



UPSTATE HOLIDAY CLASSIC XI

Open Indoor Track & Field Invitational

Featuring the Roger Messenger Masters Mile

Hosted by Rochester Institute of Technology and the River Road Running Club

Saturday, December 26, 2009

Rochester Institute of Technology

Gordon Field House

Order of Running Events & Approximate Time Order

9:00 a.m.	Doors Open & Registration Begins	
10:00 a.m.	3000m Race Walk	Men/Women combined (1race)
10:30 a.m.	3000m Run	Women
	55m Hurdles Semi-Finals	Women (33")
	55m Hurdles Finals	HS Boys (39")
	55m Hurdles Semi-Finals	Men (42")
	3000m Run	Men Slower Section
	55m Hurdles Finals	Men (42")
	55m Hurdles Finals	Women (33")
	3000m Run	Men Faster Section
	55m Dash Semi-Finals	Women
	55m Dash Semi-Finals	Men
	400m Dash	Women
	400m Dash	Men
	55m Dash Finals	Women
	55m Dash Finals	Men
	800m Run	Women
	800m Run	Men
	200m Dash	Women
	200m Dash	Men
2:00 p.m.	Messenger Masters Mile	Women, Sections as needed (Ages 40+)
	Messenger Masters Mile	Men, Sections as needed (Ages 40+)
	1500m Run	Women
	1500m Run	Men
	4 x 200m Relay	Women
	4 x 200m Relay	Men
	4 x 400m Relay	Women
	4 x 400m Relay	Men

Fast sections will run first unless otherwise indicated. All events will be timed finals unless otherwise listed.

55m Dash and Open 55m Hurdles: The top 8 times will advance to the finals.

The Roger Messenger Masters Mile is open to Runners Ages 40+ We estimate that the Messenger Masters Mile will begin at 2:00 p.m. It will not begin any earlier, it may run later. Please do not call RIT for information about this meet. Check www.rochestersummertrack.com

Field Events

9:30 a.m.	<u>Unseeded Pole Vault</u> warm-up begins.
10:00 a.m.	Unseeded Pole Vault begins. M/W combined. Women bar starts at approx. 8-8 (2.65m) Men bar starts at approx. 10-8 (3.25m) Bar will be raised 20cm up to 3.85m and 10cm after.
1:00 p.m.	Unseeded Pole Vault ends
1:00 p.m.	<u>Elite Pole Vault</u> warm-up begins.
2:00 p.m.	Elite Pole Vault begins. M/W combined. Women bar starts at approx. 11-0 (3.35m) Men bar starts at approx. 13-0 (3.95m) Bar will be raised 20cm up to 4.55m and 10cm after.
10:00 a.m.	<u>High Jump Women</u> warm-up begins.
10:30 a.m.	High Jump Women begins. Bar starts at approx. 4-1 (1.25m) Bar will be raised 10cm until 1.55m and 5cm after.
12:00 p.m.	<u>High Jump Men</u> warm-up begins.
12:30 p.m.	High Jump Men begins. Bar starts at approx. 5-1 (1.55m) Bar will be raised 10cm until 1.85m and 5cm after.
9:30 a.m.	<u>Weight Throw Women</u> warm-up begins
10:00 a.m.	Weight Throw Women begins.
11:00 a.m.	<u>Weight Throw Men</u> warm-up begins.
11:30 a.m.	Weight Throw Men begins.
1:00 p.m.	<u>Shot Put Women</u> warm-up begins.
1:30 p.m.	Shot Put Women begins.
2:30 p.m.	<u>Shot Put Men</u> warm-up begins.
3:00 p.m.	Shot Put Men begins.
9:30 a.m.	<u>Long Jump Women</u> warm-up begins.
10:00 a.m.	Long Jump Women begins.
11:00 a.m.	<u>Long Jump Men</u> warm-up begins.
11:30 a.m.	Long Jump Men begins.
12:30 p.m.	<u>Triple Jump Women</u> warm-up begins.
1:00 p.m.	Triple Jump Women begins.
2:00 p.m.	<u>Triple Jump Men</u> warm-up begins.
2:30 p.m.	Triple Jump Men begins.

