



2025 Lake Erie Association Outdoor Open/Masters T&F Championships

**Saturday, July 5, 2025
10:00 AM**

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:
<https://www.usatf.org/>

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

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

Field/Running Events (rolling) start at 10:00 AM.

ENTRY FEE

~~\$30~~first event, ~~\$10~~each additional event before 6/16/25, then ~~\$40~~first event, \$20 each additional event till 6/23/25 at 11:59pm.

~~\$50~~each relay team, paid on site, day of meet

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

THERE WILL BE NO REGISTRATION AFTER JUNE 23, 2025, AT 11:59 PM EST!

AWARDS

Association medals to top three athletes in each event.

ENTRY FORM

Registration Status: <https://www.simplyregister.net/status/?e=127746>
Registration Form: <https://www.simplyregister.net/register/?e=127746>

INFORMATION

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

¼" Spikes permitted. Limited throwing implements will be provided. However athletes are allowed to use their personal implements provided implements are certified at the meet. 27" hurdles will not be available, 30" will be the minimum.

CONTACT

If you have any questions please contact Donald Porz at (216) 315-0289 or masters@lakeerie.usatf.org.

Jumpers and Throwers: Each competitor shall be allowed four (4) attempts for LJ/TJ; Shot Put, Hammer Throw, Discus. Implement weigh in will be from 8:00am to 9:30 am.

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 0.90; 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.



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Schedule of Events

Running Events: Begin at 10:00AM. Will Follow a rolling schedule

Running events will be women followed by men unless noted differently

5000m Race Walk (Men/Women Combined)
5000m Run (Men/Women Combined)
Short Hurdles
100M Dash
1500M Run
2000M Steeple Chase (Men/Women Combined)
3000M Steeple Chase (Men/Women Combined)
4X100m Relay
400M Run
800M Run
Long Hurdles
200M Run
4x400M Relay

Field Event: Begin at 10:00AM. Will Follow a rolling Schedule

Pole Vault & High Jump Both begin at 10:00AM

Long Jump – Begin at 10AM – Open pit until 11:00AM – 4 attempts

Triple Jump – Begin at 12:00PM – Open pit until 1:00PM – 4 attempts

Throws - 4 attempts

Shot Put (Women & Men) - Flight 1: 3k, 4k, 5k; Flight 2: 7.26K(16#), 6k

Discus (Women & Men) - Flight 1: 1k; Flight 2: 1.5k, 2k

Hammer Throw (Women & Men) 2 flights - Flight 1: 3k, 4k, 5k, 6k; Flight 2: 7.26k(16#)

Javelin (Women f& Men) 2 flights - Flight 1: 500g, 600g; Flight 2: 700g, 800g