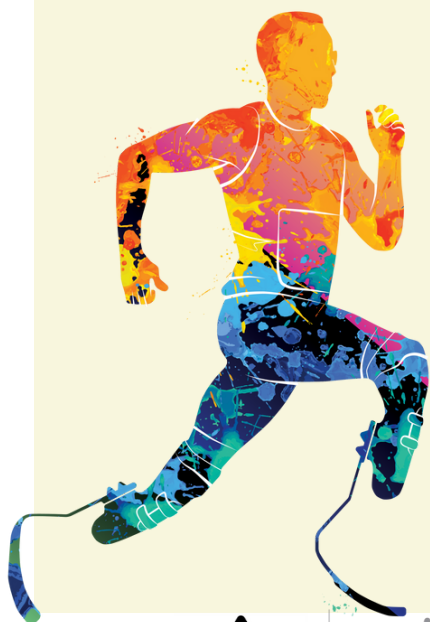


REGISTER  
HERE



# THE 52ND ANNUAL TRI-STATE GAMES



PRESENTED BY:

TRI-STATE WHEELCHAIR & AMBULATORY ASSOCIATION  
& NAVIGATORS ADAPTIVE SPORTS CLUB

SANCTIONED BY

Move United  
USATF

SPORT EVENTS CONTESTED

Track, Field, Archery and Powerlifting  
(Electronic Timing)



# MAY 26 - 28

RAHWAY RIVER PARK, CLARK, NJ

## QUESTIONS?

- 908.325.5052
- [naviadaptivesports@gmail.com](mailto:naviadaptivesports@gmail.com)
- [navigatorsadaptivesports.com](http://navigatorsadaptivesports.com)

JOIN OUR COMMUNITY!

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# THE 52ND ANNUAL TRI-STATE GAMES



This is a Move United sanctioned event for athletes in both the Junior and Adult/Open divisions.

MEET DIRECTOR: John Guimaraes - Contact: Tel. 646-684-7658 / Email:  
john@navigatorsadaptivesports.com

**FEES & REGISTRATION:** The fees include registration, online registration service fee, meet sanctioning and qualification for the 2023 Move United Junior National Championships. Online Registration must be completed by May 11, 2023 at 11:59 PM to avoid a late fee. A late fee of \$35.00 will be assessed for each online registration between May 12 – 15 at 11:59 PM.

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

<b>Registration Fees (By May 11)</b>	<b>Registration Fees (Between May 12 - 15)</b>
<b>Juniors - \$75.00</b>	<b>Juniors - \$110.00</b>
<b>Adults/Open - \$75.00</b>	<b>Adults/Open - \$110.00</b>
<b>Veterans - waived</b>	<b>Veterans - waived</b>

The Tri-State Games LOC reserves the right to limit or cancel events based on enrollment as of May 15, 2023.

Review the classification and eligible events details on Pages 5-7 and the Simply Register Online Registration instructions on Page 18 prior to start the online registration.

ONLINE REGISTRATION FORM:

<https://bit.ly/3mZDN9P>

Online Registration will end on Monday, May 15, 2023

**REGISTER  
HERE**



Registration will NOT be available at the games.

### Transportation

Transportation will NOT be provided. Athletes and coaches are responsible for their transportation.

### **\*\* FOOD & MEALS \*\***

Meals will be provided to athletes first, coaches, officials, meet management, all-day volunteers, and parents/families in that order.

**\*\* There will be food vendors available for anyone wishing to purchase food from 11am -1pm on Saturday and Sunday \*\***

Hot Dogs, Hamburgers, Mac n Cheese, Brisket and Drinks

**\*\* Soft Serve Ice Cream \*\***

### NATIONAL CLASSIFICATION:

Important: We are still waiting for the confirmation for the National Classification Panel assignment. Therefore, National classification for athletes with physical impairments might NOT be available.

Athletes that have never been Nationally classified will be given a provisional classification to compete at the Tri-State Wheelchair & Ambulatory Games. Please contact John Guimaraes at [john@navigatorsadaptivesports.com](mailto:john@navigatorsadaptivesports.com) if you have a physical impairment and don't have a National classification.

