



Indoor Track & Field Championships

Sunday, February 18, 2024

**The SPIRE Institute
5021 Spire Circle, Geneva, Ohio 44041**

USATF MEMBERSHIP

To enter you must be a 2024 USATF Member. You may renew/Join at:
www.usatf.org/membership

Please do not wait till the last minute to get/renew a membership! All ages need to be verified by USATF's National Office. You will not be able to register without birthdate verification.

AGE DIVISIONS

Youth: (8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 years)

Open: (19-24 years)

Masters: (25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+ years)

TIME SCHEDULE

Doors Open at 8:30 AM. Field/Running Events (rolling) start at 9:30 AM.

ENTRY FEE

\$30 first event, **\$10** each additional event before 2/7/24, then **\$40** first event, **\$20** each additional event till 2/14/24.

\$50 each club relay before 2/7/24, then **\$75** till 2/14/24.

No refunds due to circumstances beyond the control of USATF Lake Erie Association.

THERE WILL BE NO REGISTRATION AFTER FEBRUARY 14, 2024, AT 11:59 PM EST!

AWARDS

Association medals to Lake Erie Association members only.

EVENT SCHEDULE

Running: 3000RW, Mile, **1500M***, 60MH, **60M***, **800M***, **400M***, 1500RW, **200M***, 3000M, 4x200MR, 4X400MR (Rolling time schedule). **THERE WILL BE NO 27" HURDLE RACES!**

Field: High Jump, **Long Jump*** (followed by Triple Jump), Pole Vault, Weight Throw, **Shot Put***

**Only events that the Youth Age Group may enter.*

ENTRY FORM

Registration Status: <https://www.simplyregister.net/status/?e=125153>

Registration Form: <https://www.simplyregister.net/register/?e=125153>

INFORMATION

The competition will be conducted under USATF rules, and the meet will be sanctioned by the Lake Erie Association of USA Track & Field.

Spire Institute has an eight-lane 300-meter Rekortan competition running track. Spikes must be ¼" or less and athletes must use starting blocks provided by the facility. Parking is free.

CONTACT

If you have any questions regarding Open and/or Masters, please contact Donald Porz at (216) 315-0289 or masters@lakeerie.usatf.org. If you have any questions regarding Youth, please contact Brian Jones at (330) 224-2672 or youth@lakeerie.usatf.org.



LAKE ERIE

Jumping Events

<u>Male & Female Ages</u>	<u>High Jump</u>	<u>Pole Vault</u>	<u>Long Jump</u>	<u>Triple Jump</u>
8 & Under	No	No	✓	No
9-10	No	No	✓	No
11-12	No	No	✓	No
13-14	No	No	✓	No
15-16	No	No	✓	No
17-18	No	No	✓	No
19+	✓	✓	✓	✓

Throwing Events

<u>Male Ages</u>	<u>Shot</u>	<u>Weight</u>
8 & Under	2kg	-
9-10	6lb	-
11-12	6lb	-
13-14	4kg	-
15-18	12lb	-
19	6kg	15.88kg (35#)
20-49	7.26kg (16#)	15.88kg (35#)
50-59	6kg	11.34kg (25#)
60-69	5kg	9.08kg (20#)
70-79	4kg	7.26kg (16#)
80+	3kg	5.45kg (12#)

<u>Female Ages</u>	<u>Shot</u>	<u>Weight</u>
8 & Under	2kg	-
9-10	6lb	-
11-12	6lb	-
13-14	6lb	-
15-18	4kg	-
19-49	4kg	9.08kg (20#)
50-59	3kg	7.26kg (16#)
60-74	3kg	5.45kg (12#)
75+	2kg	4kg (8.8#)

Jumpers and Throwers: Each competitor shall be allowed three trials. The eight competitors with the best valid and measured performances shall be allowed three additional trials. The order of competition for all subsequent rounds of trials shall be in reverse order of the best performance in the first three rounds of trials. When there are eight or fewer competitors (per age group), all shall be allowed six trials.