

**44th ANNUAL
TRI-STATE GAMES
WHEELCHAIR/AMBULATORY/USATF MASTERS
Friday May 16, Saturday May 17, & Sunday May 18, 2014
Overpeck Park, Bergen County, New Jersey**

★ **SANCTIONED BY WASUSA AND USATF**

★ **EVENTS:**

- **Archery**
- **Field**
- **Table Tennis**
- **Powerlifting**
- **Track (electronically timed)**
 - **Including Race Runner Events**
 - **5K Road Race (Open)**
 - **Event for Juniors, Adults & Masters Divisions**
 - **Wheelchair, Handcycle & Ambulatory Divisions**

For more information on these events, please consult the Wheelchair Sports USA Official Rule Book under Track & Field.

Tri-State Games will again be a part of the *Wheelblazers Grand Prix*. Both the 5K road race and the 5000 meter Open are registered events for this competition. For further information and Grand Prix entry, please consult the Tri-State website at www.tswaa.com

Sponsored by:

Tri-State Wheelchair & Ambulatory Association (www.tswaa.com)

Wheelchair & Ambulatory Sports, USA (www.wasusa.org)

Paralympic Sport – New Jersey

Children's Lightning Wheels & North Jersey Navigators



44th Tri-State Wheelchair and Ambulatory Athletic Games May 16th, 17th, 18th, 2014

REGISTRATION: This is a Wheelchair and Ambulatory Sports USA (WASUSA) **sanctioned qualifying meet** for athletes in both the Adult and Junior divisions. Each competitor must be a member of WASUSA. USATF Masters Division athletes must be a member of USATF. If you plan to compete in more than one sport, you must join each respective National Governing Body (NGB)/ Sports Technical Committee (STC) prior to competition.

You can obtain a membership application through Wheelchair & Ambulatory Sports USA:

Website: www.wasusa.org. Email: director@wasusa.org Phone: (732) 266-2634

You can obtain a membership application through US Track & Field:
website: www.USATF.org

FEES: The fees include: registration, lunch, medals, qualification for nationals & meet sanctioning. All registration forms and payment must be received postmarked by May 3 2014. Applications or event additions will not be accepted if postmarked after May 3, 2014. *Please note that the fees are non-refundable.*

The fees for on-time registration are as follows:

Juniors: \$40.00
Adults: \$45.00
Masters: \$50.00
Veterans: \$40.00

Late fees are as follows:

Juniors: \$50.00
Adults: \$55.00
Masters: \$55.00
Veterans: \$45.00

Tri-State reserves the right to limit or cancel events based on enrollment as of May 5, 2014.

Please complete the application in full and return along with the appropriate fee to:

Ralph Armento, Co-meet Director
46 Richford Rd
Kendall Park, NJ 08824

Make checks payable to TSWAA

CLASSIFICATION:

In order to participate, you must be classified in each sport you wish to compete in. If you have not been classified, you must report as follows:

Friday	5/16	Table Tennis	6:00 - 7:00 pm	Amphitheatre, Ridgefield Park section of Overpeck Park, 199 Challenger Road, Ridgefield Park, NJ
Saturday	5/17	Track & Field, Archery	8:30 - 11:30 am	Sportsplex, Palisades Park section of Overpeck Park, 200 Roosevelt Place, Palisades Park, NJ

If you have any questions with regard to classification, please contact Trisha Yurochko at 908-301-5424.

Tri-State Schedule of Events *(subject to change)*

Athletes must be registered by the start of the competition or he/she will not be able to compete that day

Date	Time	Event	Location
Friday, May 16			
Table Tennis & Powerlifting	6:00 pm-7:00 pm	Classification for Table Tennis Registration & Weigh In for Powerlifting	Amphitheatre –Ridgefield Park Section– Overpeck Park
	7:00 pm-9:30 pm	Powerlifting	Amphitheatre
	7:00 pm-9:30 pm	Table Tennis	Amphitheatre
Saturday, May 17			
5K Road Race	6:30 am - 7:15 am	Registration for Road Race	Area of Amphitheatre – Ridgefield Park Section – Overpeck Park
	7:00 am – 7:25 am	Warm up for 5K Road Race	Road – Ridgefield Park Section
	7:30 am – 9:00 am	5K Road Race All eligible classes <i>Wheelblazers Grand Prix</i>	
Classification & Registration	7:30 am - 11:30 am	Classification & Registration for Track, Field & Archery events	Sportsplex – Palisades Park Section– Overpeck Park
	8:00 am - 9:30 am	Archery Clinic	Sportsplex
	9:30 am - 12:30 pm	Archery Competition	Sportsplex
	11:00 am – 12:00 pm	Field Clinic	Sportsplex
	12:00 pm – 1:30 pm	Lunch	Sportsplex
	1:00 pm – 4:30 pm	Field Competition	Sportsplex
	4:30 pm - 6:00 pm	Track Clinic	Sportsplex
	5:30 pm - 7:30 pm	Bar-b-que	Sportsplex
Sunday, May 18			
	7:30 am - 8:00 am	Track Registration	Sportsplex
Track	7:30 am - 8:00 am	Open for Warm-ups	
	8:00 am	5000m Open: Masters/Adults/Juniors	
	9:00 am - 4:00 pm	Track: Masters/Adults/Juniors (20min. warm-up after 5,000)	

