

43rd ANNUAL  
**TRI-STATE GAMES**

**WHEELCHAIR/AMBULATORY/USATF MASTERS**

Friday May 17, Saturday May 18, & Sunday May 19, 2013  
Middlesex 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](http://www.tswaa.com)

Sponsored by:

Tri-State Wheelchair & Ambulatory Association ([www.tswaa.com](http://www.tswaa.com))

Wheelchair & Ambulatory Sports, USA ([www.wasusa.org](http://www.wasusa.org))

JFK Johnson Rehabilitation Institute ([www.njrehab.org](http://www.njrehab.org))



**43<sup>rd</sup> ANNUAL TRI-STATE WHEELCHAIR & AMBULATORY GAMES May 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 2013**

**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. *If Tri-State is the only Tri-State sponsored/WASUSA-sanctioned meet in which you participate, you can sign up for a one-meet WASUSA recreational membership (see attached membership form)*

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

Website: [www.wasusa.org](http://www.wasusa.org). Email: [director@wasusa.org](mailto:director@wasusa.org) Phone: (732) 266-2634

You can obtain a membership application through US Track & Field:  
website: [www.USATF.org](http://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 4, 2013. Applications or event add-ons will not be accepted if postmarked after May 4, 2013. *Please note that the fees are non-refundable.*

The fees for on-time registration are as follows:

For Tri-State Residents: (NJ/NY/CT)	For non Tri-State Residents:
Juniors: \$40.00	Juniors: \$45.00
Adults: \$45.00	Adults: \$50.00
Masters: \$45.00	Masters: \$50.00
Veterans: \$40.00	Veterans: \$40.00

Tri-State reserves the right to limit or cancel events based on enrollment as of May 6, 2013.

Please complete all documents (registration form(s), Waiver of Liability/Permission to Photograph and enclose your payment and send to:

**Trisha Yurochko, Co-meet Director**  
**Children's Specialized Hospital**  
**150 New Providence Rd**  
**Mountainside, NJ 07092**

**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	5/17	Table Tennis	6:00- 7:00 pm	Roosevelt Park Skating Rink, Edison, NJ
Saturday	5/18	Track & Field, Archery	8:30.-11:30 am	Thomas Edison Park, Edison, NJ

If you have any questions with regard to classification, please contact Ralph Armento at (732) 422-9094 or Trisha Yurochko at 908-301-5424.

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

Date	Time	Event	Location
<b>Friday, May 17</b>			
<b>Table Tennis &amp; Powerlifting</b>	6:00 pm-7:00 pm	Classification for Table Tennis Registration & Weigh In for Powerlifting	Roosevelt Park Skating Rink
	7:00 pm-9:30 pm	Powerlifting	Roosevelt Park Skating Rink
	7:00 pm-9:30 pm	Table Tennis	Roosevelt Park Skating Rink
<b>Saturday, May 18</b>			
<b>5K Road Race</b>	7:00 am - 7:45 am	Registration for Road Race	Thomas Edison Park
	7:15 am - 7:45 am	Warm up for 5K Road Race	Thomas Edison Park
	8:00 am – 9:45 am	5K Road Race All eligible classes Wheelblazers Grand Prix	Thomas Edison Park
<b>Classification &amp; Registration</b>	8:30 am - 11:30 am	Classification & Registration for Track, Field & Archery events	Thomas Edison Park
	10:00 am -12:00 pm	Archery	Thomas Edison Park
	11:30 am - 12:30 pm	Lunch	Thomas Edison Park
	12:30 pm - 5:00 pm	Junior & Adult Field	Thomas Edison Park
	5:30 pm-7:30 pm	Dinner	Roosevelt Park Sating Rink
<b>Sunday, May 19</b>			
	7:30 am - 8:00 am	Track Registration	Thomas Edison Park
<b>Track</b>	7:30 am - 8:00 am	Open for Warm-ups	Thomas Edison Park
	8:00 am	5000m Open: Masters/Adults/Juniors	Thomas Edison Park
	9:00 am - 4:00 pm	Track: Masters/Adults/Juniors (20min. warm-up after 5,000)	Thomas Edison 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 5/15/2013 on the Tri-State Website: [www.tswaa.com](http://www.tswaa.com)**

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**Adult Athlete Registration Form – Part I Disabled Divisions**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ WASUSA ID No \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ M/F \_\_\_\_\_  
 Adult (19-39 years) \_\_\_ Master (over 40 years) \_\_\_ Master (over 50 years) \_\_\_ Master (over 60 years) \_\_\_  
 Team Name (if applicable) \_\_\_\_\_  Independent

