



2023 USATF Mid-Atlantic Open & Masters and East Region Masters Outdoor championships

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Meet & Venue Information:

Meet Information:

Sat June 3rd.

2:00-4:00pm: Clinics

Link to website to sign up (available May 4).

Sun June 4th

2023 USATF Mid-Atlantic Open & Masters and East Region Masters Outdoor Championships

USATF Sanctioned Event.

Current USATF Membership is required.

Entry Deadline: A week prior to Meet , 11:59PM **Fri May 26th 2023**

Early bird registration (by 11:59pm ET May 15) will be entered into a prize drawing. 10 winners will drawn from a raffle and may collect their prize on June 4.

DIVISION CLASSIFICATIONS:

Open:

Rule 141.1.a - The Open classification shall have no maximum age limit.

Rule 141.1.a.i - In Men's Track & Field, this classification has no minimum age limit. In Women's Track & Field, athletes shall be fourteen (14) years of age or older on the day of competition.

Masters:

Rule 141.1.d.i - the masters classification shall be limited to athletes who are at least thirty-five (35) years old on the first day of the meet. However, according to Rule 330.2, the Masters Track & Field Committee may conduct Championships for athletes aged 25 through 34. Therefore, we are offering the opportunity for athletes in the 25-29 age-group and 30-34 age-group to compete under Masters.

Note: Athletes ages 25 through 34 must declare as Open or Masters Division and complete in that Division for the entire competition.

Venue Information: Karl Van Norman/[Robert T. Maxson Track - Mansfield University](#)

164 Stadium Dr, Mansfield, Pennsylvania, United States

Directions to track [here](#)

Included in the Van Norman complex is Robert T. Maxson Track, home to the Mountaineer track & field teams. Maxson Track went through a complete renovation in the summer of 2012 with full resurfacing of the facility and the expansion from a six lane track to an eight lane track.

In addition to the eight-lane track, Maxson Track includes a high jump area at the East end of the facility and jump and pole vault pits in the Northeast end of the facility. Following the renovation of the the Van Norman complex, all throwing events were moved to Russell Practice Field, a short walk away from Maxson Track. The throws area features separate discus and hammer cages, a shot put area, and an all-weather javelin runway.

Maxson Track played host to the 2006 and 2016 PSAC Outdoor Track & Field Championships.

Maxson Track is named for Robert T. Maxson who passed away suddenly in December of 1975 at the age of 45. Soon after his death, the college's council of trustees voted to name the track in his honor.

[Campus Map](#)

Concession stand will be available with drinks, snacks, nachos, hot dogs, chips, etc.



Meet Contact:

Meet Director: Mike Rohl mrohl@mansfield.edu, 570-404-2158

USATF Mid Atlantic HP Committee Chair: Alison Schwalm/Rogers Glispy masters@midatlantic.usatf.org

[USATF Mid Atlantic Facebook](#)

Schedule:

Saturday June 3rd

2:00-4:00 Track and Field Seminars

Throws: Mike Rohl, Sprints Bernie Empie, Jumps Kristen Stam, Distance Michelle Rohl

Seminar participation fee would be 50.00 dollars per person. Each seminar will cover basic skills and training theory, insight, they may include a physical component (learn by doing) and class room sessions.

Sign up will be available May 4, 2023.

7:00-7:30 PM early packet pick up

Sunday June 4th

7:30 AM Facility Opens

8:00 AM Racewalk Check-ins

8:15 Field Event Check-ins at event

Field Events Schedule

9:00

Javelin Men followed by Women

Shot Men followed by Women

Hammer Women followed by Men

Long Jump Men followed by Women

Triple Jump Women followed by Men

Pole vault Women followed by Men

High Jump Women followed by Men

11:00 Approximate Start

Discus Men Followed by women

Weight Women followed by Men

Super Weight Men & Women

Track Events 9:00am Start

Racewalk
5000M
80m Hurdles
100 Hurdles
110 Hurdles
2000 Steeple
3000 Steeple
100 M
100 M
1500 M
1500 M
400 M Relay
400 M Relay
400 M
400 M
200 Hurdles
300 Hurdles
400 Hurdles
800 M
200 M
1600 M Relay

Entry Fee

\$20 for the first Individual Event

\$10 each subsequent Event

\$40 per Relay Team

Awards:

Individuals:

Top three (3) Mid-Atlantic finishers in each age/sex division; non-duplicate awards to non-Mid-Atlantic members finishing in top three overall in their age/sex division.

