

**USATF NEW JERSEY
OPEN & MASTERS
INDOOR TRACK & FIELD CHAMPIONSHIPS
SUNDAY, JANUARY 29, 2017**

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

This schedule is preliminary and subject to change-A final schedule will be posted on usatfnj.org no later than January 27, 2017 We will be following the order of events listed below:

Track Events starting at 12:00pm

60mH
60m
3000m
60m & 60mH Finals
800m
3000m race walk
400m
1500m
200m
4x400m relay
4x800m relay



Field Events starting at 10:00am

Long Jump (men & women 30+)
Triple Jump (men & women 30+)
Pole Vault
Shot Put
Long Jump (men & women under 30)
Triple Jump (men & women under 30)
High Jump

COMBINED OPEN, MASTERS & CLUB CHAMPIONSHIP

Meet Information

- PRE-REGISTRATION ONLY.
- NO MEET DAY ENTRIES ACCEPTED.
- **Entry Deadline: received by 1/23 or online 1/23 by 11:59pm.**
- Individual: \$25 first event, \$20 each additional event.
- Relays: \$35 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 2017 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).

Online Registration Link:

For directions visit: [http://www.tomsriveronline.com/John Bennett Complex.htm](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

**MAKE CHECKS PAYABLE and MAIL ENTRIES TO: USATF-NJ, 150 River Road, Suite N-3, Montville, NJ 07045
No Refunds. Registrations are not transferable.**

1. _____ & _____ 2. _____ & _____ 3. _____ & _____ 4. _____ & _____
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Last Name First Name 2017 USATF Number REQUIRED Email Address

Street Address City State Zip Code

Phone Date of Birth Age on Event Day Gender Name of USATF Club

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., TOMS RIVER REGIONAL SCHOOLS BOARD OF EDUCATION, THE BENNETT COMPLEX OR THEIR RESPECTIVE OFFICERS, AGENTS REPRESENTATIVES SUCCESSORS OR ASSIGNS, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH THEIR ENTRY IN AND ARISING OUT OF MY TRAVEL TO PARTICIPATION IN, AND RETURN FROM THIS INDOOR TRACK & FIELD MEET.

SIGNATURE OF ATHLETE IF UNDER 18, SIGNATURE OF PARENT OR LEGAL GUARDIAN DATE