

**42nd ANNUAL RICHARD CADMUS DISABLED SPORTS MEET**

**(formerly Junior Masonic Wheelchair Track & Field Meet)**

**Sponsored by The New Jersey Masonic Fraternity And The Tri-State Wheelchair & Ambulatory Athletics  
June 8-9, 2019**

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The New Jersey Masonic Fraternity and the Tri-State Wheelchair & Ambulatory Athletics are once again proud to sponsor the 42<sup>nd</sup> Annual Richard Cadmus Disabled Sports Meet. (a/k/a Junior Masonic Regional Meet). Athletic events include track, field, swimming, powerlifting, archery and table tennis. The schedule of events is included in this package. This meet is open to all participants in the Junior Division (ages 6 through age 22). In addition, Masonic meet alumni adults (ages 23 - 34) are invited to participate in the event.

**REGISTRATION:** This is a *sanctioned qualifying meet* for athletes in the both the Adult and Junior divisions. This meet is also a qualifier for the National Junior Disability Championships (NJDC),. In order to qualify for NJDC, you must be a member of Adaptive Sports, USA. You can obtain an appropriate Adaptive Sports USA membership application online

**The meet registration is being handled online only by Simply Register. In order to register for the meet, you need to go online to:**

**<https://www.simplyregister.net/register/?e=116574>**

**CLASSIFICATION:** National Classification will not be offered. Should you need to be classified, you will receive a temporary classification. Those without a class will receive a "regional classification" on the day of the meet.

**REGISTRATION FEES:** The basic registration fee is \$ 30.00

*Please note: If the inability to pay the fee would prevent you from competing, an explanatory letter requesting to waive the fee should be included with your application and will be reviewed by both the Meet Director and Meet Chairman.*

**APPLICATION DEADLINE DATE: must be received online by Friday, May 31<sup>st</sup> at 11:59 PM No registrations will be considered after that date.**

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**HOUSING:** There are several hotels in a 5 mile radius of North/South Brunswick High School. The following is a selected listing:

Hampton Inn 841 Georges Rd. North Brunswick, NJ 08902 (732) 246-3555	Brunswick Hotel 2880 Route 1 North North Brunswick, NJ 08902 (732) 297-7400
Staybridge Suites 2195 US Highway 1 South North Brunswick, NJ 08902 (800) 225-1237 or (732) 940-2250	Days Hotel & Conference Center 195 NJ Route 18 East Brunswick, NJ 08816 (732) 828-6900

**AWARDS:** Award medals will be distributed. In addition, trophies will be awarded for the outstanding male and female athletes, coaches' awards and sportsmanship awards.

**MEALS:** A complimentary lunch will be provided for all athletes, parents and siblings on both Saturday and Sunday. On Saturday evening, a dinner will be provided at North Brunswick High School. Please complete the enclosed reservation form if you plan on attending the dinner. The dinner will be a barbeque at the track area following the 5000 meter.

**TENTATIVE SCHEDULE OF EVENTS**

Date	Event	Location	Time
Saturday, June 8, 2019	Registration	North Brunswick HS Track Area	7:30 AM
	Field Events	North Brunswick HS Field Area	8:30AM – 12:00 PM
	Archery Competition (Tentative)	North Brunswick HS Field Area	9:30 AM - 12:00 PM
	Lunch	North Brunswick HS Track Area	12:00 PM – 1:30 PM
	Swimming (Includes warm-up)	North Brunswick HS Pool	1:30 PM - 4:30 PM
	Table Tennis	North Brunswick HS Auxiliary Gym	3:00 PM - 5:00 PM
	5000 meter event	North Brunswick HS Track	5:00 PM - 6:00 PM
	Dinner/Social	North Brunswick HS Track Area	5:30 PM – 7:30 PM
	Table Tennis	Gym Area (TBD)	7:00 PM – 9:00 PM
	Weightlifting	North Brunswick Auxiliary Gym	7:00 PM – 9:00 PM
Sunday, June 9, 2019	Registration ONLY	North Brunswick HS Track Area	7:30 AM
	Track Events –All Day	North Brunswick HS Track Area	8:00 AM
	Lunch	North Brunswick HS Track Area	12:00 PM (Approx.)
	Awards Ceremony	North Brunswick HS Track Area (or Gym	4:00 PM