Times are approximate and will depend on the number of entries.

Please do not call RIT for information about this meet. Check www.rochestersummertrack.com

Official Entry Form - Upstate Holiday Classic XI

Waiver of Liability

I know that competing in an Indoor Track & Field meet is potentially a hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a meet official relative to my ability to safely complete my event(s). I assume all the risks associated with competing in this meet including, but not limited to: falls and contact with other participants, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Institute of Technology (RIT), the River Road Running Club, their officials, representatives and successors from all claims or liabilities of any kind arising from my participation in this meet.

Print Name of Athlete _____ Age _____ Gender _____

Signature _____ Date: _____
(Parent/Guardian must sign if athlete is under 18)

Address _____

City/Town _____ State _____ Zip _____

E-mail address _____ Phone _____

Club/HS/College you represent _____

Note: If you do not indicate your affiliation, then you will be listed as unattached in the results.

Entry Process: **All athletes are limited to any three (3) events.**

Pre-entries: \$10.00 per athlete for all entries postmarked by 12/18/09. Do not send entries after 12/18/09, we will not receive them due to the holidays.

Mailed pre-entries must be submitted on the Official entry form with the waiver signed and accompanied by the appropriate entry fee. Checks payable to: RIT Track.

Pre-entries should be mailed to:

RIT Athletics
Susan Benson
51 Lomb Memorial Drive
Rochester NY, 14623

No phone entries will be accepted. No on-line entries. No Fax entries. Entry fees are non-refundable.

Post-entries: \$15.00 per athlete for all entries postmarked after 12/21/09. This includes all day-of-meet entries. We **will** accept day-of-meet entries beginning at 9:00am and continuing until 1:00 p.m. Why not save money and mail your entry in early?

Eligibility: **This meet is limited to athletes ages 16+**
Due to insurance restrictions younger athletes will not be allowed to compete this year.

You do NOT need to indicate in which events you will compete.
You will be seeded at the events on the day of the meet.

Please do not call RIT for information about this meet. Check www.rochestersummertrack.com

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Open Indoor Track & Field Invitational

Featuring the Roger Messenger Masters Mile

Hosted by Rochester Institute of Technology and the RIT River Road Running Club

Saturday, December 26, 2009

*Rochester Institute of Technology
Gordon Field House*

Rochester Institute of Technology (RIT) is proud to host the Upstate Holiday Classic X Open Indoor Track & Field Invitational at the state of the art Gordon Field House and Activities Center. We hope that you will find the following information helpful when you visit RIT on December 29, 2007.

Meet Director:	Bill Quinlisk	billq@frontiernet.net
Assistant Meet Director:	Brendan Fitzgerald	bx4484@rit.edu
RIT Head Coach:	David Warth	djwatl@rit.edu
Head Timer:	Brian Sparacino	bsparacino@gmail.com

Please do not call RIT for information about this meet. Check www.rochestersummertrack.com

Meet Information

Facility: The Gordon Field House at RIT features:

- 200m Beynon BSS-1000 polyurethane track and field event surface
- Six 42" lanes on the oval, Eight 42" lanes on the straightaway
- Synthetic runways for the following: Long Jump, Triple Jump, High Jump, Pole Vault
- Shot Put & Weight Throw will take place from a raised wooden platform inside a UCS indoor throwing cage
- Eight Olympic style blocks will be provided
- One Moya style block will be provided
- You may use your own blocks if the spikes are 1/8" or less.
- 1/8" spiked shoes are allowed. Clerks will check spikes at each race check-in.
- Bathrooms only will be available in the Gordon Field House.
- **No food/drink will be allowed on the track level of the Gordon Field House.**

Location: Rochester Institute of Technology (RIT) is located south of Rochester, NY.

