

**45th ANNUAL
TRI-STATE GAMES
WHEELCHAIR/AMBULATORY/USATF MASTERS
Friday May 22, Saturday May 23, & Sunday May 24, 2015
Overpeck Park, Bergen County, New Jersey**

★ **SANCTIONED BY WASUSA AND USATF**

★ **EVENTS:**

- **Archery**
- **Field**
- **Powerlifting**
- **Track (electronically timed)**
 - **Including Race Runner Events**
 - **Time Trials for distances of 100M-5000M**
 - **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 Books found under the Sports tab on the website: www.wasusa.org

Tri-State Games will again be a part of the *Wheelblazers Grand Prix*. Both the 5K road race and the 5,000 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)

Kessler Foundation (www.kesslerfoundation.org)

Pepsi (<http://www.pepsi.com>)



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.

You can obtain a membership application through US Track & Field:

Website: www.USATF.org

FEES: The fees include: registration, lunch, qualification for nationals & meet sanctioning. All registration forms and payment must be received postmarked by **May 8, 2015**. Applications or event add-ons will not be accepted if postmarked after May 9, 2015. A **late fee of \$10.00** will be assessed for each application postmarked after May 9, 2015. **Checks should be payable to TSWAA. Please note that the fees are non-refundable.**

The fees for on-time and late registrations are as follows:

WASUSA Members	WASUSA Members (After 5/8)	Non-WASUSA Members	Non-WASUSA Members (After 5/8)
Juniors - \$40.00	Juniors - \$50.00	Juniors - \$50.00	Juniors - \$60.00
Open/Adults - \$45.00	Open/Adults - \$55.00	Open/Adults - \$55.00	Open/Adults - \$65.00
Masters - \$45.00	Masters - \$55.00	Masters - \$55.00	Masters - \$65.00
Veterans - \$40.00	Veterans - \$50.00	Veterans - \$50.00	Veterans - \$60.00

Tri-State reserves the right to limit or cancel events based on enrollment as of May 9, 2015.

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

Trisha Yurochko, Meet Director
2015 Tri-State Games
Children's Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092

CLASSIFICATION:

This event will be providing national classification in Track and Field. In order to participate, you must be classified in each sport you wish to compete in. If you have not been classified you will be notified of your classification time. We will work with you to provide you with a convenient time. Classifications will be held on Friday late afternoon/evening and Saturday morning for those doing Track and Field and Archery

If you have any questions with regard to classification, please contact Trisha Yurochko at 908-301-5424 or tyurochko@childrens-specialized.org

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

The final schedule of events will be posted by 5/20/15 on the Tri-State Website: www.tswaa.com

Date	Time	Event	Location
Friday, May 22			
Powerlifting	6:00 pm-7:00 pm	Registration & Weigh In for Powerlifting	Amphitheatre –Ridgefield Park Section– Overpeck Park
	7:00 pm-9:30 pm	Powerlifting	Amphitheatre
	7:00 pm-9:30pm	Track & Field Classification if necessary	Amphitheatre
Saturday, May 22			
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	Registration & Classification for Track, Field & Archery events	Sportsplex – Palisades Park Section– Overpeck Park
	9:30 am – 12:30 pm	Archery Competition	Sportsplex
	12:00 pm – 1:30 pm	Lunch	Sportsplex
	1:00 pm – 4:30 pm	Field Competition	Sportsplex
	4:30 pm - 6:00 pm	Dinner	Sportsplex
	5:15 pm - 5:55 pm	Track warm-up	Sportsplex
	6:00 pm – 9:30 pm	Special Track Event	Sportsplex
Sunday, May 18			
Track	7:30 am - 8:00 am	Track Registration	Sportsplex
	7:30 am - 8:00 am	Open for Warm-ups	Sportsplex
	8:00 am	5000m Open: Masters/Adults/Juniors	Sportsplex
	9:00 am - 4:00 pm	Track: Masters/Adults/Juniors (20min. warm-up after 5,000)	Sportsplex

Open/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 _____
 Open (19-34years) Master (35-49) Master (50-59) Master (60+) (age as of 12/31) Diagnosis _____
 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 Open/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 (Please circle): Master Male Open Master Female Open

FIELD:

Please circle your event(s)

Shot Discus Javelin Long Jump Triple Jump

TRACK:

Please circle your event(s)

