



## Indoor Track & Field Championships

**Sunday, February 9, 2025 – 9:30AM**

The SPIRE Institute  
5021 Spire Circle, Geneva, Ohio 44041

### USATF MEMBERSHIP

To enter you must be a 2025 USATF Member. You may renew/Join at:  
[www.usatf.org/membership](http://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

**\$35** first event, **\$15** each additional event before 1/29/25, then **\$45** first event, **\$25** each additional event till 2/5/25.

**\$50** each club relay before 1/29/25, then **\$75** till 2/5/25.

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

**THERE WILL BE NO REGISTRATION AFTER FEBRUARY 5, 2025, AT 11:59 PM EST!**

### AWARDS

Association Medals to the top three (3) individuals and relay teams in event of each age group.

### EVENT SCHEDULE

**Running:** 3000RW, 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

### ENTRY FORM

**Registration Status:** <https://www.simplyregister.net/status/?e=126987>

**Registration Form:** <https://www.simplyregister.net/register/?e=126987>

### INFORMATION

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

### CONTACT

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.

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



## LAKE ERIE

### Jumping Events

<u>Male &amp; 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
11-12	✓	No	✓	No
13-14	✓	✓	✓	✓
15-16	✓	✓	✓	✓
17-18	✓	✓	✓	✓
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 four (4) attempts for LJ/TJ; Shot Put; Weigh Throw.

**HIGH JUMP AND POLE VAULT** Starting heights for the high jump and pole vault competition will be determined by facility equipment limitations subcommittee. Minimum High Jump height is 0.87; minimum Pole Vault height is approximately 0.90m. Opening height for each group will be determined by submitted performances. High Jump increments will be 5cm and Pole Vault will be 15cm.

**VERTICAL JUMP RULE MODIFICATION** In a mixed age or mixed gender vertical competition, an athlete who has won their age group may not go out of progression unless attempting a USATF or WMA age group record