

**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](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))

Paralympic Sport – New Jersey

Children's Lightning Wheels & North Jersey Navigators



44<sup>th</sup> Tri-State Wheelchair and Ambulatory Athletic Games May 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 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](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 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	<b>Amphitheatre, Ridgefield Park section of Overpeck Park, 199 Challenger Road, Ridgefield Park, NJ</b>
Saturday	5/17	Track & Field, Archery	8:30 - 11:30 am	<b>Sportsplex, Palisades Park section of Overpeck Park, 200 Roosevelt Place, Palisades Park, NJ</b>

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
<b>Friday, May 16</b>			
<b>Table Tennis &amp; Powerlifting</b>	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
<b>Saturday, May 17</b>			
<b>5K Road Race</b>	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 <b><i>Wheelblazers Grand Prix</i></b>	
<b>Classification &amp; Registration</b>	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
<b>Sunday, May 18</b>			
	7:30 am - 8:00 am	Track Registration	Sportsplex
<b>Track</b>	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](http://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				M35/ 50/60														
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    Master Male Open    Master Female Open    please circle

**FIELD:**

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

**TRACK:**

100 \_\_\_\_ 200 \_\_\_\_ 400 \_\_\_\_ 800 \_\_\_\_ 1500 \_\_\_\_ 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: \_\_\_\_\_



**Junior Track Relay Team Application**

TEAM NAME: \_\_\_\_\_ COACH: \_\_\_\_\_

\*\*\* Please note: Athletes must run in the order listed below

ATHLETE NAME	CLASS	SEX	POINTS
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
		<input type="checkbox"/> Male <input type="checkbox"/> Female	
<b>TOTAL POINTS</b>			

EVENT: \*  Male  Female  Mixed  
 4 X 100: Points:  10  20  30  
 4 X 400: Points:  30  40  
 800 Medley: Points:  30  40

There will be three types of relay teams; *all male, all female and mixed*. Points will be assigned to each team member in accordance with the following table(s):

**I. WHEELCHAIR CLASSES**

Age Division	Classes T31/32, T51/52	Classes T34, T53	Class T 54
U11	1	2	3
U14	2	4	6
U16/U18	3	6	9
U20/U23	4	8	12

4 x 100: 10 – 20 -30 point teams  
 100 + 100 + 200 + 400: 30 -40 point teams 800medley

**II. AMBULATORY CLASSES**

Age Division	Class T35	Classes T36, T41/42	Classes T11, T37/38, T43/44	Classes T12/13, T20, T45/46
U11	1	2	3	4
U14	2	4	6	8
U16/U18	3	6	9	12
U20/U23	4	8	12	16

4 x 100: 10 – 20 – 30 – 40 – 50 point teams  
 100 + 100 + 200 + 400: 30 – 40 – 50 point teams 800 medley

\*Competitors may enter no more than any two (2) relays. They must be different relay races (male, female, mixed, 4 x 100 or 800 medley) or point value.

**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