### Athletes with Physical Impairments (PI)

All athletes that go through national classification must complete the National Medical Diagnostics Form. The national forms do not need to be filled out by a doctor and should be submitted to [NPCUSAcclassification@usopc.org](mailto:NPCUSAcclassification@usopc.org) no later than April 22, 2023. The form should clearly define which of the eligible impairment(s) the athlete has and supporting documentation should be provided to verify the underlying health condition or origin of the impairment(s). If a National Classification Panel is assigned, National classification appointments will take place on Friday, May 5th. Be sure to submit all the required documents and complete the registration by April 22nd to be considered for an appointment.

National Medical Diagnostics Form Download Link => National Medical Diagnosis Form

The National Classification Evaluation process consists of:

- Physical Assessment - A series of functional ability tests performed by a Medical Classifier
- Technical Assessment - A series of practical ability tests observed by a Technical Classifier
- Provisional Sport Class Allocated - Based on the results of both of the above tests, athletes are allocated a provisional sport class
- Observation in Competition - This will confirm or alter the provisional sport class allocation

## Athletes with Visual Impairments (VI)

All athletes with a visual impairment that have not been classified must submit the National Visual Impairment Medical Diagnostics Form along with supporting documentation related to the diagnosed eye condition as outlined on the medical diagnosis form at least four weeks prior to competition to the USOPC Classification Manager at [npcusaclassification@usopc.org](mailto:npcusaclassification@usopc.org) to receive their national classification. This form must be completed by athlete's ophthalmologist. The National Visual Impairment Medical Diagnostics Form can be found at the end of this document.

National VI Medical Diagnostics Form Download Link => National VI Classification Form

## Athletes with Intellectual and Developmental Impairments

Athletes with an intellectual and developmental disabilities competing in track and field at the Tri-State Wheelchair and Ambulatory Games must contact Athletes Without Limits

<http://www.athleteswithoutlimits.org/eligibility> to apply for eligibility to obtain their national classification. The three main criteria to be eligible for the II sport class of Paralympic Competition are:

- IQ of 75 or below (Must be \*WISC, WAIS, Stanford-Binet or Raven)
- Significant limitations in Adaptive Behavior (Vineland, ABAS or Other)
- Onset before age 18

## Tri-State Wheelchair & Ambulatory Games – Schedule of Events

Athletes must be checked in by the start of the competition or he/she will not be able to compete.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
<b>Friday May 27th</b>			
<b>Athlete Check-in</b>	4:00 pm – 7:00 pm	Athlete Check-in	Cranford Recreation Center
<b>Powerlifting Weigh-in and Uniform Check</b>	4:30 pm – 5:00 pm	Powerlifting Weigh-in and Uniform Check	Cranford Recreation Center
<b>Powerlifting Brief Instruction</b>	5:00 pm – 5:30 pm	Powerlifting Brief Instruction	Cranford Recreation Center
<b>Powerlifting Warm Up</b>	5:30 pm – 6:00 pm	Powerlifting Warm Up	Cranford Recreation Center
<b>Powerlifting</b>	6:00 pm - 8:00 pm	Weigh-in and Powerlifting	Cranford Recreation Center
<b>Saturday May 28th</b>			
<b>Archery Check-in</b>	7:00 am – 8:00 am	Athlete Check-In	Oak Ridge Park Archery Range
<b>Competition</b>	8:00 am – 10:00 am	Archery Competition	Oak Ridge Park Archery Range
<b>Field Athlete Check-in</b>	7:30 am - 1:30 pm	Athlete Check-in	Rahway River Park
<b>Field Morning Session</b>	8:30 am – 12:30 am	Field	Rahway River Park Field
<b>Lunch</b>	11:30 am – 1:00 pm	Lunch	Rahway River Park
<b>Field Afternoon Session</b>	1:30 pm – 5:30 pm	Field	Rahway River Park Field

<b>Sunday May 29th</b>			
<b>Athlete Check-in</b>	7:15 am - 8:30 am	Athlete Check-in	Rahway River Park
<b>Track</b>	8:00 am - 8:50 am	Track Warm-up	Rahway River Park Track
<b>Track</b>	9:00 am - 3:00 pm	Track: Juniors/Adults	Rahway River Park Track

Athletes with personal field implements must present all implements at weigh-in room 90 minutes prior to start of the field competition.

\*\* Pending National Classification Panel Assignment by the USOPC.