The Main Entrance to RIT is off Jefferson Rd. (Rt. 252) between NY 383 and NY Rt. 15.

For internet directions to RIT use the address: 1 Lomb Memorial Drive, Rochester, NY 14623.

From the NYS Thruway (I-90): Take exit 46 and proceed north onto I-390 expressway for 1.5 miles to exit 13 (Hylan Drive). Left onto Hylan Dr. and continue 1.0 mile north past Marketplace Mall to Jefferson Road (Route 252). Turn left at the light onto Rt. 252. Proceed west approx. 2.6 miles to the main campus entrance. Turn left at the light

at the main campus entrance (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in "D" Lot, next to the outdoor track. Gordon Field House is directly in front of you.

Entry Limits: **All athletes are limited to any three (3) events.**

Entry Process:

Pre-entries: \$10.00 per athlete for all entries postmarked by 12/21/09.

Mailed pre-entries must be submitted on the Official entry form with the waiver signed and accompanied by the appropriate entry fee. Checks payable to: RIT Track.

Pre-entries should be mailed to: Bill Quinlisk, Meet Director, 121 Lockwood Rd., Syracuse, NY 13214.

No phone entries will be accepted. No on-line entries. No Fax entries. Entry fees are non-refundable.

Post-entries: \$15.00 per athlete for all entries postmarked after 12/21/09. This includes all day-of-meet entries. We **will** accept day-of-meet entries beginning at 9:00am and continuing until 1:00 p.m. Why not save money and mail your entry in early?

Eligibility: **This meet is limited to athletes ages 16+**
Due to insurance restrictions younger athletes will not be allowed to compete this year.

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

Awards: Ribbons will be awarded to the top 3 Men and Women finishers in every heat/section in every event.

Roger Messenger Masters Mile (ages 40+) Men and Women

1st Place Male and Female \$50.00 each

1st Place Age-Graded Male or Female \$100.00

Masters are eligible to win more than one award for a race.

All awards must be claimed within 30 minutes after the conclusion of the meet.

For questions about specific events see below in the "Format of Events" sections.

Please do not call RIT for information about this meet. Check www.rochestersummertrack.com

Format of Events

- ❖ **Fast section will run first unless otherwise indicated.**
- ❖ **Unless instructed differently by a field event official, all athletes must wear their assigned number when competing.**
- ❖ **Except for the 55m Dash and 55m Hurdles, final placing in all running events will be determined by time.**
- ❖ **All athletes in running events will be seeded by the Clerk when they check-in for the event.**
- ❖ **Relay entry cards will be made available at Clerk's desk for all relay teams.**
- ❖ **Athletes are limited to any three (3) events.**
- ❖ **Ribbons will be awarded to the top 3 Men and Women places in every heat/section in every event. Duplicate awards are possible.**

Format of Running Events

55m Dash and 55m Hurdles: The top 16 entrants based on seed times submitted will be assigned to the first two semi-final heats. Other entrants will be assigned to later heats. The top 8 times from all of the heats will advance to the Finals. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Note: In order to be eligible to receive USATF medals you must compete in the Open Hurdle events - Men=42", Women=33". We will run separate 55m Hurdle sections for HS Boys at 39" as needed. This will be a timed final. Masters Men may choose to run the 39" HS Hurdles or the 42" Men's Hurdle event. Masters Women should run the 33" Open Women's Hurdle event. We will not run separate Hurdle sections at any other hurdle height or spacing.

200m Dash: Power-seeded sections of 5 runners at a time (we will use all 6 lanes if the Triple Jump has finished). Fast section will run first. Staggered starts, race in lanes the entire 200m distance. Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

400m Dash: Power-seeded sections of 5 runners at a time. Fast section will run first. 2-turn staggered start. Runners will break to the inside after running the first 2-turns in lanes (approx. 150m in lanes). Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

800m Run/1500m Run/3000m Run/3000m Walk: Seeded sections as needed. Fast section will run first unless otherwise indicated on the order of events. We will try to keep each of the fast sections limited to 10-12 athletes. All races will use a waterfall start, the exception being the fast section of the 800m. That race will use a one-turn box start. Final placing will be determined by time.