Team Scoring:

The winning Men's and Women's teams (for both open and masters) will be based on age graded scoring for both individual and relay events (Only Mid-Atlantic teams can score).

The winning Men's and Women's teams (for both Mid-Atlantic Open and Masters) will be awarded a \$500 travel stipend to the USATF National Club Track & Field Championships/USATF Masters Outdoor Championships (if applicable).

Accommodation & Dining:

Housing:

- 1) Campus housing: \$ 50.00 dollars per person. You must provide your own linens and towels. Each room has a private bathroom and two beds. <https://www.mansfield.edu/residence-life/>
Link available end of April
- 2) Local Hotels (located within 2 miles of track)
 - [Quality Inn & Suites](#): 300 Gateway Dr. Mansfield, Pa. 16933 570-662-3000 1.5M
 - [Hampton Inn & Suites](#): 98 Dorsett Heights. Mansfield, Pa. 16933. 570-662-7500 1.7M
 - [Microtel Inn & Suites by Wyndham Mansfield](#). 90 Dorsett Heights. Mansfield, Pa. 16933. 570-662-9300 1.8M
 - [Mansfield Inn](#), 26 S Main St. Mansfield, Pa. 16933 570-662-2136 0.9M
 - [Crossroads Bed & Breakfast](#). 131 South Main Street. Mansfield, Pa. 16933 607-426-5898 0.9MAdditional Hotels can be found in: Wellsboro 12 miles and Corning NY 20 Miles away

Dining: [Trip Advisor Link for local dining](#)

FAQs

FREQUENTLY ASKED QUESTIONS

Q. Where will the meet be held?

A. Karl Van Norman Field

GPS Address: 164 Stadium Dr., Mansfield, PA 16933

Q. Who can enter the meet?

A. Athletes must be any age for males and at least 14 for women. USATF membership requirement (current season).

Q. Does the meet have qualifying standards?

A. No, the meet has no qualifying standards. Any USATF member (or international guest athlete) can participate.

Q. Is food available at Van Norman Stadium?

A. Yes, there will be a concession stand selling drinks and snacks.

Q. Are showers and lockers available at Van Norman Stadium?

A. No.

Q. What's the track surface?

A. Polyurethane

Q. Will the meet provide starting blocks?

A. Yes; you may use only meet-supplied starting blocks.

Q. What kind of spikes can I wear?

A. Maximum ¼-inch pyramid spikes only. We perform a spike check before you can compete.

Q. Will throwing implements be provided?

A. Yes, limited to college equivalent weights and measure

Q. May I bring and use my own throwing implement(s)?

A. Yes, you may bring and use your own implement(s), but they must be weighed and inspected prior to the competition and will be impounded until your event(s). More information about implement inspection is available in the Athletes Info section of the meet website.

Q. Will there be poles available for athletes who do not bring their own to use at the meet?

A. No

Q. Where can I learn more about Van Norman Stadium?

A. See <https://gomounties.com/facilities/karl-van-norman-field/1>

Q. When will the final schedule be posted?

A. May 29th 2023 (2 days after entries close)

Q. What is the process for entering a relay team?

A. Relay teams may only enter on-site, however, each member of a relay team must also be entered in the meet as an individual. The normal entry process applies to each team member, including the deadlines. All relay teams must sign up in the packet pick-up area by on Sunday June 4th, for relays on.

For more information on relays, [click here](#).

Q. The fee for a relay is listed as \$40. Is that fee per person or per team?

A. Per team, but as noted each member of the team must already be entered in the meet as well.

Q. How do I send proof of age?

A. If after you complete your entry, the status of entry page indicates “dob docs needed,” then please fax or e-mail a copy of your birth certificate or the information page of your passport, with your membership number written on it, to the USATF National Office at 800-833-1466 or membership@usatf.org.

Q. Can I add an event or change my time or mark for an event?

A. Yes, you may do so until the late entry deadline on May 26th, 2023. After that date no changes may be made. You can, however, verify your entry, by event, on the

Q. Once I'm at the meet, how do I declare for an event?

A. At least one hour before each of your track events sign in on the declaration sheet for that event. For field events you must report to the event venue 20 minutes prior to the start time for your event. For track events, we post declaration sheets at the clerking area. For field events, we post declaration sheets at the field event venue.

Photos:

Will be available post meet free of charge - a link for download will

Be available after the meet.