# 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																																				
5000 Meter **																																				
Class	Class 51, 52					Class 53					Class 54					Class 61					Class 62					Class 63					Class 64					
Age Division	U11	U14	U16	U20	U23	U11	U14	U16	U20	U23	U11	U14	U16	U20	U23	U11	U14	U16	U20	U23	U11	U14	U16	U20	U23	U11	U14	U16	U20	U23	U11	U14	U16	U20	U23	
60 Meter			51																																	
100 Meter																																				
200 Meter																																				
400 Meter	52																																			
800 Meter			52																																	
1500 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																														
Triple Jump																														
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																														

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										

# Junior Athlete Events - Track & Field Classes 31-38, TRR1-2

Track 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
20 Meter Dash																									
60 Meter Dash																									
100 Meter																									
200 Meter																									
400 Meter																									
800 Meter																									
1500 Meter																									
5000 Meter **																									
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					
20 Meter Dash																									
60 Meter Dash																									
100 Meter																									
200 Meter																									
400 Meter																									
800 Meter																									
1500 Meter																									
5000 Meter **																									

\* Classes 31 - 32 are for Frame Running events (a.k.a. Race Running)

\*\* 5000 Meter Minimum Time Standards for Males: 33-34 (15:50); 35-38 (25:00)

\*\* 5000 Meter Minimum Time Standards for Females: 33-34 (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																									
Kick																									
Precision																									
Med. Ball Thrust																									
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																									
High Jump																									
Triple Jump																									

## Adult Events - Track & Field Classes

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

\* Classes 31 - 32 are for Frame Running events (a.k.a. Race Running)

\*\* 5000 Meter Minimum Time Standards for Males: 11-13, 20, 35-38, 43-47, 62, 64 (25:00); 33-34, 51-54 (15:50)

\*\* 5000 Meter Minimum Time Standards for Females: 11-13, 20, 35-38, 43-47, 62, 64 (27:00); 33-34, 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												
High Toss												
Kick												
Precision												
Med. Ball Thrust												
Shotput												
Discus												
Javelin												
Long Jump												
High Jump						38		42,44-46				61,63-64
Triple Jump						38		45-46				

# Junior Track Relay Team Application

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

**Athletes must run in the order listed below**

ATHLETE NAME	CLASS	AGE DIVISION	GENDER		POINTS
			Male	Female	
			Male	Female	
			Male	Female	
			Male	Female	
			TOTAL POINTS		

EVENT: \*      Male      Female      Mixed                      Wheelchair      Ambulatory

4 X 100:                      Points:                      10                      20                      30

4 X 400:                      Points:                      30                      40

800 Medley:                      Points:                      30                      40                      50

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
U17	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
U17	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.*

## **Junior and Adult Powerlifting Event (Friday, May 27)**

Note: Competitors must be at least 14 years of age on the date of the competition.  
The Powerlifting competition is not sanctioned by World Para / IPC.

# Host Hotel for Tri-State Wheelchair and Ambulatory Games

IMPORTANT: There are two hotel blocks reserved on a first come, first served basis. 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. Lodging arrangements are the responsibility of each team or individual athlete.

Fairfield by Marriott Woodbridge  
1295 Route 1 South  
Avenel, NJ 07001  
P: 732-396-9700

Hotel Room Rate Block Availability: May 26-28, 2023  
Hotel Room Discounted Rate: \$199.00 + Applicable Tax  
Room block held until May 1, 2023

Online Reservation (Click link): [Tri-State Games – Fairfield Group Reservation](#)

Hilton Garden Inn Springfield  
304 Route 22 West  
Springfield, NJ 07081  
P: 973-232-5300

Hotel Room Rate Block Availability: May 26-28, 2023  
Hotel Room Discounted Rate: \$170.00 (King) or \$180 (Queen) + Applicable Tax  
Room block held until May 10, 2023

Online Reservation (Click link): [Tri-State Games – Hilton Garden Inn Group Reservation](#)

Note: To book the double queen bed room s, click Accessible Rooms option

For phone reservations, please call 973-232-5300 and mention the code: STATES or TRI-STATES  
GAMES ROOM BLOCK.

