

42nd ANNUAL
TRI-STATE WHEELCHAIR GAMES

Friday May 18, Saturday May 19, & Sunday May 20, 2012
Jersey City, New Jersey

★ SANCTIONED BY WASUSA AND THE IPC*

★ EVENTS:

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

****please be advised that, as a result of IPC regulations, athletes may be subject to drug testing***

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 Athletic Association (www.tswaa.com)

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

JFK Johnson Rehabilitation Institute (www.njrehab.org)

United States Paralympics (www.usaparalympics.org)



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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. 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

FEES: The fees include: registration, lunch, medals, qualification for nationals & meet sanctioning. All registration forms and payment must be received postmarked by May 6, 2012. Applications or event add-ons will not be accepted if postmarked after May 6, 2012. *Please note that the fees are non-refundable.*

The fees for on-time registration are as follows:

For Tri-State Members:	For non Tri-State Members:
Juniors: \$40.00	Juniors: \$45.00
Adults: \$45.00	Adults: \$50.00

FOR OUR ACTIVE AND RETIRED MILITARY PERSONNEL: PLEASE OBTAIN A SPECIAL “VETERANS REGISTRATION FORM” AT WWW.TSWAA.COM

Tri-State reserves the right to limit or cancel events based on enrollment as of May 7, 2012.

Mail all necessary documents (registration form(s), Waiver of Liability/Permission to Photograph and “Picnic in the Park” Order Form along with your payment.

Make checks payable to TSWAA, & return with completed forms to:

Trisha Yurochko, Tri-State Games
Children’s Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092

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	5/18	Table Tennis	6:00-7:00 pm	St. Peter’s College
Saturday	5/19	Track & Field, Archery	8:30.-11:30 am	Lincoln Park

If you have any questions with regard to classification, please contact Ralph or Debbie Armento at (732) 422-9094.

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

Date	Time	Event	Location
Friday, May 18			
Table Tennis & Powerlifting	5:00 pm-6:00 pm 6:00 pm-7:00 pm	Clinic Classification for Table Tennis Registration & Weigh In for Powerlifting	St. Peter's College
	7:00 pm-9:30 pm	Powerlifting	St. Peter's College
	7:00 pm-9:30 pm	Table Tennis	St. Peter's College
Saturday, May 19			
5K Road Race	7:00am - 7:45 am	Registration for Road Race	Liberty State Park
	7:15 am – 7:45 am	Warm up for 5K Road Race	Liberty State Park
	8:00 am – 9:45 am	5K Road Race Wheelblazers Grand Prix (Handcycles & Wheelchairs)	Liberty State Park
Classification & Registration	8:30 am - 11:30 am	Classification & Registration for Track, Field & Archery events	Lincoln Park (Trackside)
	10:00 am -12:00 pm	Archery	Lincoln Park (West End)
	11:30 am – 12:30 pm	Lunch	Lincoln Park (near track)
	12:30 pm - 5:00 pm	Junior & Adult Field	Lincoln Park
	2:00 pm – 3:00 pm	Archery Clinic	Lincoln Park (West End)
Picnic in the Park	5:30 pm-7:30 pm	Picnic in the Park	Lincoln Park
Sunday, May 20			
	7:30 am - 8:00 am	Track Registration	Lincoln Park
Track	7:30 am - 8:00 am	Open for Warm-ups	Lincoln Park
	8:00 am	5000m Open: Adults/Juniors	Lincoln Park
	9:00 am - 3:00 pm	Track: Adults/Juniors (20min. warm-up after 5,000)	Lincoln Park

Athletes must be registered by the start of the competition or he/she will not be able to compete that day
The final schedule of events will be posted by 5/13/2011 on the Tri-State Website: www.tswaa.com

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Adult Athlete Registration Form – Part I

Last Name _____ First Name _____ WASUSA ID No _____
 Address _____ City _____ State _____ Zip Code _____
 Home Phone _____ Work Phone _____
 Email Address _____ Date of Birth _____
 Senior (19-39 years of age) M / F Master (over 40 years of age) M / F
 Team Name (if applicable) _____ Independent

