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THE 55TH 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 22nd - 24th

QUESTIONS?

- 908.325.5052
- naviadaptivesports@gmail.com
- navigatorsadaptivesports.com

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THE 55th 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. (908) 325-5052 / Email:
john@navigatoradaptivesports.com

FEES & REGISTRATION: The fees include registration, online registration service fee, meet sanctioning and qualification for the 2025 Move United National Championships.

Online Registration must be completed by May 7 at 11:59 PM to ~~avoid a late fee~~. No Late Fees Will Be Applied This Year

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

Registration Fees (By May 7)	Registration Fees (Between May 8 - 15)
1 Event/ Sport - \$40	\$75
2 Sports - \$65	\$100
3 or More Sports - \$80	\$115

The Tri-State Games LOC reserves the right to limit or cancel events based on enrollment as of May 7th.

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.

<https://tri-stategames.com/>

Online Registration will end on Wednesday, May 7

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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 coaches, officials, meet management, and volunteers

No food trucks will be available this year, however you may pre-purchase a meal ticket for \$15 at time of registration for Saturday. Sunday meal tickets will be available for pre-purchase at the registration tent.

Saturday 11am -1pm - TBD

Box Lunch - TBD

We will have several proteins and a vegetarian option

Sunday - TBD

NATIONAL CLASSIFICATION: - Confirmed

Important: 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@navigatoradaptivesports.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 no later than April 22, 2026. 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 23rd. Be sure to submit all the required documents and complete the registration 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 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>
Friday May 22nd			
Athlete Check-in	4:00 pm - 9:00 pm	Athlete Check-in	Cranford Community Center
Powerlifting Weigh-in and Uniform Check	4:30 pm - 6:00 pm	Powerlifting Weigh-in and Uniform Check	Cranford Community Center
Powerlifting Brief Instruction	6:00 pm - 6:15 pm	Powerlifting Brief Instruction	Cranford Community Center
Powerlifting Warm Up	6:15 pm - 6:45 pm	Powerlifting Warm Up	Cranford Community Center
Powerlifting	6:45 pm - 9:00 pm	Powerlifting	Cranford Community Center

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Saturday May 23rd			
Archery Athlete Check-in	7:00 am - 8:00 am	Athlete Check-in	Oak Ridge Park Archery Range
Archery Competition	8:00 am - 10:00 am	Archery Competition	Oak Ridge Park Archery Range
Field Athlete Check-in	7:30 am - 1:30 pm	Athlete Check In	Rahway River Park - Field
Field Morning Session	8:30 am - 12:30 pm	Field	Rahway River Park - Field
Lunch	11:30 am - 1:00 pm	Lunch	Rahway River Park
Field Afternoon Session	1:30 pm - 5:30 pm	Field	Rahway River Park - Field
Tri-States Social	6:00pm - 9:00pm	TBD	TBD

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Sunday May 24th			
Track Athlete Check-in	7:15 am - 8:30 am	Athlete Check In	Rahway River Park
Track Competition	8:00 am - 8:50 am	Track Warm-Up	Rahway River Park - Field
Lunch	11:00 am - 1:00 pm	Lunch	Rahway River Park
Track Competition	9:00 am - 3:00 pm	Track	Rahway River Park - Field

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

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.*

Powerlifting Event (Friday, May 22nd)

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.

HolidayInn Clark
36 Valley Rd,
Clark, NJ 07066

P: 732-574-0100

Mention Group : Tri State Games
[Click This Link](#)

Hotel Room Rate Block Availability: May 22-24th 2026

Directions to Rahway River Park Track from the Garden State Parkway

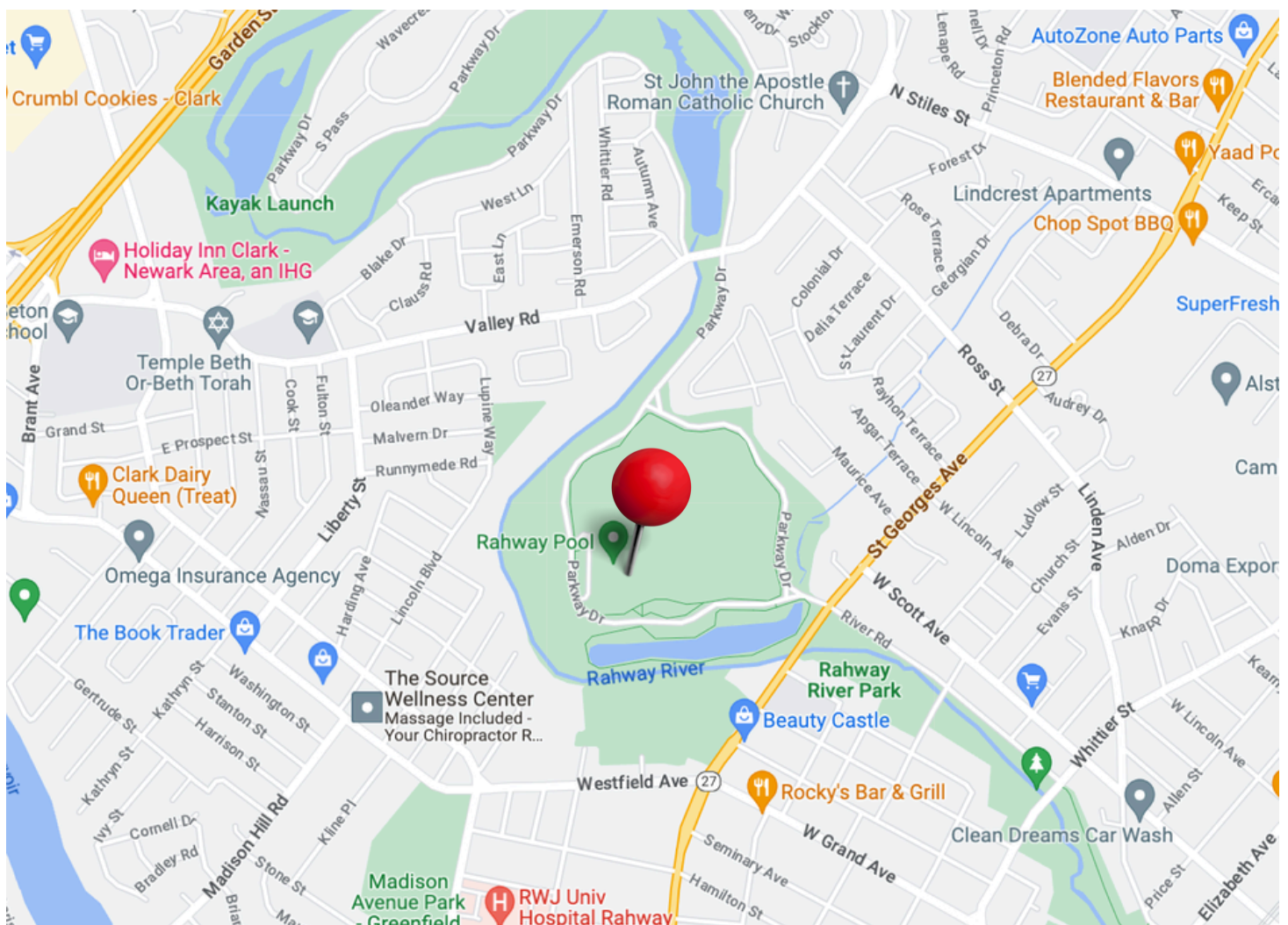
GPS Address: 3 Parkway Drive, Rahway, NJ 07065

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

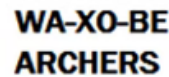
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Raymond P. Catlaw