**A. Track and Field Events**

Track Classification T11-T54) \_\_\_\_\_  
 Field Classification (F11-F58) \_\_\_\_\_

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

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

\*\* only F45-46

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**  
**Open Masters**

USATF ID # \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

DOB \_\_\_\_\_ Male/Female (please circle)

Email address \_\_\_\_\_

Age Division: Open Masters

Field:

Shot Discus Javelin Long 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 18*)

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: Advanced Metric	<input type="checkbox"/>

**B: Table Tennis** (*Friday Evening May 17*)

Class (TT1 – TT11): \_\_\_\_\_

Open Singles       Open Doubles       Doubles Partner: \_\_\_\_\_

**C: Powerlifting** (*Friday Evening May 17*)-Competitors must be at least 14 years of age on the date of the competition      Please choose either Powerlift or Weightlifting

Powerlift Press       Weightlifting Press (*aka Bench Press*)

Weight in lbs. \_\_\_\_\_

**D. 5K Road Race** (*Saturday, May 18 @ 9:00AM (U17/U20/U23/Adults/All Masters)*)

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

Track Classification: \_\_\_\_\_

This event is open to all athletes





**Dinner Reservation Form**

*Saturday, May 18, 2013*

**5:30 – 7:30 PM**

Immediately following the field events

Meal includes: salad, main course, dessert, beverage

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

# of Guests \_\_\_\_\_ X \$10.00 = \$ \_\_\_\_\_

TOTAL DUE \$ \_\_\_\_\_

If you have a food allergy, please contact Trisha Yurochko at [tyurochko@childrens-specialized.org](mailto:tyurochko@childrens-specialized.org) or 908-301-5424 and we will do our best to accommodate you.

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

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

## Housing

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

### **Hilton Garden Inn**

50 Raritan Center Parkway  
Edison, NJ 08837  
732-225-0900  
Wheelchair Accessible Rooms: 10  
Room Rates: Sun-Thurs \$169-189; Weekend \$109  
3 Stars

### **Sheraton**

125 Raritan Center Parkway  
Edison, NJ 08837  
732-225-8300  
Wheelchair Accessible Rooms: 12 (3 with rolling showers)  
Room Rates: \$169  
3.5 Stars

### **Extended Stay America Hotel**

1 Fieldcrest Avenue  
Edison, NJ 08837  
732-346-9366  
Wheelchair Accessible Rooms: 6  
Room Rates: Queen-\$91.99; Double-\$106.99  
5 Stars

### **Courtyard Edison (Marriott)**

3105 Woodbridge Avenue  
Edison, NJ 08837  
732-738-1991  
Wheelchair Accessible Rooms: 7 (3 with rolling showers; 4 with hand bars on tub)  
Room Rates: \$119-king; \$129-queen  
4 Stars

### **Edison Hotel**

3050 Woodbridge Avenue  
Edison, NJ 08837 (Mailing Address)  
1173 King Georges Post Road  
Edison, NJ 08837 (GPS Address)  
732-661-1000  
Wheelchair Accessible Rooms: 4  
Room Rates: \$109  
3 Stars

### **Lexington Inn Edison**

21 Courtlandt Street  
Edison, NJ 08837  
732-548-7000  
Wheelchair Accessible Rooms: 8  
Room Rates: \$99-\$109  
3.5 Stars

### **Comfort Inn Edison**

831 US 1 South  
Edison, NJ 08817  
732-287-0171  
Wheelchair Accessible Rooms: 5  
Room Rates: \$79-1bed; \$85-2bed  
3 Stars