A. Track and Field Events

Track Classification T11-T54) _____
 Field Classification (F11-F58) _____

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

** only 46 Male can do the 5000 *** TRR4 & 5 only

Field Events	11-13	20	31	32	33	34	35	36	37	38
Shotput										
Discus										
Javelin										
Club										
Long Jump										

Class	40	41	42-43	44-46	51	52	53	54	55	56	57	58
Shotput												
Discus												
Javelin												
Club												
Long Jump												

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

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**Junior Athlete Registration Form; Track and Field Classes 11-13, 20, 40-58
(Part I)**

Last Name _____ First Name _____ WASUSA ID No _____
 Address _____ City _____ State _____ Zip Code _____
 Home Phone _____ Work Phone _____
 Email Address _____ Date of Birth _____ Age* _____

Age Division: Future (Under age 7)/U7 U11 (Ages 7-10) U14 (Ages 11-13)
 U16 (Ages 14-15) U18 (Ages 16-17) U20 (Ages 18-19)
 U23 (ages 21-22)

**Age is determined by the age of the athlete on 12/31 of the current competition year (2012)*

A. Track and Field Events

Track Classification T11-T54) _____
 Field Classification (F11-F58) _____

Team Name (if applicable) _____ Independent

Track Events	Classes 11,12,13							Class 20							Class 40							Classes 41-42							Classes 43-44						
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
20 Meter																																			
60 Meter																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 meter																																			
Class/Age Div	Classes 45-46							Class 51							Class 52							Class 53							Class 54						
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
60 Meter																																			
60 Meter Weave*																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			
Class/Age Div.	Class RR1							Class RR2							Class RR3							Class RR4							Class RR5						
Class/Age Div.	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23
60 Meter																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			

Field Events	Classes 11,12,13							Class 20							Class 40							Classes 41-42													
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23							
Shotput																																			
Discus																																			
Javelin																																			
Club																																			
Softball Throw																																			
Long Jump																																			

Class/Age Div	Classes 43-44							Classes 45-46							Class 51							Classes 52 - 58													
Class/Age Div	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23							
Shotput																																			
Discus																																			
Javelin																																			
Club																																			
Softball Throw																																			
Long Jump																																			

**Junior and Adult Athlete Registration Form – All Classes
Part II**

Athlete Name: _____

A. Archery (*Saturday, May 19*)

Archery Clinic – Saturday, May 18
During field events in the afternoon
Yes: _____

Class (AR1- AR3): _____

Compound Bow: Recurve Bow:

Bowstand: Yes No

Novice Cadet	<input type="checkbox"/>
Cadet	<input type="checkbox"/>
Junior	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>
Advanced Intermediate	<input type="checkbox"/>
Adult: FITA Round	<input type="checkbox"/>
Adult: Advanced Metric	<input type="checkbox"/>

B: Table Tennis (*Friday Evening May 18*)

Table Tennis Clinic: Friday, May 18
Time: 5:00 PM
Yes: _____

Class (TT1 – TT11): _____

Open Singles Open Doubles Doubles Partner: _____

C: Powerlifting (*Friday Evening May 18*)-Competitors must be at least 14 years of age on the date of the competition

Powerlifting Clinic: Friday, May 18
Time: 5:00 PM
Yes: _____

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

Weight in lbs. _____

D. 5K Road Race (*Saturday, May 19 @ 9:00AM (U17/U20/U23/Adults/Masters)*)

Wheelchair Division
Handcycle Division
Ambulatory Divison

Track Classification: _____

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Picnic in the Park Reservations

In lieu of a banquet, this year we will have picnic in the park immediately following the field events.

PICNIC: Saturday May 19, 2012

5:30-7:30 PM

Picnic & Dessert

Athlete Name: _____ 1 X \$10.00 = \$ 10.00

of Guests _____ X \$10.00 = \$ _____

GRAND TOTAL \$ _____

Please make dinner checks payable to "TSWAA", & return with completed forms to:

Trisha Yurochko, Tri-State Games
Children's Specialized Hospital
150 New Providence Rd
Mountainside, NJ 07092

Housing

Below are suggestions of hotels in the area including distance from Lincoln Park, star rating & current pricing. It is suggested you make your reservations as soon as possible.