# Directions to Rahway River Park Track from the Garden State Parkway

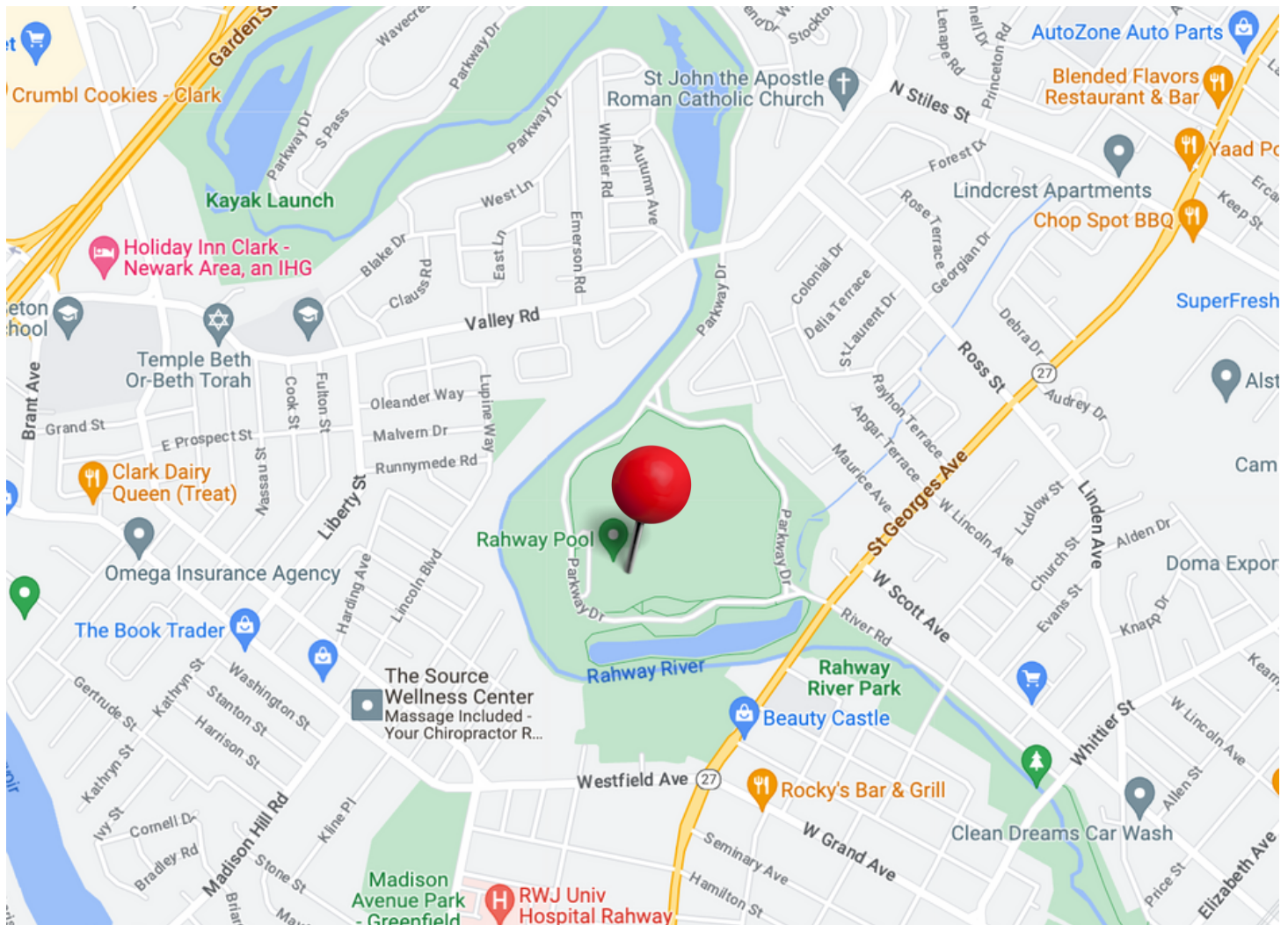
GPS Address: 3 Parkway Drive, Rahway, NJ 07065

From Garden State Parkway North

- Take exit 135 toward Westfield
- Use the middle lane and keep left at the fork to turn Right onto Central Avenue
- Keep Left at the fork to stay on Central Avenue
- Take a slight Right onto Valley Road and continue for approximately 1 mile
- Turn Right onto Parkway Drive to enter the Rahway River Park and continue for approximately ½ mile on the right lane. The parking lot will be on your right across from Rahway River Park Pool