### **Days Inn Edison**

610 US 1 North  
Edison, NJ 08817  
732-985-2666  
Wheelchair Accessible Rooms: 1  
Room Rates: \$65  
1.5 Stars

## Directions to Thomas Edison Park

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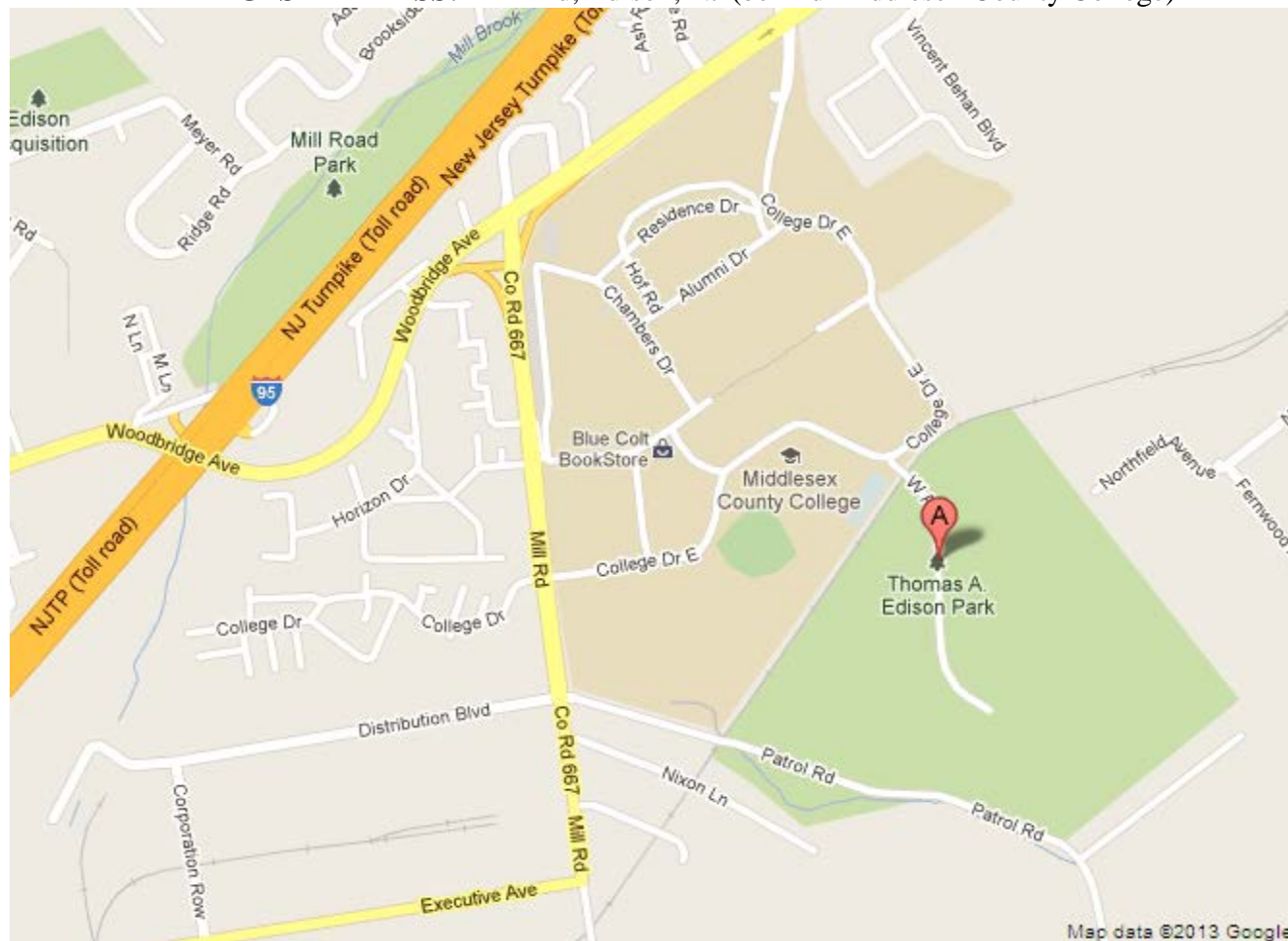
### From the NJ Turnpike:

Take the NJ Turnpike to Exit 10. After the tollbooth, follow signs for Route 514 (County). Get onto 514 West. You will go past Raritan Center (on your left). At approximately 2.0 – 2.5 miles past the Center, you will see Middlesex County College on your left. Go past the first light opposite the college entrance and look for the next light at Mill Road. Make a left onto Mill Road. Thomas Edison Park is on Mill Road, just past the college, on the left. Look for a stone sign at ground level that says “Thomas Edison Park”. Look for the track area on your left once inside the park.

### From the GS Parkway:

Take the Garden State Parkway to Exit 129- NJ Turnpike. Take the Turnpike South to Exit 10. After the tollbooth, follow signs for Route 514 (County). Get onto 514 West. You will go past Raritan Center (on your left). At approximately 2.0 – 2.5 miles past the Center, you will see Middlesex County College on your left. Go past the first light opposite the college entrance and look for the next light at Mill Road. Make a left onto Mill Road. Thomas Edison Park is on Mill Road, just past the college, on the left. Look for a stone sign at ground level that says “Thomas Edison Park”. Look for the track area on your left once inside the park.