The final schedule of events will be posted by 5/14/2014 on the Tri-State Website: www.tswaa.com

Adult/Masters Athlete Registration Form – Part I Disabled Divisions

Last Name _____ First Name _____ WASUSA ID No _____
 Address _____ City _____ State _____ Zip Code _____
 Home Phone _____ Work Phone _____ Cell Phone _____
 Email Address _____ Date of Birth _____ M/F _____
 Adult (19-34years) Master (35-49) Master (50-59) Master (60+) (age is determined by age at 12/31)
 Team Name (if applicable) _____ Independent

Track Events																		
Class	11-13	20	31	32	33	34	35a	35	36	37	38	40-41	42	43	44	45-46	51-54	TRR1-5
60 meter Dash																		
60 meter weave																		
100 meter																		
200 meter																		
400 meter																		
800 meter																		
1500 meter																		***
5000 meter open																		***

*** TRR3, 4 & 5 only

Field Events										
Class	11-13	20	31	32	33	34	35	36	37	38
Shotput										
Discus										
Javelin										
Club										
High Toss										
Precision										
Kick										
Med. Ball Thrust										
Long Jump										

Class	40	41	42-46	51	52	53	54	55	56	57
Shotput										
Discus										
Javelin										
Club										
Long Jump										

Details for the 5K Road Race registration can be found on Part II of the Registration Form

USAT&F Track and Field Registration – Part 1
All Adult/Masters Divisions

USAT&F No. _____

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone _____ Work Phone _____

Cell Phone _____ DOB: _____ Male/Female (please circle)

Email address: _____

Age Division: Adult Age 19-34 Masters Age 35-49 50-59 60+ please circle

FIELD:

Shot Discus Javelin Long Jump Triple Jump please circle your event(s)

TRACK:

100 ___ 200 ___ 400 ___ 800 ___ 1600 ___ 5000 ___ please circle your event(s)

Junior, Adult, Masters Athlete Registration Form – All Classes
Part II
(Disabled Divisions only eligible for A, B, C)

Athlete Name: _____

A. Archery (*Saturday, May 17*)

Class (W1-W2; Standing): _____

Compound Bow: Recurve Bow:

Bowstand: Yes No

Yeoman	<input type="checkbox"/>
Bowmen	<input type="checkbox"/>
Cub	<input type="checkbox"/>
Cadet	<input type="checkbox"/>
Junior	<input type="checkbox"/>
Young Adult	<input type="checkbox"/>

B: Table Tennis (*Friday Evening May 16*)

Class (TT1 – TT11): _____

Open Singles Open Doubles Doubles Partner: _____

C: Powerlifting (*Friday Evening May 16*)-Competitors must be at least 14 years of age on the date of the competition

Powerlift Press Weightlifting Press (*a/k/a Bench Press*)

Weight in lbs. _____

D. 5K Road Race (*Saturday, May 78 @ 7:30 AM (U17/U20/U23/Adults/All Masters)*)

Wheelchair Division	<input type="checkbox"/>
Handcycle Division	<input type="checkbox"/>
Ambulatory Division	<input type="checkbox"/>

Track Classification: _____

ALL ATHLETES MUST COMPLETE & RETURN THIS FORM WITH REGISTRATION

Release of Liability (Required For Athletes)

In consideration of acceptance of this entry form, I/we hereby for ourselves, our heirs administrators and assigns, waive and release any and all claims against Wheelchair and Ambulatory Sports, USA, Tri-State Wheelchair Athletic Association, Paralympic Sport, NJ (Children's Lightning Wheels, North Jersey Navigators) and Kessler Institute for Rehabilitation, Bergen County Parks its agents, employees, for all injuries and/or expenses incurred by me/us at the Tri-State Games to be held May 16, 17 and 18, 2014

Competitor's Name: _____ Date: _____
please print

Competitor's Signature _____ Date: _____

Legal Guardian: _____ Date: _____

Permission to Photograph/Video

I hereby authorize the Games Committee to take and use photographs/video of me during the meet for publicity purposes and/or for use in future programs. This includes, but not limited to; printed media (i.e. newspapers), online media (i.e. Tri-State & WASUSA websites) and social networking sites (i.e. Twitter, Facebook).