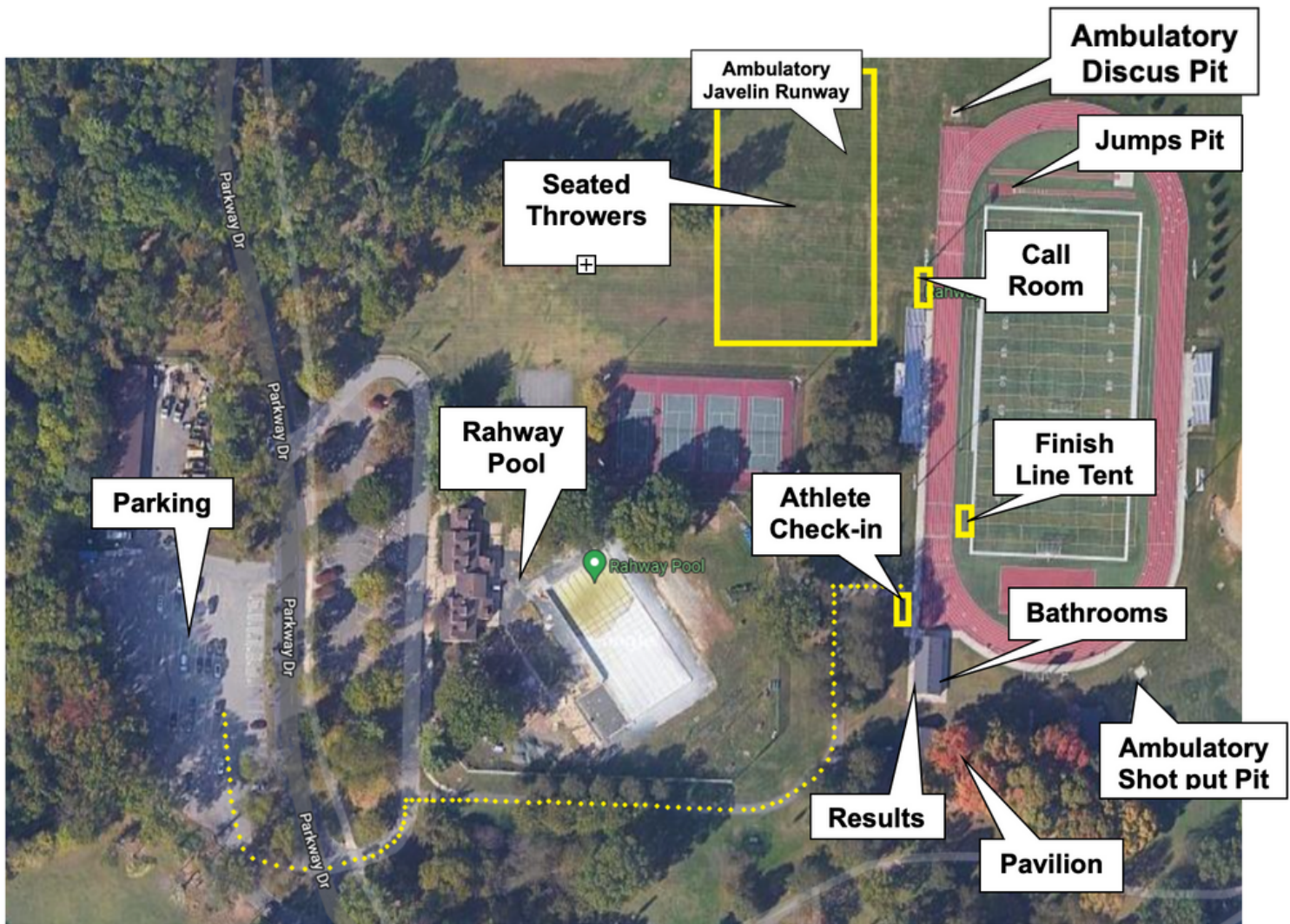
From Garden State Parkway South

- Take exit 135 toward Westfield
- Keep left at the fork and use the left lane to turn Left onto Central Avenue
- Keep Left at the fork to stay on Central Avenue
- Take a slight Right onto Valley Road and continue for approximately 1 mile
- Turn Right onto Parkway Drive to enter Rahway River Park and continue for approximately ½ mile on the right lane. The parking lot will be on your right across from Rahway River Park Pool