1. **Marriott Courtyard Jersey City** (2.6 miles) 3 stars
540 Washington Blvd, Jersey City, NJ, 07310 201-626-6600

Room Type	Average Price/Night
King Room with sofa bed	\$189
King Room on higher floor	\$189
King Suite	\$219
Spa King Suite	\$199

2. **Doubletree Hotel Jersey City** (2.6 miles) 3.5 stars
455 Washington Blvd, Jersey City, NJ, 07310 201-499-2400.

Room Type	Average Price/Night
Regular King	\$229.99
2 Doubles	\$229.99
Accessible Suites	\$199.99

3. **The Westin Jersey City Newport** (2.6 miles) 4 stars
479 Washington Blvd, Jersey City, NJ, 07310 201-626-2900.

Room Type	Average Price/Night
Standard Room	\$239
Deluxe Room	\$259
Junior Suite	\$339
Premium Suite	\$319

4. **Hyatt Regency on the Hudson** (2.8 miles) 4 stars
2 Exchange Pl, Jersey City, NJ, 07302 United States 201-469-1234.

Room Type	Average Price/Night
Standard King Bed	\$279
Standard 2 Double Beds	\$279
Hudson River Suites	\$1,500

5. **Sheraton Lincoln Harbor Hotel** (3.6 miles) 3.5 stars
500 Harbor Blvd, Weehawken, NJ, 07086 201-617-5600

Room Type	Average Price/Night
Standard King	\$209
Standard Double	\$209
Manhattan Skyline View	\$224

Housing (cont'd)

6. **Days Inn North Bergen** (3.8 miles) 3 stars
2750 Tonnelle Ave, North Bergen, NJ, 07047 201-348-3600.

Room Type	Average Price/Night
Standard Queen	\$109
Standard Double	\$109

7. **Hilton Garden Inn Secaucus/Meadowlands** (4.1 miles) 3 stars
875 State Route 3 East, Service Road, Secaucus, NJ, 07094 201-864-1400.

Room Type	Average Price/Night
Standard 1 King Bed	\$149
Standard 2 Queen Beds	\$149
Jr. Suite- 1 King and 1 twin	\$179

8. **Hilton Newark Penn Station** (4.2 miles) 3.5 stars
1 Gateway Center Raymond Blvd, Newark, NJ, 07102 973-622-5000.

Room Type	Average Price/Night
Standard 1 King Bed	\$179
Standard 2 Double Beds	\$179
Jr. Suite- 1 King Bed	\$229

9. **Sheraton Newark Airport Hotel** (4.4 miles) 3.5 stars
128 Frontage Rd, Newark, NJ, 07114 973-690-5500

Room Type	Average Price/Night
Traditional 1 King Bed	\$109 Fri & Sat / \$179 Sun
Standard 2 Double Beds	\$109 Fri & Sat / \$179 Sun

10. **Courtyard Newark Elizabeth by Marriott** (6.7 miles) 3 stars
87 Glimcher Realty Way, Elizabeth, NJ, 07201 908-436-9800.

Room Type	Average Price/Night
Standard with King Bed	\$159
Standard with 2 Double Beds	\$174
2 Double Beds and 1 Sofa bed	\$204

Directions to St. Peter's College, Jersey City

If using a GPS, use 2641 Kennedy Blvd., Jersey City, NJ 07306

NJ Turnpike:

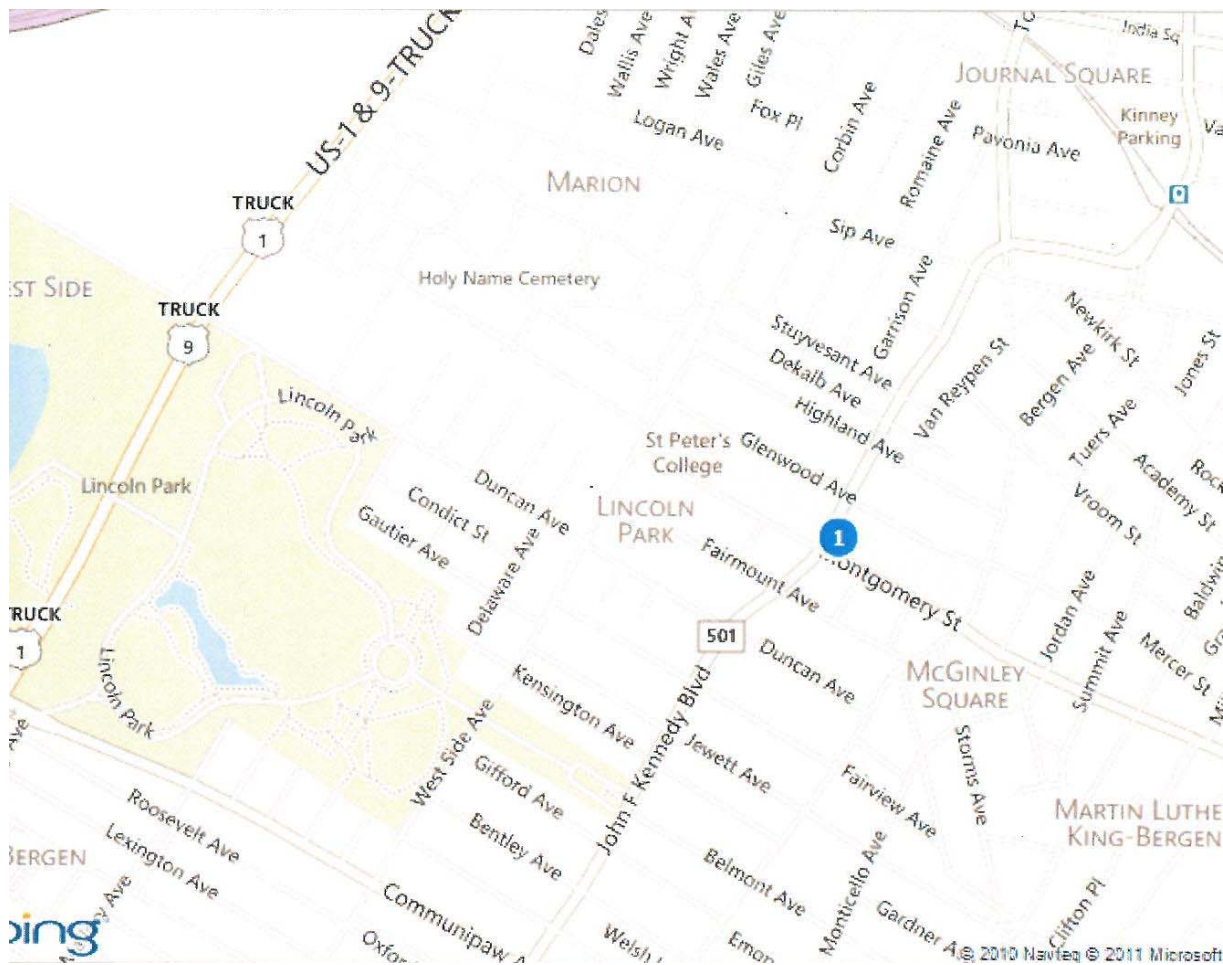
Exit 14C (Holland Tunnel Exit) – Exit on “Jersey City, Grand Street” ramp; straight to traffic light; turn left onto Montgomery St; continue up the hill on Montgomery St, which levels off for a few blocks until the intersection of Montgomery St and Kennedy Blvd. The campus is on that intersection and Yanitelli Center is on Montgomery St, between Kennedy Blvd and West Side Ave.

Exit 15E – Follow the signs for Rt 1 – 9 North; cross over two draw bridges and straight at the intersection with Rt 440; you are on Communipaw Ave, with Lincoln Park to your left; proceed to West Side Ave traffic light and turn left; at the 4th traffic light on West Side Ave, turn right onto Montgomery St. Yanitelli Center is to your left.