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	depending on the weather.)	
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**DIRECTIONS TO NORTH BRUNSWICK HIGH SCHOOL**

98 Raider Road

North Brunswick, NJ 08902

***From the North:***

**I. GS Parkway**

- a. Take the Garden State Parkway South to Exit 130 (Route 1 South). Stay on Route 1 South for approximately 12 miles.
- b. You will see an exit for Route 130 South/Georges Road. Take the exit that goes across Route 1. This is Georges Road. Make a right at the second traffic light. This is Raider Road. At the end of Raider Road, you will see the school in front of you. Park in the lot on your right.

**II. NJ Turnpike**

- a. Take the NJ Turnpike South to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 3 –4 miles.
- b. Same directions as in I (b)

***From the South:***

**I. From GS Parkway**

- a. Take the Garden State Parkway North to Exit 129/ NJ Turnpike. Take the Turnpike South to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 3 –4 miles.
- b. You will see an exit for Route 130 South/Camden. Take the exit that goes across Route 1. This is Georges Road. Make a right at the second traffic light. This is Raider Road. At the end of Raider Road, you will see the school in front of you. Park in the lot on your right.

**II. From NJ Turnpike**

- a. Take the NJ Turnpike North to Exit 9. Bear right after the toll and get on Route 18 North. The immediate first exit is for Route 1 South-Trenton. Take that exit. Continue on Route 1 South for approximately 9 miles.
- b. Follow the directions as in I(b),

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**ALL ATHLETES ARE REQUIRED TO AGREE AND "SIGN" TO THE  
FOLLOWING ONLINE:**

**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 Adaptive Sports USA, Tri-State Wheelchair & Ambulatory Athletics, New Jersey Grand Lodge of F&A Masons, Masonic Charities Foundation, North Brunswick Board of Education and the North Brunswick Dept. of Parks and Recreation for all injuries and/or expenses incurred by me/us at the Junior Masonic Wheelchair Meet to be held between June 2 and June 3, 2018

**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 & Adaptive Sports USA websites) and social networking sites (i.e. Twitter, Facebook, YouTube).

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June 8-9, 2019****Junior Athlete Events – Track & Field Classes 11-13, 20, 40-57, 61-64**

Track Events - Classes 11-13, 20, 40-47, 51-54, 61-64																																				
Class	Class 11-13					Class 20					Class 40					Class 41					Class 42					Class 43					Class 44-47					
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	
20 Meter																																				
60 Meter																																				
100 Meter																																				
200 Meter																																				
400 Meter																																				
800 Meter																																				
1500 Meter																																				
3000 Meter																																				
5000 Meter **																																				
Class	Class 51, 52					Class 53					Class 54					Class 61					Class 62					Class 63					Class 64					
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	
60 Meter			51																																	
100 Meter																																				
200 Meter																																				
400 Meter	52																																			
800 Meter		52																																		
1500 Meter		52																																		
3000 Meter		52																																		
5000 Meter **																																				

\*\* 5000 Meter Minimum Time Standards for Males: 11-13, 20, 43-46, 62, 64 (25:00); 51-54 (15:50)

\*\* 5000 Meter Minimum Time Standards for Females: 11-13, 20, 43-46, 62, 64 (27:00); 51-54 (20:00)

Field Events - Classes 11-13, 20, 40-47, 51-57, 61-64																														
Class	Class 11-13					Class 20					Class 40, 41					Class 42-46					Class 47					Class 61-64				
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23
Shotput																														
Discus																														
Javelin																														
Long Jump																														
High Jump																42, 44-46	42, 44-46	42, 44-46	42, 44-46	42, 44-46						61, 63-64	61, 63-64	61, 63-64	61, 63-64	61, 63-64
Triple Jump																45-46	45-46	45-46	45-46	45-46										
Class	Class 51					Class 52-57																								
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23																				
Shotput																														
Discus																														
Javelin																														
Club Throw																														
Softball Throw																														

