

USATF NJ OPEN & MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, June 14th, 2014

Georgian Court University, Lakewood, NJ

Final Start times to be posted on 6/12

ORDER OF TRACK EVENTS

8:30am	10,000 Run	8:30am
	5000m Walk (M, W, Masters)	
	5000 Run	10:00am
	3000m Steeple (M16-59) (36")	10:45am
	3000m Steeple (OW) (30")	
	2000m Steeple (M60+, W30+) (30")	
	2000m Steeple (Ages 14-19)	
	100m - Trials	12:40pm
	Lunch Break	
	110mH, 100mH - Trials (or FOT)	1:15pm
	80m Hurdles (30") - FOT	
	800m	1:45pm
	110mH, 100mH - Finals	
	200H (30"), 300H (30"), 400H (30"; 33"&36")	
	100m Finals	
	400m	
	1500m	3:30pm
	200m	
	4x800, 4x100, 4x400	4:45pm



USATF MEMBERSHIP IS REQUIRED TO COMPETE

PRE-ENTRIES: \$15/1st event; \$10 each add'l event; Relays \$25

Postmarked by Monday, June 9th, 2014

Online by Thursday, June 12th 11:59pm

www.usatfnj.org/tf/track&field_schedule.html

RACE DAY ENTRIES: \$25/1st event; \$20 each add'l event

On-site Bib pickup begins at 7:30am at Georgian Court

AGE-GROUPS:

Open: Male 16+ & Female 14+;

Masters: 5 year age groups 30+

AWARDS:

Medals to top 3 USATF New Jersey in each age group in each event.

Medals to Non-NJ athletes if in top 3 of age group of an event.

Patch to 1st NJ AG winners - 1 patch per person

INFORMATION: usatfnj@hotmail.com; 973-334-8900

WE WILL BE FOLLOWING THE ORDER OF EVENTS LISTED

PLEASE BE AWARE THE TIMES ARE APPROXIMATE. SCHEDULE MAY RUN AHEAD OR BEHIND SCHEDULE

FIELD EVENTS :

4k Hammer (W<50)	8:30am
7.26k Hammer (M<50)	
1k Discus (W<50)	9:30am
2k Discus (M<50)	
1k Discus (W50-74, M60+), 700G Javelin (M50); 2K Shot (W75+)	
1.5K Discus (M50);600G Javelin (M60);3k Shot (W50-74, M80+); LJ (M&W 30+)	
TJ (M&W 30+);PV (M&W 30+, OW, OM<3.80m)	12:00pm
.75K Discus (W75+);500G Jav(W50, M70);6k Shot (M50);HJ(M&W 30+,OM,OW<1.68m)	
400G Javelin(W60+, M80+);4k Shot (M70);PV (W>=3.80m)	
6K Hammer(M50);TJ(OM, 40' board);HJ(W>=1.68m)	2:00pm
5k Shot (M60);PV (M>=5.15m, then 5.30m, then+10cm)	2:00pm
2k Hammer (W75+);HJ(M>=2.03m)	
3k Hammer (W50-75, M80+);600G Javelin (W<50);TJ(OW, 30' board)	
4k Hammer(M70);800G Javelin (M<50);4k Shot (W<50)	2:30pm
5K Hammer(M60);7.26k Shot(M<50)	

DIRECTIONS: Directions to Campus:

From Northern New Jersey, New York, or New England:
Take the Garden State Parkway South to Exit 91 and stay to the right. Go to the fourth traffic light and make a right onto Route 526 (Lanes Mill Road, which becomes County Line Road). Go approximately 5 miles and make a left onto Route 9 South. Turn right onto Ninth Street and continue to end. The Main Entrance to the university is on the right.

From Northwest New Jersey or Pennsylvania:
Take I-80 East or I-78 East to I-287 South to the Garden State Parkway South. Take the Garden State Parkway to Exit 91 and proceed as above.

From Coastal South Jersey:
Take the Garden State Parkway North to Exit 83. Take Route 9 North to Ninth Street (approximately 10 miles). Make a left onto Ninth Street and continue to end. The Main Entrance to the university is on the right.

NOTES: F.A.T. will be used. Implement weights for the appropriate Age/Gender Group. Hurdle heights & implement weights according to the USATF Masters rules. No 27" hurdles though. Most running events contested younger to older women followed by men. Age groups combined in some events if entry warrants. Vault and High Jump bar will not be lowered after event begins. If you miss your call, you forfeit that start or that attempt. **BEWARE: Events may run ahead or behind schedule!**

CHECKS PAYABLE & MAIL ENTRIES TO: USATF-NJ, PO Box 330, Boonton, NJ 07005

Please enter me in the following (circle one) Open or Masters events:

1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____ 5. _____ / _____
Event Seed/Mark Event Seed/Mark Event Seed/Mark Event Seed/Mark Event Seed/Mark

Use separate forms to enter Open AND Masters events.

ENTRY FEE ENCLOSED \$ _____
 (Check or Money Order ONLY)
NO REFUNDS or TRANSFERS for any reason!

LAST NAME _____ FIRST NAME _____ M F Birth Date _____ Age _____

STREET ADDRESS (w/Apt. No.) _____ 2014 USATF Number **Required** _____ Area Code _____ Phone _____

CITY _____ STATE _____ ZIP _____ Exact Name of USATF Club, if applicable _____

RELEASE: IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, I INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES, WHICH I HAVE, OR WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE NEW JERSEY ASSOCIATION OF USATF, INC., BERGEN COUNTY OR THEIR RESPECTIVE OFFICERS, AGENTS REPRESENTATIVES, SUCCESSORS OR ASSIGNS, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH THE ENTRY IN AND ARISING OUT OF MY TRAVEL TO PARTICIPATION IN, AND RETURN FROM THIS TRACK & FIELD MEET.

Signature of Athlete

If under 18 - Signature of Parent (not coach)

Date