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)
    o Event for Juniors, Adults & Masters Divisions
    o 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
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 add-ons will not be accepted if postmarked after May 3, 2014. Please note that the fees are non-refundable.

<table>
<thead>
<tr>
<th>Group</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juniors</td>
<td>$40.00</td>
</tr>
<tr>
<td>Adults</td>
<td>$45.00</td>
</tr>
<tr>
<td>Masters</td>
<td>$50.00</td>
</tr>
<tr>
<td>Veterans</td>
<td>$40.00</td>
</tr>
</tbody>
</table>

Late fees are as follows:

<table>
<thead>
<tr>
<th>Group</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juniors</td>
<td>$50.00</td>
</tr>
<tr>
<td>Adults</td>
<td>$55.00</td>
</tr>
<tr>
<td>Masters</td>
<td>$55.00</td>
</tr>
<tr>
<td>Veterans</td>
<td>$45.00</td>
</tr>
</tbody>
</table>

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.

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

The final schedule of events will be posted by 5/14/2014 on the Tri-State Website: [www.tswaa.com](http://www.tswaa.com)
## Adult/Masters Athlete Registration Form – Part I

### Disabled Divisions

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>WASUSA ID No</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
<th>Home Phone</th>
<th>Work Phone</th>
<th>Cell Phone</th>
<th>Email Address</th>
<th>Date of Birth</th>
<th>M/F</th>
<th>Team Name (if applicable)</th>
</tr>
</thead>
</table>

**Adult (19-34 years) | Master (35-49) | Master (50-59) | Master (60+) (age is determined by age at 12/31)**

- **Track Events**
  - **Class:** 11-13, 20, 31, 32, 33, 34, 35a, 35, 36, 37, 38, 40-41, 42, 43, 44, 45-46, 51-54, 55-58, TRR1-5
  - **Events:**
    - 60 meter Dash
    - 60 meter weave
    - 100 meter
    - 200 meter
    - 400 meter
    - 800 meter
    - 1500 meter
    - 5000 meter open

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

- **5K Road Race registration details can be found on Part II of the Registration Form**
# USAT&F Track and Field Registration – Part 1
## All Adult/Masters Divisions

<table>
<thead>
<tr>
<th>USAT&amp;F No. ________________</th>
</tr>
</thead>
</table>

**Last Name:** ____________________________  **First Name:** ____________________________

<table>
<thead>
<tr>
<th><strong>Address:</strong> _____________________________________  <strong>City:</strong> ______________  <strong>State:</strong> _____  <strong>Zip:</strong> ______</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Home Phone</strong> ____________________________  <strong>Work Phone</strong> ____________________________</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Cell Phone</strong> ____________________________  <strong>DOB:</strong> _____________  <strong>Male/Female</strong> (please circle)</th>
</tr>
</thead>
</table>

**Email address:** ____________________________________________

<table>
<thead>
<tr>
<th><strong>Age Division:</strong>  <strong>Adult Age 19-34</strong>  <strong>Masters Age 35-49</strong>  <strong>50-59</strong>  <strong>60+</strong>  please circle</th>
</tr>
</thead>
</table>

**FIELD:**

<table>
<thead>
<tr>
<th><strong>Shot</strong>  <strong>Discus</strong>  <strong>Javelin</strong>  <strong>Long Jump</strong>  <strong>Triple Jump</strong>  please circle your event(s)</th>
</tr>
</thead>
</table>

**TRACK:**

<table>
<thead>
<tr>
<th><strong>100</strong>  <strong>200</strong>  <strong>400</strong>  <strong>800</strong>  <strong>1600</strong>  <strong>5000</strong>  please circle your event(s)</th>
</tr>
</thead>
</table>
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 [ ] Bowmen [ ]
Cub [ ] Cadet [ ]
Junior [ ] Young Adult [ ]

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 [ ]
Handcycle Division [ ]
Ambulatory Division [ ]

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.
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.

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Address</th>
<th>Phone</th>
<th>Advertised Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaneck Marriott @ Glenpointe</td>
<td>1 W Frank Burr Blvd, Teaneck, NJ 07666</td>
<td>201-836-0600</td>
<td>$159</td>
</tr>
<tr>
<td>Hilton Gardens – Ridgefield Park</td>
<td>70 challenger Rd, Ridgefield Park, NJ 07660</td>
<td>201-641-2024</td>
<td>$209</td>
</tr>
<tr>
<td>Hampton Inn – Ridgefield Park</td>
<td>100 Route 46 East, Ridgefield Park, NJ 07660</td>
<td>201-641-2900</td>
<td>$115</td>
</tr>
<tr>
<td>Crown Plaza Hotel</td>
<td>401 South Van Brunt St, Englewood, NJ 07631</td>
<td>201-871-7116</td>
<td>$114</td>
</tr>
<tr>
<td>Days Inn – Ridgefield</td>
<td>1085 US 46 West, Ridgefield, NJ 07657</td>
<td>201-945-5670</td>
<td>$116</td>
</tr>
<tr>
<td>Econo Lodge – Fort Lee</td>
<td>2143 Hudson Terrace, Fort Lee, NJ 07024</td>
<td>855-873-6561</td>
<td>$85</td>
</tr>
<tr>
<td>Knights Inn</td>
<td>410 Route 46 West, South Hackensack, NJ 07606</td>
<td>201-440-4476</td>
<td>$80</td>
</tr>
<tr>
<td>Best Western - Fort Lee</td>
<td>23—Route 4, Fort Lee, NJ 07024</td>
<td>866-678-6350</td>
<td>Advertised price - $110</td>
</tr>
<tr>
<td>Hilton – Hasbrouck Heights-Meadowlands</td>
<td>650 Terrace Ave, Hasbrouck heights, NJ 07604</td>
<td>201-288-6100</td>
<td>Advertised price - $139</td>
</tr>
<tr>
<td>Comfort Inn – Edgewater</td>
<td>725 River road, Edgewater, NJ 07020</td>
<td>201-943-7502</td>
<td>Advertised price - $150</td>
</tr>
<tr>
<td>Holiday Inn Hasbrouck Heights-Meadowlands</td>
<td>283 Route 17 South, Hasbrouck Heights, NJ 07604</td>
<td>201-288-9600</td>
<td>Advertised price - $145</td>
</tr>
<tr>
<td>Holiday Inn Secaucus Meadowlands</td>
<td>300 Plaza Drive, Secaucus, NJ 07094</td>
<td>201-348-2000</td>
<td>Advertised price $136</td>
</tr>
<tr>
<td>Courtyard by Marriott – Paramus</td>
<td>320 Route 17 North, Paramus, NJ 07652</td>
<td>201-599-1414</td>
<td>Advertised price - $129</td>
</tr>
<tr>
<td>Courtyard Marriott Lundhurst</td>
<td>1 Polito Way, Lyndhurst, NJ 07071</td>
<td>201-896-6666</td>
<td>Advertised rate $118</td>
</tr>
</tbody>
</table>