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June 8-9, 2019**Junior Athlete Events – Track & Field Classes 31-38, TRR1-2**

Track Events - Classes 31-38, TRR1-2																									
Class	Class 31					Class 32					Class 33					Class 34					Class 35a				
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23
20 Meter Dash																									
60 Meter Dash																									
60 Meter Weave																									
100 Meter																									
200 Meter																									
400 Meter																									
800 Meter																									
1500 Meter																									
3000 Meter																									
5000 Meter **																									
Class	Class 35					Class 36					Class 37					Class 38					Class TRR1-2				
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23
20 Meter Dash																									
60 Meter Dash																									
100 Meter																									
200 Meter																									
400 Meter																									
800 Meter																									
1500 Meter																									
3000 Meter																									
5000 Meter **																									

\*\* 5000 Meter Minimum Time Standards for Males: 31-34 (15:50); 35-38 (25:00)

\*\* 5000 Meter Minimum Time Standards for Females: 31-34 (20:00); 35-38 (27:00)

Field Events - Classes 31-38																									
Class	Class 31					Class 32					Class 33					Class 34					Class 35a				
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23
Club Throw																									
High Toss																									
Shotput																									
Discus																									
Javelin																									
Class	Class 35					Class 36					Class 37					Class 38									
Age Division	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23	U11	U14	U17	U20	U23					
Shotput																									
Discus																									
Javelin																									
Long Jump																									

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June 8-9, 2019****Adult Events – Track & Field All Classes**

Track Events																		
Class	11-13	20	31	32	33	34	35a	36	37	38	40-41	42	43-47	51-54	61	62	63	64
60 Meter Weave																		
100 Meter																		
200 Meter																		
400 Meter																		
800 Meter																		
1500 Meter																		
5000 Meter **																		

**\*\* 5000 Meter Minimum Time Standards for Males: 11-13, 20, 35-38, 43-47, 62, 64 (25:00); 31-34, 51-54 (15:50)****\*\* 5000 Meter Minimum Time Standards for Females: 11-13, 20, 35-38, 43-47, 62, 64 (27:00); 31-34, 51-54 (20:00)**

Field Events												
Class	11-13	20	31	32	33-34	35-38	40-41	42-46	47	51	52-57	61-64
Club Throw												
Shotput												
Discus												
Javelin												
Long Jump												

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	U7 / 11		U14		U16		U18		U20 / 23		OPEN/MAST	
25 Freestyle	S1-14		S1-14									
50 Freestyle	S1-14		S1-14		S1-14		S1-14		S1-14		S1-14	
100 Freestyle			S5-14		S1-14		S1-14		S1-14		S1-14	
200 Freestyle			S5-14		S1-14		S1-14		S1-14		S1-14	
500Y Free					S6-14		S6-14		S6-14		S6-14	
25 Backstroke	S1-14		S1-14									
50 Backstroke	S1-14		S1-14		S1-14		S1-13		S1-14		S1-5	
100 Backstroke			S5-14		S1-14		S1-14		S1-14		S1-10	
200 Backstroke									S6-10		S6-10	
									S11-14		S11-14	
25 Breaststroke	SB1-9		SB1-9		SB1-3		SB1-3		SB1-3		SB1-3	
	11-14		11-14									
50 Breaststroke			SB3-9		SB1-9		SB1-9		SB1-9		SB1-3	
			11-14		11-14		11-14		11-14		11-14	
100 Breaststroke					SB3-9		SB3-9		SB3-9		SB1-10	
					11-14		11-14		11-14		11-14	
200 Breaststroke									SB6-9		SB4-10	
									11-14		11-14	
25 Butterfly	S5-14		S1-14		S1-5		S1-5		S1-5		S1-5	
50 Butterfly			S5-14		S1-14		S1-14		S1-14		S1-7	
100 Butterfly					S5-14		S5-14		S5-14		S5-14	
200 Butterfly									S7-14		S8-14	
75 IM	SM1-4		SM1-4									
100 IM	SM4-14		SM4-14									
150 IM					SM1-4		SM1-4		SM1-4		SM1-4	
200 IM					SM4-14		SM4-14		SM4-14		SM3-14	
400 IM									SM5-14		SM5-14	



