

**USATF NEW JERSEY OPEN & MASTERS
INDOOR TRACK & FIELD CHAMPIONSHIPS
COMBINED OPEN & MASTERS CLUB CHAMPIONSHIP**

SUNDAY, JANUARY 11, 2015

John Bennett Indoor Athletic Complex
1519 Hooper Avenue, Toms River, NJ 08753



FINAL SCHEDULE OF EVENTS

TIME SCHEDULE IS APPROXIMATE AND MEET MAY BE RUNNING AHEAD OR BEHIND SCHEDULED TIME

Track Events starting at 12:00pm

12:00pm	60mH
12:25pm	60m
1:10pm	3000m
1:45pm	60m & 60mH Finals
2:00pm	800m
2:20pm	3000m Race Walk
2:55pm	400m
3:15pm	1500m
3:50pm	200m
4:15pm	4x400m relay, 4x800m relay

Field Events starting at 10:00am

10:00am	Long Jump (men & women 30+)
10:30am	Triple Jump (men & women 30+)
11:00am	Pole Vault
11:00am	Shot Put (2kg)
11:00am	Long Jump (men & women under 30)
11:30am	Triple Jump (men & women under 30)
12:00pm	Shot Put (4kg)
1:00pm	High Jump
1:00pm	Shot Put (3kg)
1:45pm	Shot Put (5kg)
2:30pm	Shot Put (16lb)
3:00pm	Shot Put (6kg)

Meet Information

- PRE-REGISTRATION ONLY.
- NO MEET DAY ENTRIES ACCEPTED.
- Relays: \$30 per relay, day of meet only, by 2:30pm.
- Door open and check-in starts at 9:30am.
- Spike length inspection and certification done at check-in and bib pick up. **Up to 1/8" pyramid spikes are allowed.**
- Age groups may be combined in some events if entries warrant.
- All rules, including hurdle heights and implement weights, according to USATF Competition Rules.
- Vertical jumps will start at a low height and move upward; bars will not be lowered after event begins.
- USATF-NJ and USATF-non-NJ will be mixed seeded.

Age Groups

Open: 14+ for women, 16+ for men
Masters: 5 year age groups starting at age 30.

An active 2015 USATF Membership is **REQUIRED** and available at www.usatf.org

Awards

- Medals to top 3 USATF New Jersey athletes.
- Medals to USATF-non-NJ athletes in the top 3.
- Patch to winning USATF-NJ athletes (one patch per athlete).
- Club Trophy awarded for most combined male/female open & masters USATF-NJ team.

For directions visit: http://www.tomsriveronline.com/John_Bennett_Complex.htm

For questions or more information please contact USATF-NJ at (973) 334-8900 or usatfnj@hotmail.com