# EVENT MAP

Subject to change





## 21st Kessler Foundation Wheelchair 10K



Kessler Foundation presents the 21st Annual Wheelchair 10K, the wheelchair division of the Fred d'Elia Ridgewood Run held on Memorial Day, Monday, May 29, 2023 in Ridgewood, NJ at Graydon Park & Pool – 218 Northern Pkwy, Ridgewood, NJ 07450.

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 over \$20,000 in cash prize awards! Wheelchair racers from around the world will kick-off the series of seven events that comprise the Fred d'Elia Memorial Day Ridgewood Run. With the support of the North Jersey Masters, the Kessler Foundation Wheelchair 10K has grown to one of the largest 10Ks in the country. The Wheelchair 10K begins at 8:15 am, with registration check-in opening at 7 am. Registration is \$25 per racer.

The Kessler Foundation will be providing shuttle transportation between the host hotel Fairfield Inn & Suites Paramus and Graydon Park (Kessler Wheelchair 10K start/finish line). A limited number of travel stipends and complimentary hotel rooms for athletes who live out of the area will be available on a first-come, first-serve basis. Please contact the Kessler Wheelchair 10K Race Director, Angela Smith at [ASmith@kesslerfoundation.org](mailto:ASmith@kesslerfoundation.org) or 973-324-8448 if you have any questions or need additional information.

The Online application for the 21st Kessler Foundation 10K can be found at the following link:

<https://www.classy.org/event/kessler-foundations-20th-annual-wheelchair-10k/e392900>

### About Kessler Foundation:

Kessler Foundation is the largest public charity supporting people with disabilities. Kessler Foundation Research Center improves the quality of life for people with physical and cognitive disabilities through rehabilitation research in its six specialized laboratories under the leadership of noted research directors--Human Performance & Engineering Research, Neuropsychology & Neuroscience, Outcomes & Assessment Research, Spinal Cord Injury Research, Stroke Rehabilitation Research, and Traumatic Brain Injury Research. While the staff of each laboratory has expertise in a particular area, collaboration often enhances progress toward finding ways to overcome the obstacles faced by people with disabilities caused by brain injury, spinal cord injury, multiple sclerosis, stroke, arthritis, and other chronic neurological and orthopedic conditions. Kessler Foundation Program Center focuses on solutions to address the persistently high rates of unemployment among people with disabilities. Through strategic funding and philanthropic leadership, Kessler Foundation has invested more than \$40 million in programs to increase the participation of individuals with disabilities in the workforce. Creating job opportunities through development, placement, employer education, and social enterprise has enabled greater independence and economic self-sufficiency. Kessler Foundation Program Center provides assistance to community organizations that create employment programs or integration opportunities for people with disabilities. Grant recipients include national and local organizations whose missions complement that of Kessler Foundation.

## **20<sup>th</sup> Kessler Foundation Wheelchair 10K – Prize Money Structure**

### **KESSLER FOUNDATION'S 21<sup>st</sup> ANNUAL WHEELCHAIR 10K**

WHEELCHAIR DIVISION OF THE FRED D'ELIA MEMORIAL DAY RIDGEWOOD RUN  
MONDAY, MAY 29, 2023

### **PRIZE MONEY STRUCTURE**

OPEN			OPEN QUAD		OPEN MASTERS		GRANDMASTERS	
	Male	Female						
1st	\$2,500	\$2,500	1st	\$1,500	1st	\$1,500	1st	\$1,000
2nd	\$1,500	\$1,500	2nd	\$750	2nd	\$750	2nd	\$500
3rd	\$500	\$500	3rd	\$500	3rd	\$500		
4th	\$400	\$400	4th	\$400	4th	\$400		
5th	\$300	\$200	5th	\$200	5th	\$200		
6th	\$200							
7th	\$100							