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**Powerlifting**

**Note:** *Competitors must be at least 14 years of age on the date of the competition.*

**Archery**

**Classes:** W1, W2 and Standing

**Bow Type:** Compound and Recurve

**Age Divisions:**

Yeoman - (Ages 7 – 9)

Bowmen - (Ages 10 -12)

Cub - (Ages 13 – 14)

Cadet - (Ages 15 – 17)

Junior - (Ages 18 – 20)

Young Adult - (Ages 21 – 22)

Adult - (Over 23)

Note: Archery event may be limited or cancelled dependent upon number of registrants

**Table Tennis**

**Classes:** TT1 – TT11

**Divisions:**

Open Singles

Open Doubles

Note: Class Events may also be held based on the number of competitors in each classification

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June 8-9, 2019**Junior Masonic Wheelchair Meet June 9, 2019  
Junior Track Relay Team Application**

TEAMNAME: \_\_\_\_\_ COACH: \_\_\_\_\_

Athletes must run in the order listed below

ATHLETE NAME	CLASS	AGE DIVISION	GENDER	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 ☐ Wheelchair ☐ Ambulatory4 X 100: Points: ☐ 10 ☐ 20 ☐ 304 X 400: Points: ☐ 30 ☐ 40800 Medley: Points: ☐ 30 ☐ 40 ☐ 50There 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 x100: 10 - 20 - 30 Point Teams

800 Medley: 100 + 100 + 200 + 400: 30 - 40 Point Teams

**II. AMBULATORY CLASSES**

Age Division	Class T35	Classes T36, T41/42, T61/63	Classes T11, T37/38, T43/44, T62/64	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 x100: 10 - 20 - 30 - 40 - 50 Point Teams

800 Medley: 100 + 100 + 200 + 400: 30 - 40 - 50 Point Teams

*\*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.*

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**Junior Masonic Wheelchair Meet June 8, 2019  
SWIM RELAY TEAM APPLICATION**

**TEAM NAME:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

Athlete Name	Class	Sex (Circle)	Points
		F - M	
		F - M	
		F - M	
		F - M	
<b>Total Points</b>			

**EVENT:\***      Male ( )      Female ( )      Mixed ( )

4 x 25      Points 10 ( )      20 ( )      30 ( )  
Freestyle Relay

4 x 25      Points 15 ( )      25 ( )      35 ( )  
Medley Relay

4 x 50 Points 30 ( )      40 ( )  
Freestyle Relay

4 x 50 Points 30 ( )      40 ( )  
Medley Relay

*\*Separate Forms must be completed and filed for each event.*

**B. JUNIOR RELAYS**

There will be three types of relay teams: all male, all female or mixed. Points will be assigned to each team member in accordance with the following table:

Age Class	S1 – 4	S5 – 6	S7 – 8	S9 - 10
U7/U11	1	2	3	4
U14	2	3	4	5
U16/U18	3	4	6	8
U20/U23	4	6	8	10

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**Dinner Reservation Form @ North Brunswick High School (Track Area)**

***Saturday, June 8, 2019***

**5:30 – 7:30 PM**

Immediately following the 5000 meter  
Dinner will be a barbeque

Athlete/Coach/Official Name: \_\_\_\_\_

# of Guests \_\_\_\_\_

If you have a food allergy, please contact Ralph Armento at [ralph461@msn.com](mailto:ralph461@msn.com) or at 732-422-9094 and we will do our best to accommodate you.