100M 200M 400M 800M 1500M 5000M

**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 _____ Cell Phone _____
 Email Address _____ Date of Birth _____ Age* _____ M/F _____
 Diagnosis: _____ IPC License No _____

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 20-22)

**Age is determined by the age of the athlete on 12/31 of the current competition year (2015)*

A. Track and Field Events
 Track Classification T11-T54) _____
 Field Classification (F11-F57) _____

Team Name (if applicable) _____ Independent

Track Events	Classes 11,12,13							Class 20							Class 40							Classes 41							Classes 42										
	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	Class 43							Class 44*-45**-46***							Class 51*-52**							Class 53							Class 54										
	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								***F	***F											**	**																		
1500 Meter											*F									**	**																		
5000 Meter												**/*/*/*/*/*/*/*/*/*/*/*/*/*/*																											
Field Events	Classes 11,12,13							Class 20							Class 40 - 41							Classes 42-46							Class 47										
	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				
Shotput																																							
Discus																																							
Javelin																																							
Club																																							
Softball Throw																																							
High Jump																																							
Triple Jump																																							
Long Jump																																							
Class/Age Div	Class 51							Classes 52-57																															
	U7	U11	U14	U16	U18	U20	U23	U7	U11	U14	U16	U18	U20	U23																									
Shotput																																							
Discus																																							
Javelin																																							
Club																																							
Softball Throw																																							
Long Jump																																							

Junior Athlete Registration Form; Track and Field Classes 31-38 (Part I)

Last Name _____ First Name _____ WASUSA ID No _____
 Address _____ City _____ State _____ Zip Code _____
 Home Phone _____ Cell Phone _____
 Email Address _____ Date of Birth _____ Age* _____ M/F _____
 Diagnosis _____ IPC License No _____

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 20-22)

**Age is determined by the age of the athlete on 12/31 of the current competition year (2015)*

CLASS 31 – 38 TRACK CLASS: _____ **FIELD CLASS:** _____ **RACE RUNNERS/CLASS:** _____

Team Name (if applicable) _____ Independent

Track Events	Class 31							Class 32							Class 33							Class 34													
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							
20 Meter Dash																																			
60 Meter Dash																																			
60 Meter Weave																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 meter																																			
Class/Age Div	Class 35 (assist device)							Class 35							Class 36							Class 37							Class 38						
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 Dash																																			
60 Meter Dash																																			
100 Meter																																			
200 Meter																																			
400 Meter																																			
800 Meter																																			
1500 Meter																																			
5000 Meter																																			
Class/Age Div.	Class TRR1							Class TRR2							Class TRR3							Class TRR4							Class TRR5						
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	Class 31							Class 32							Class 33							Class 34													
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							
Club Throw																																			
High Toss																																			
Kick																																			
Precision																																			
Med. Ball Thrust																																			
Shotput																																			
Discus																																			
Javelin																																			
Class/Age Div	Class 35							Class 36							Class 37							Class 38													
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																																			
Long Jump																																			

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

Athlete Name: _____

A. Powerlifting (*Friday Evening May 22*)

Competitors must be at least 14 years of age on the date of the competition

Powerlift Press

Weight in lbs. _____

B. Archery (*Saturday, May 23*)

Class (W1-W2; Standing): _____

Compound Bow: Recurve Bow:

Bowstand: Yes No

Yeoman	(ages 7 – 9)	<input type="checkbox"/>
Bowmen	(ages 10 -12)	<input type="checkbox"/>
Cub	(ages 13 – 14)	<input type="checkbox"/>
Cadet	(ages 15 – 17)	<input type="checkbox"/>
Junior	(ages 18 – 20)	<input type="checkbox"/>
Young Adult	(ages 21 – 22)	<input type="checkbox"/>
Adult	(over 23)	<input type="checkbox"/>

C. 5K Road Race (*Saturday, May 23 @ 7:30 AM (U17/U20/U23/Open/All Masters)*)

Wheelchair Division

Handcycle Division

Ambulatory Division

Track Classification: _____

D. Special Open Male & Female Track Events (*Saturday, May 23 @ 6:30PM*)

See following pages for application, schedule and qualifying standards

Application for Special Open Male & Female Track Event

Last Name _____ First Name _____ IPC License No _____
 Address _____ City _____ State _____ Zip Code _____
 Home Phone _____ Cell Phone _____
 Email Address _____ Diagnosis _____
 Date of Birth _____ Male / Female (please circle)
 Track Class: _____

Please circle your event(s)