Pulaski Skyway, Route 1-9 and Belleville Turnpike:

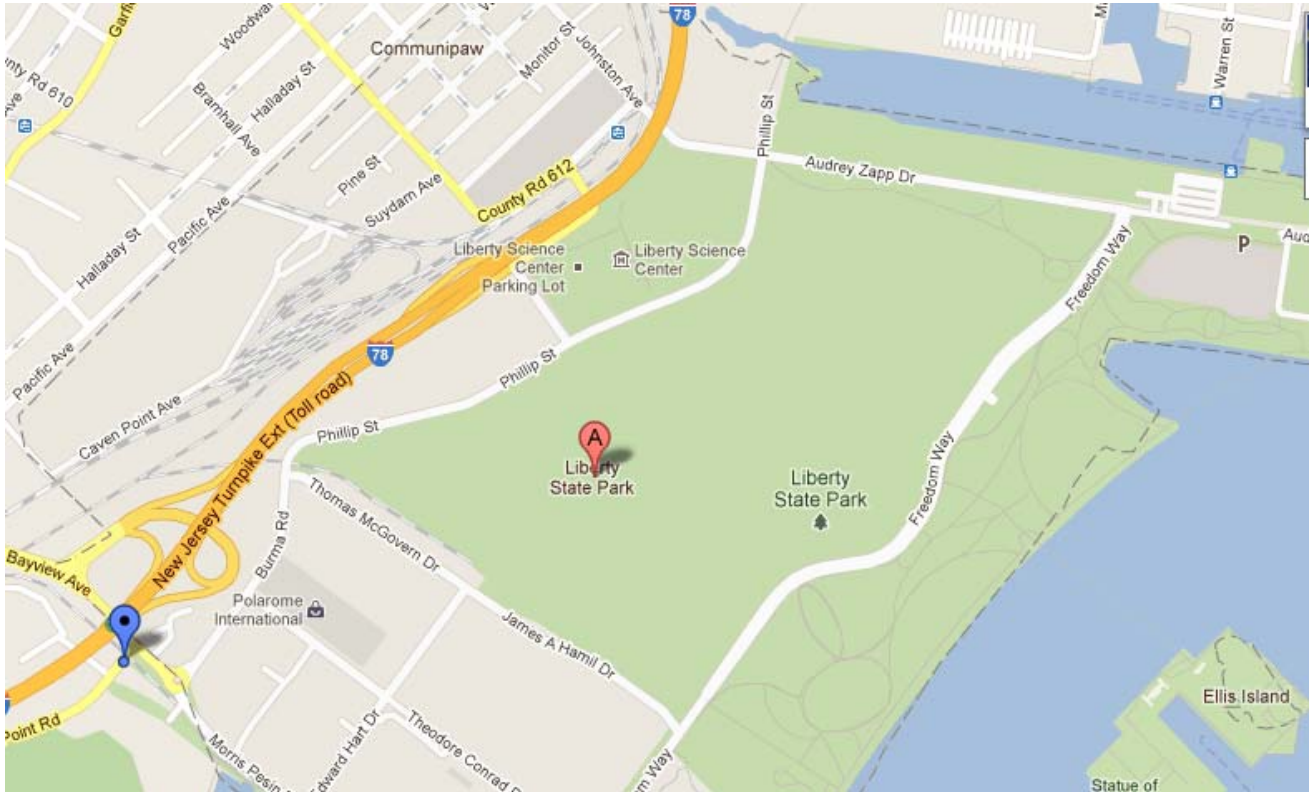
All feed into the Tonnele Ave traffic circle. From the circle go to Kennedy Blvd and turn right (south); go a few blocks south to Montgomery St and turn right; Yanitelli Center is on the right.

There is a parking garage with an entrance to the facility (you will need to be buzzed into the Center). The outside doors to Gym A will be open. They are located on Montgomery Street which is also where the entrance to the parking garage is. There also may be some on street parking available.



Directions to Liberty State Park, Jersey City

If using a GPS, use the address: 200 Morris Pesin Dr., Jersey City, NJ 07305



Liberty State Park is located by the New

Jersey Turnpike. Take the NJ Turnpike to Exit 14B. Pass toll, bear left and follow signs to Liberty State Park.

Directions to Lincoln Park, Jersey City

If using a GPS the address below is by the park entrance: 343 Duncan Avenue, Jersey City, NJ 07305

From I-95-NJ Turnpike North or South:

- Take **I-95-NJ Turnpike to exit 15E**, bear right after toll and take **1&9 North** towards **Bayonne/Jersey City**.
- Merge onto **1&9 North**, and stay on the left lane.
- Turn left to stay on the **1&9 North** (1&9/Communipaw Avenue/440 intersection)
- Turn right onto **Duncan Avenue**; the entrance to the **Lincoln Park track parking** is immediately on your right.