Competitor's Name: _____ Date: _____
please print

Competitor's Signature _____ Date: _____

Legal Guardian: _____ Date: _____

Bar-b-Que Reservation Form

Saturday, May 17, 2014

5:30 – 7:30 PM

Following the field events/track clinic

Meal includes: salad, main course, dessert, beverage

Athlete Name: _____ 1 X \$15.00 = \$15.00

of Guests _____ X \$15.00 = \$_____

TOTAL DUE \$_____

Please make dinner checks payable to “TSWAA” and return with completed forms to:

Ralph Armento
46 Richford Rd
Kendall Park, NJ 08824

Directions to Overpeck Parks

AMPHITHEATER – Table Tennis/Weightlifting/5K Road Race 199 Challenger Rd Ridgefield Park, NJ 07660

From New York City:

1. Take the George Washington Bridge across the Hudson River.
2. Take exit 72B to merge onto US-1 South/US-46 West/US-9 South. Continue to follow US-46 West for 2.8 miles.
3. Take the I-95 South/NJ Turnpike exit toward I-80 West/Teaneck Road (0.2 mi).
4. Keep right at the fork and follow signs for Teaneck Road (0.2 mi).
5. Keep left at the fork to continue toward Challenger Road (0.2 mi).
6. Turn left onto Challenger Road and follow to the park entrance.
7. Once inside the park, continue North along the roadway. Parking is on the right, one mile inside the park. The boat launch area is 400 meters to the north of the parking area.

From the South:

1. Take the NJ Turnpike North.
2. Take exit 68 for Challenger Road.
3. Follow Challenger Road to the park entrance.
4. Once inside the park, continue North along the roadway. Parking is on the right, one mile inside the park. The boat launch area is 400 meters to the north of the parking area.

From the West:

1. Take I-80 East.
2. Take the exit toward Emerson Street (1.2mi).
3. Keep right at the fork, follow signs for US 46 (0.2mi).
4. Continue toward Emerson Street (0.1mi).
5. Keep right at the fork to continue toward Emerson Street (430ft).
6. Keep right at the fork, follow signs for Challenger Blvd and merge onto Emerson Street (0.3mi).
7. Turn left onto Challenger Road and follow to the park entrance.
8. Once inside the park, continue North along the roadway. Parking is on the right, one mile inside the park. The boat launch area is 400 meters to the north of the parking area.

SPORTSPLEX – Track/Field/Archery & clinics Roosevelt and Grand Avenue Palisades Park, NJ

From Route 4 West:

Grand Avenue exit south towards Leonia/Palisades Park.
Follow Grand Avenue for approximately 2 miles and turn right on Roosevelt Avenue.
Follow Roosevelt Avenue to the end.

From I-95 South:

Exit 68 (same as NJ Turnpike)
At light, make left following signs for U-Turn
At light on Fort Lee road make a left
Follow over the Turnpike to Grand Avenue and turn right on to Grand Avenue.
Follow Grand Avenue for approximately 2 miles and turn right on Roosevelt Avenue.
Follow Roosevelt Avenue to the end.

From Route 80 East:

East on Route 80 to Route 95 North
Exit 70, Leonia
Follow ramp onto Fort Lee Road
Follow Fort Lee Road to Grand Avenue and turn right on to Grand Avenue.
Follow Grand Avenue for approximately 2 miles and turn right on Roosevelt Avenue.
Follow Roosevelt Avenue to the end

Hotels

The furthest hotel is approximately 11 miles away.

Teaneck Marriott @ Glenpointe
1 W Frank Burr Blvd
Teaneck, NJ 07666
201-836-0600
Advertised price - \$159

Hilton Gardens – Ridgefield Park
70 challenger Rd
Ridgefield Park, NJ 07660
201-641-2024
Advertised price - \$209

Hampton Inn – Ridgefield Park
100 Route 46 East
Ridgefield Park, NJ 07660
201-641-2900
Advertised price - \$115

Crown Plaza Hotel
401 South Van Brunt St
Englewood, NJ 07631
201-871-7116
Advertised price - \$114

Days Inn – Ridgefield
1085 US 46 West
Ridgefield, NJ 07657
201-945-5670
Advertised price - \$116

Econo Lodge – Fort Lee
2143 Hudson Terrace
Fort Lee, NJ 07024
855-873-6561
Advertised price - \$85

Knights Inn
410 Route 46 West
South Hackensack, NJ 07606
201-440-4476
Advertised price - \$80

Best Western - Fort Lee
23—Route 4
Fort Lee, NJ 07024
866-678-6350
Advertised price - \$110

Hilton – Hasbrouck Heights-Meadowlands
650 Terrace Ave
Hasbrouck heights, NJ 07604
201-288-6100
Advertised price - \$139

Comfort Inn – Edgewater
725 River road
Edgewater, NJ 07020
201-943-7502
Advertised price - \$150

Holiday Inn Hasbrouck Heights- Meadowlands
283 Route 17 South
Hasbrouck Heights, NJ 07604
201-288-9600
Advertised price - \$145

Holiday Inn Secaucus Meadowlands
300 Plaza Drive
Secaucus, NJ 07094
201-348-2000
Advertised price \$136

Courtyard by Marriott – Paramus
320 Route 17 North
Paramus, NJ 07652
201-599-1414
Advertised price - \$129

Courtyard Marriott Lundhurst
1 Polito Way
Lyndhurst, NJ 07071
201-896-6666
Advertised rate \$118