100 M 200M 400M 800M 1500M 5000M Pursuit

Please enter the qualifying mark for your chosen event(s)

100 M _____ 200M _____ 400M _____ 800M _____ 1500M _____ 5000M _____

Schedule of Events

45th Tri-State Wheelchair and Ambulatory Games				
Schedule for Saturday, May 23, 2015				
Start	Finish	Event		Type
5:15PM	5:55PM	Warmup		Warmup
6:00PM	6:40PM	5000M		Timed Final
6:45PM	7:05PM	100M		Timed Final
7:10PM	7:30PM	400M		Timed Final
7:40PM	8:10PM	Pursuit		Not Reported
8:20PM	8:40PM	1500M		Timed Final
8:45PM	9:00PM	200M		Timed Final
9:05PM	9:20PM	800M		Timed Final

Tri-State Open Track Standards for Saturday Evening

TRI-STATE OPEN TRACK STANDARDS FOR SATURDAY EVENING			
CLASS	EVENT	WOMEN	MEN
11	100	17.15	15.31
11	200	37.88	31.50
11	400	1:28.00	1:13.75
11	800	3:52.00	
11	1500	6:40.30	5:32.00
11	5000		21:52.35
12	100	18.00	14.94
12	200	37.50	30.25
12	400	1:24.00	1:08.25
12	800	3:52.00	
12	1500	6:20.00	5:15.00
12	5000		18:30.00
13	100	18.00	15.25
13	200	36.80	30.77
13	400	1:24.00	1:08.75
13	800		2:42.50
13	1500	5:45.00	5:15.00
13	5000		18:30.00
20	400	1:22.00	1:10.50
20	1500	5:45.00	5:15.00
33	100	36.00	28.30
33	200		44.00
33	400		1:20.00
33	800	3:58.00	3:20.00
34	100	36.00	28.00
34	200	49.00	44.00
34	400		1:20.00
34	800	3:58.00	3:20.00
35	100	34.38	19.50
35	200	56.25	43.69
36	100	23.25	18.38
36	200	48.25	35.40
36	400		1:23.54
36	800		3:05.00

TRI-STATE OPEN TRACK STANDARDS FOR SATURDAY EVENING			
CLASS	EVENT	WOMEN	MEN
37	100	21.06	16.38
37	200	42.56	33.00
37	400	1:34.00	1:20.00
37	800		2:58.48
37	1500		5:30.16
38	100	20.63	16.25
38	200	40.78	32.10
38	400	1:33.00	1:25.00
38	800		3:00.00
38	1500		36:00.00
42	100	25.00	20.31
42	200		42.50
43	100	21.25	16.75
43	200	40.63	35.50
43	400	1:38.00	1:16.13
44	100	21.25	16.75
44	200	40.63	35.50
44	400	1:38.00	1:16.13
45	100	19.50	#REF!
45	200	38.00	30.15
45	400	1:30.00	1:05.00
45	1500	5:50.00	5:20.00
46	100	19.50	14.82
46	200	38.00	30.15
46	400	1:30.00	1:05.00
46	1500	5:50.00	5:20.00
47	100	19.50	14.82
47	200	38.00	30.15
47	400	1:30.00	1:05.00

TRI-STATE OPEN TRACK STANDARDS FOR SATURDAY EVENING			
CLASS	EVENT	WOMEN	MEN
51	100	41.45	39.38
51	200	54.00	
51	400	1:34.00	2:15.00
52	100	36.00	25.46
52	200	54.00	45.00
52	400	1:34.00	1:31.00
52	800	3:00.00	2:40.35
52	1500		5:40.00
53	100	28.38	20.51
53	200	44.00	35.96
53	400	1:30.00	1:10.00
53	800	3:00.00	2:40.35
53	1500	4:10.00	3:58.93
53	5000	14:12.00	13:28.00
54	100	23.63	18.75
54	200	37.00	33.21
54	400	1:20.00	1:03.75
54	800	2:40.00	2:07.45
54	1500	4:10.00	3:58.93
54	5000	14:12.00	13:28.00

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, Kessler Institute for Rehabilitation, and 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 22, 23 and 24, 2015

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, Kessler, Bergen County websites) and social networking sites (i.e. Twitter, Facebook).

Competitor's Name: _____ Date: _____
Please Print

Competitor's Signature _____ Date: _____

Legal Guardian: _____ Date: _____

Meals

Lunch Saturday and Sunday, May 22 & 23, 2015

Lunch is included for the athlete in the registration fee. For those family members wishing to purchase lunch the fee is \$8.00 per person per day payable with registration.