**GPS ADDRESS:** Mill Rd, Edison, NJ (behind Middlesex County College)



## Directions to Roosevelt Park Skating Rink

**From NJ Turnpike:** Take Exit 10 (287 North). Take 287 North to Route 1 North. Stay in the right lane to make the jug-handle turn for Grandview Avenue West. Cross over Route 1 and take the first right into the park.

**From Garden State Parkway:** Southbound – Take Exit for Route 1 South. Stay on Route 1 South past Menlo Park Mall. Stay in right lane and take exit for Grandview Ave. At end of the ramp, bear right and make first right into the park.

**From Garden State Parkway:** Northbound – Take exit for 287 North (after Raritan Toll Plaza). Take Exit for Route 1 North. Stay in the right lane to make the jug-handle turn for Grandview Avenue West. Cross over Route 1 and take the first right into the park.

**From 287:** Follow 287 to exit for Route 1 North. Stay in the right lane to make the jug-handle turn for Grandview Avenue West. Cross over Route 1 and take the first right into the park.

**Route 1 North:** Just past Route 287 stay in right lane for exit for jug-handle turn for Grandview Avenue West. Cross over Route 1 and make the first right into the park.

**GPS ADDRESS:** 151 Parsonage Road, Edison, NJ 08837

## Directions from Edison Park to Roosevelt Park Skating Rink

Turn right out of the park onto Mill Rd. Turn right onto Woodbridge Ave. Travel to Main Street and make a left and proceed to Interstate Route 287 N ramp on the right.

Merge onto Route 1 North and stay in the right lane to make the jug-handle turn for Grandview Avenue West. Cross over Route 1 and turn right onto Pine Drive into the park.

OR

Turn right out of the park onto Mill Rd. Turn right onto Woodbridge Ave. Drive about 3 miles and turn Left onto Grandview Avenue. Drive about 1.2 miles and turn right onto Pine Drive into the Park.



**Recreational** Membership Application Form  
Calendar Year Membership (Jan – Dec)

Year: \_\_\_\_\_

Name: \_\_\_\_\_

E-Mail: **(required)** \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ Phone: (Cell): \_\_\_\_\_ Phone (Work): \_\_\_\_\_

Please select **only** the sports you will compete in on a club or regional level. You will be charged \$1.00 for **each** sport

- Archery
- Billiards
- Fencing
- Handcycling
- Shooting
- Swimming
- Table Tennis
- Track & Field
- Weightlifting
- Other \_\_\_\_\_

A. Recreational Membership Fee:	\$5.00
B. Sports Fee (number of sports X \$1.00):	\$_____
C. RSO/Club/Meet Fee:	\$1.00
<b>D. TOTAL Recreational Fee (A+B+C):</b>	<b>\$_____</b>

As a member of Wheelchair and Ambulatory Sports USA, you are also a member of the Regional Sports Organization and associated National Governing Bodies (NGB) and Sport Technical Committees (STC) for the sport(s) in which you compete. Your contact information is shared with these organizations based on your locale and sport choices. WASUSA, its NGBs, STCs and RSOs will not share this information without your permission. If you do not want your information shared with RSOs, NGBs or STCs, please notify us in writing at the time your application is submitted

**Liability Release** *Must be signed by participant, or if under 18 years of age, parent or legal guardian*  
The undersigned agrees to indemnify and hold WASUSA harmless, and release WASUSA from any and all liability for any injury which may be suffered by the above named individual(s) in any WASUSA events except as arises out of the sole willful act or sole act of negligence of WASUSA, its agent, officers or employees. I HAVE READ THE ABOVE AGREEMENT AND FULLY UNDERSTAND THAT I ASSUME ALL RISKS FOR INJURY RECEIVED.

I understand that WASUSA may photograph or videotape the events or activities in which I am (or my child is) participating. I give my permission for WASUSA to use photographs or videotape of me (or my child) for the purpose of promoting WASUSA and its services/programs. I give my permission with the following understanding: No compensation of any kind will be paid to me (or my child) at this time or in the future for the use of my (or my child's) likeness.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Wheelchair and Ambulatory Sports USA**  
P.O. Box 5266 Kendall Park, NJ 08824  
Phone: (732) 266-2634 Fax: (732) 355-6500; [www.wasusa.org](http://www.wasusa.org)  
[office@wasusa.org](mailto:office@wasusa.org)



**MULTI-SPORT ORGANIZATION**