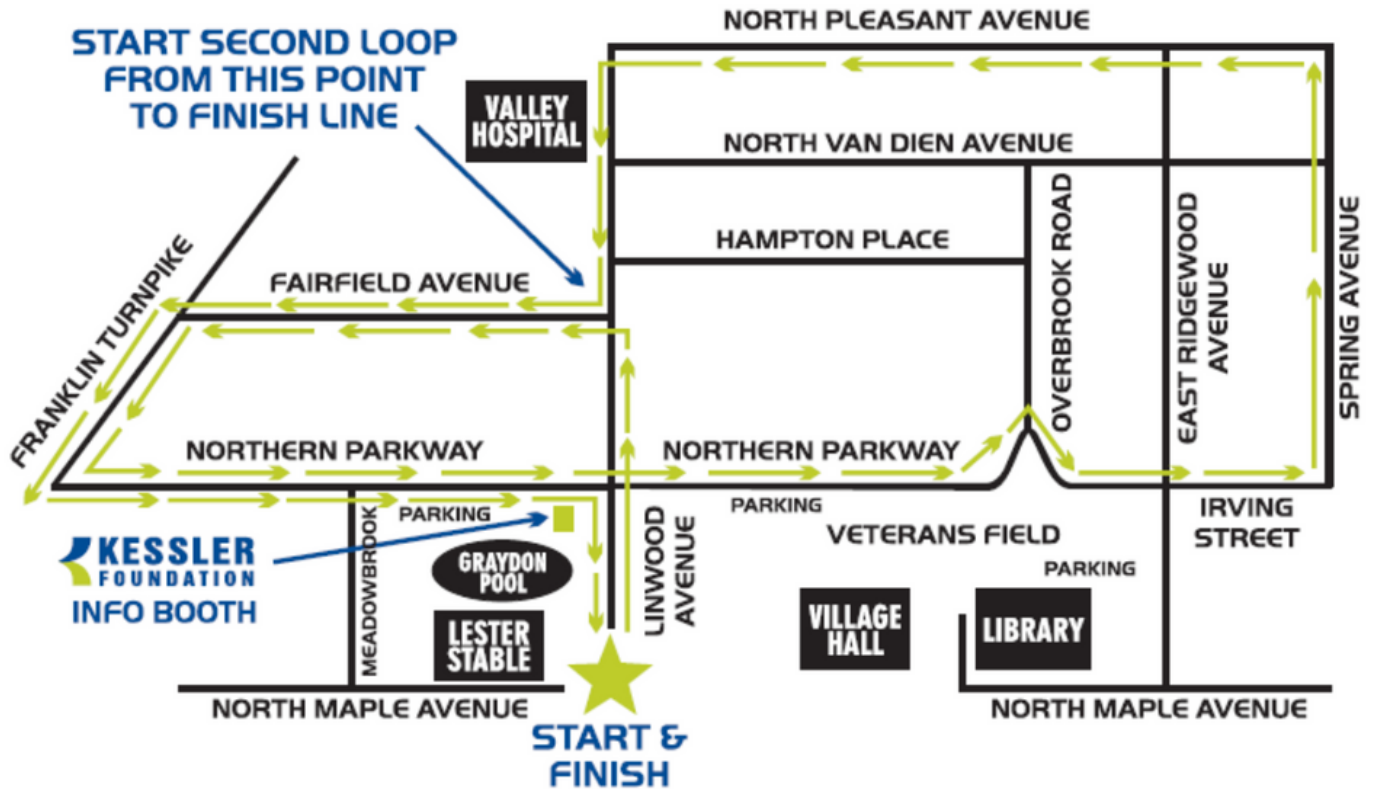
E*ATHLETE			JUNIOR		
	Male	Female		Male	Female
1st	\$300	\$300	1st	\$300	\$300
2nd	\$200	\$200	2nd	\$200	\$200

*Masters must be 40 years of age or older on race day.  
Grandmasters must be 50 years of age or older on race day.  
E\*Athletes must be between 19-21 years of age on race day.  
Juniors must be 18 years of age or under on race day.*

# Kessler Foundation Wheelchair 10K Course Map



## WHEELCHAIR 10K COURSE MAP



The course is best described as tree lined, flat and one of the fastest in the East.

# Directions from Fairfield Inn & Suites to Kessler Foundation Wheelchair 10K

GPS Address to Garydon Park & Pool:  
218 Northern Pkwy  
Ridgewood, NJ 07450

