events:**  
Weight Throw – Shot Put (to follow)  
Pole Vault  
Long Jump – Triple Jump (to follow)  
High Jump (following the 60m Finals)

High Jump and Pole Vault will start at a low height and move upward - Bar will not be lowered after event begins