Roger Messenger Masters Mile:

We estimate that the Women's fast section will run at approximately 2:00 p.m. It will not run any earlier. It may run later. It will be followed by the Women's slower section and then the Master Men's sections. Depending on entry numbers the Clerk will divide the Messenger Master Mile races into sections based on seed times, not ages. The faster section will run first. We will try to keep each of the fast sections limited to 10-12 athletes. All races will use a waterfall start. Final placing will be determined by time. This event is limited to runners ages 40+ as of race day.

Roger Messenger Masters Mile (ages 40+) Men and Women Awards:

1st Place Male and Female \$50.00 each

1st Place Age-Graded Male or Female \$100.00

All awards must be claimed within 30 minutes after the conclusion of the meet. Masters are eligible to win more than one award for a race.

Format of Relays

4 x 200m Relay: Relay entry cards must list your team name if all four runners are representing the same Club or school team; College/University or High School. If not, then the team shall be listed as "Unattached". HS and College athletes should check with their coach for eligibility concerns. The relay entry card shall list the names of all four runners in their running order along with their bib numbers and a seed time and shall be submitted to the Clerk at last call for the event. Relay Entry cards will be made available at the Clerk's desk throughout the meet.

The 4 x 200m Relay will use a 3-turn staggered start. The lead-off runner will run the entire 200m first leg in lane.

The 2nd runner will continue in the lane for one turn and then break for the inside at the top of the backstretch.

The 3rd and 4th runners will receive the baton in the order of running.

Seeded sections of 5 teams each as needed. Fast section will run first.

Final placing will be determined by time. Batons will be provided. You may use your own legal baton.

Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

4 x 400m Relay: Relay entry cards must list your team name if all four runners are representing the same Club or school team; College/University or High School. If not, then the team shall be listed as "Unattached". HS and College athletes should check with their coach for eligibility concerns. The relay entry card shall list the names of all four runners in their running order along with their bib numbers and a seed time and shall be submitted to the Clerk at last call for the event. Relay Entry cards will be made available at the Clerk's desk throughout the meet.

The 4 x 400m Relay will use a 2-turn staggered start. The lead-off runner will run 2-turns in lane (approx. 150m) and then break to the inside.

The 2nd, 3rd and 4th runners will receive the baton in the order of running.

Seeded sections of 5 teams each as needed. Fast section will run first.

Final placing will be determined by time. Batons will be provided. You may use your own legal baton.

Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom.

Format of Throwing Events

Throwing Facilities: Shot Put and Weight Throw will take place from a raised wooden platform inside a UCS indoor throwing cage. Warm-ups will begin at the time indicated and will be supervised by the event official. Any throwing prior to the official warm-up period will be cause for event disqualification. Throwing will not be allowed upon completion of the event.

Implement Inspection: All implements should meet the weight and measures standards and should be safe to use. Throwing an implement that is 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.

We will inspect all implements before the competition begins. Inspection begins at 9:00 a.m.

Athletes found using illegal implements after the inspection will be disqualified from the meet.

Shot Put: Each thrower will be allowed 4 throws. There will be no finals.

The top 8 throwers based on seed distances submitted with the athlete's entry form will be placed in the last flight of each event. Final placing will be determined by best distance. The shot shall be a sphere made of any metal but not softer than brass. It can be solid or filled with a smooth surface. The weight varies depending on age group and governing body as shown below. Internal movement by feel or sound is no longer a restriction.

The following shot put implement weights may be used:

HS:	12 lb. Boys and 4 kg Girls.
Open:	16 lbs. Men and 4 kg Women
Masters:	Appropriate Weights for each age group.