Athlete Name: _____ Free

Saturday: # of Family members _____ X \$8.00 = \$ _____

Sunday: # of Family members _____ X \$8.00 = \$ _____

Saturday, May 23, 2015

4:30 – 6:30 PM

Following the field events & prior to the special track event there will be a dinner

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:

**Trisha Yurochko, Meet Director
2015 Tri-State Games
Children’s Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092**

Directions to Overpeck Parks

AMPHITHEATER –Weightlifting/5K Road Race (Address: 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 (Address: 200 Roosevelt Place, Palisades Park, NJ 07650)

From Route 4 West:

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

From I-95 South:

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

From Route 80 East:

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

**15th Annual Kessler Foundation
WTFUSA National Wheelchair 10K Championship**

Register now for the 15th Annual Kessler Foundation WTFUSA National Wheelchair 10K Championship, part of the Fred D'Elia Ridgewood Run, on Memorial Day, May 25, 2015 at Graydon Pool – 201 North Maple Avenue in Ridgewood, NJ.

This event is one of the largest integrated races in the country, as wheelchair athletes compete on the same course, at the same time, as the runners. Racers compete for cash prizes! An extra \$3,000 has been added to the cash awards, which brings the cash prize total to over \$15,000 this year!

The Wheelchair 10K begins at 8:15 am, with registration opening at 7 am. Registration is \$25 per racer. All participants will receive a commemorative t-shirt. Kessler Foundation will host a brief awards ceremony with refreshments immediately following the Wheelchair 10K.

Online registration closes on Thursday, May 21. If you wish to register after that date, please email Race Director Angela Smith at ASmith@KesslerFoundation.org. Click for more information and [registration for the Wheelchair 10K](#).

Information about the host hotel is on the Hotel Information page.

Applications for the 15th Annual Kessler Foundation 10K can be found at the following link:

<http://give.kesslerfoundation.org/events/wheelchair-10k-information-2015>

Hotel Information

Host Hotel for Tri-State Games:

Hilton Hasbrouck Heights – Meadowlands

650 Terrace Avenue

Hasbrouck Heights, NJ 07604

Tel. 201-298-2414

For reservations: 1-800-HILTONS

Online reservations: <https://resweb.passkey.com/go/2015TriState>

Group Code: 3STWHL or Tri-State Wheelchair Games

Tri-State Games Room Rate: **\$104.00 + tax** (7% state tax plus 8% hotel occupancy tax)

Included in rate:

- Complimentary Wi-Fi in each guestroom
- Complimentary self-parking
- 20% discount in the Bistro 650 (Excluding alcohol)
- Breakfast is **not** included

Reservations must be made no later than April 22, 2015

A credit card is needed to guarantee each reservation.

A form of payment is required at time of check-in to cover all anticipated charges

Kessler Foundation 10K Hotel Information:

Residence Inn Marriott

7 Boroline Road

Saddle River, NJ 07458

201-934-4144

Visit the hotel's website for additional information: www.marriott.com

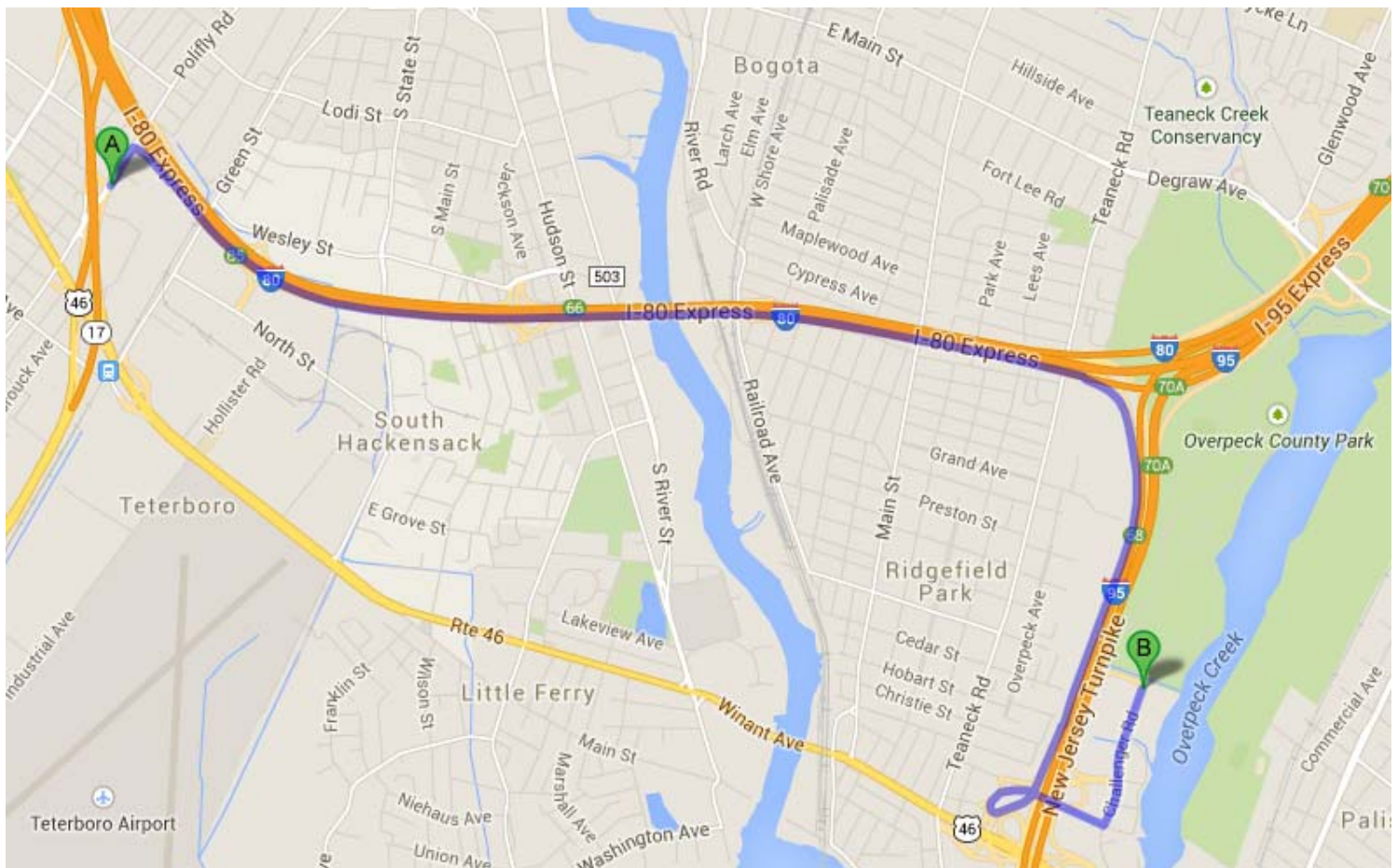
Directions to Overpeck Parks from Hilton Hasbrouck Heights Hotel

TO AMPHITHEATER –Weightlifting/5K Road Race (Address: 199 Challenger Rd, Ridgefield Park, NJ 07660)

From Hilton Hasbrouck Heights Hotel:

1. Turn left onto Terrace Ave. (361 ft)
2. Continue straight onto Polifly Rd.(230 ft)
3. Turn right onto the ramp to New Jersey Turnpike (0.1 mi).
4. Merge onto I-80 E (2.5 mi).
5. Take the U.S. 46 W exit (1.3 mi).
6. Keep right at the fork, follow signs for Challenger Road (410 ft)
7. Keep right at the fork, follow signs for Challenger Blvd and merge onto Emerson St (0.3 mi)
8. Turn left onto Challenger Rd follow to the park entrance. Once inside the park, continue North along the roadway for the Amphitheater. Parking is on the right, one mile inside the park. The boat launch area is 400 meters to the north of the parking area.

Note: The start of the 5K Road Race will be at the park entrance.



TO SPORTSPLEX – Track/Field/Archery (Address: 200 Roosevelt Place, Palisades Park, NJ 07650)

From Hilton Hasbrouck Heights Hotel:

1. Turn left onto Terrace Ave. (361 ft)
2. Continue straight onto Polifly Rd.(230 ft)
3. Turn right onto the ramp to New Jersey Turnpike (0.1 mi)
4. Merge onto I-80 E (2.5 mi)
5. Exit onto US-46 E/Rte 46 E (2.1 mi)
6. Take the New Jersey 93/Grand Avenue exit (0.1 mi)
7. Turn left onto NJ-93 N/Grand Ave (signs for Leonia/Englewood) (0.5 mi)
8. Turn left onto Roosevelt Pl to the end (0.2 mi)