The different Shot Put weights used for Master (ages 30+) Men and Women are as follows:

WOMEN	Shot
30-49	4 kg
50-59	3 kg
60-79	3 kg
80+	3 kg
MEN	Shot
30-49	7.26 kg (16 lb)
50-59	6 kg
60-69	5 kg
70-79	4 kg
80&up	3 kg

1:00 p.m. 4k Shot Put Women warm-up begins.

1:30 p.m. 4k Shot Put Women begins.

2:30 p.m. 16 lb. Shot Put Men warm-up begins.

3:00 p.m. 16 lb. Shot Put Men begins.

Weight Throw: Each thrower will be allowed 4 throws. There will be no finals.

The top 8 throwers based on seed distances submitted with the athlete's entry form will be placed in the last flight of each event. Final placing will be determined by best distance.

The following implement weights may be used:

HS: 25 lb. Boys and 20 lbs. Girls.

Open: 35 lb. Men and 20 lb. Women

Masters: Appropriate Weights for each age group.

The different weights used for Master (ages 30+) Men and Women are as follows:

WOMEN	Weight
30-49	9.08 kg (20 lb)
50-59	7.26 kg (16 lb)
60-79	5.45 kg (12 lb)
80+	5.45 kg (12 lb)

MEN	Weight
30-49	15.88 kg (35 lb)
50-59	11.34 kg (25 lb)
60-69	9.08 kg (20 lb)
70-79	7.26 kg (16 lb)
80&up	5.45 kg (12 lb)

Bring your own legal indoor implements. Implement inspection begins at 9:00 a.m. Throwing event implements will be inspected before the beginning of each throwing event.

9:30 a.m. 20 lb. Weight Throw Women warm-up begins

10:00 a.m. 20 lb. Weight Throw Women begins.

11:00 a.m. 35 lb. Weight Throw Men warm-up begins.

11:30 a.m. 35 lb. Weight Throw Men begins.

Format of Jumping Events

Runway Surfaces: Gordon Field House at R.I.T. has a polyurethane surface on the entire floor. 1/8" spikes are allowed on all runways.

High Jump: There will be two separate High Jump competitions.

10:00 a.m. High Jump Women warm-up begins.

10:30 a.m. High Jump Women begins.

Bar starts at approx. 4-1 (1.25m)

Bar will be raised 10cm until 1.55m and 5cm after.

12:00 p.m. High Jump Men warm-up begins.
12:30 p.m. High Jump Men begins.
Bar starts at approx. 5-1 (1.55m)
Bar will be raised 10cm until 1.85m and 5cm after.

Pole Vault: There will be two separate Pole Vault competitions.

9:30 a.m. Unseeded Pole Vault warm-up begins.
10:00 a.m. Unseeded Pole Vault begins. M/W combined.
Women bar starts at approx. 8-8 (2.65m)
Men bar starts at approx. 10-8 (3.25m)
Bar will be raised 20cm up to 3.85m and 10cm after.

1:00 p.m. Unseeded Pole Vault ends
1:00 p.m. Elite Pole Vault warm-up begins.
2:00 p.m. Elite Pole Vault begins. M/W combined.
Women bar starts at approx. 11-0 (3.35m)
Men bar starts at approx. 13-0 (3.95m)
Bar will be raised 20cm up to 4.55m and 10cm after.

Long Jump/Triple Jump: Each jumper will be allowed 4 jumps. There will be no finals. The top 8 jumpers based on seed distances submitted with the athlete's entry form will be placed in the last flight of each event. Final placing will be determined by best distance.

9:30 a.m. Long Jump Women warm-up begins.
10:00 a.m. Long Jump Women begins.

11:00 a.m. Long Jump Men warm-up begins.
11:30 a.m. Long Jump Men begins.

12:30 p.m. Triple Jump Women warm-up begins.
1:00 p.m. Triple Jump Women begins.

2:00 p.m. Triple Jump Men warm-up begins.
2:30 p.m. Triple Jump Men begins.

