



USATF-NJ
PO Box 330
Boonton, NJ 07005

www.usatfnj.org

News Jersey

USATF- New Jersey
Official Newsletter

Spring 2005

Open & Masters T&F Indoor Championships

The 2005 USATF-NJ Association combined Open & Masters Indoor Championship meet was held on February 20th at Fairleigh Dickinson Rothman Center in Hackensack. Given last year's success, the meet program was again expanded to include select youth events thus making the meet more of a family affair.

Over 230 athletes ranging in age from 9 to 90 years young, turned out for some good competition.

In the masters' competition, 8 new records were set, including 2 in the 90-94 age group. Our two nonagenarians, Dudley Healy and Warren Tashian, ably demonstrated to our younger athletes that track & field can truly be a life long sport. A spirited family competition also unfolded in the shot put pitting masters athlete and father, Dennis Von Linden, against son and open athlete Kyle for family bragging rights. Father Dennis prevailed with a superior distance.

The meet organizing committee would like to thank the many volunteers & our NJ USATF Officials for helping to make this a successful meet.

by Ken Brinker

Opportunities Abound for NJ Athletes at 2005 USATF East Region Open & Club T&F Championships

USATF-NJ is once again sponsoring the East Region Open & Club T&F Championships at Stockton State College. This year there are opportunities for athletes of all ages and abilities at the July 2nd-3rd meet.

On July 2nd, athletes from Virginia to Maine will compete for the East Region Club Championship title and \$500 travel stipends for the National Club Championships in Indiana. The inclusion of relays present local clubs with an extraordinary opportunity to garner many points against their cross association rivals.

The meet will include the Decathlon and Heptathlon for Open and Junior (14-19 yrs) men and women, respectively, starting on July 2nd. Younger and older athletes can test themselves in combined event competitions for Masters, Bantam, Midget and Youth on July 3rd. If the combined events present too much to take on, athletes also have the opportunity compete in Sunday's All-Comers track events from 100m to 1500m.

by Bill Eisenring

2005 Masters Outdoor Track & Field Schedule

This year's outdoor track and field schedule offers our masters athletes good opportunities to compete in a number of quality meets in the surrounding area. As a reminder, the Masters Grand Prix is comprised of the USATF-NJ Indoor & Outdoor Masters Championships, the GSAC Classic Meet, and the Garden State Games. (We are still awaiting schedule information on the Garden State Games.) The Masters T&F Grand Prix competition rules, along with complete track and field schedule information can be found on the USATF-NJ web site. This year's masters' meets include:

- Garden State AC Classic, June 12th at Randolph HS, a Grand Prix event.
- USATF NJ Masters Outdoor Championship, July 10th at Monmouth Regional HS, a Grand Prix event.
- USATF NJ Open and East Region Open Championships, July 2-3rd at Stockton State College. Masters track & combined events on July 3rd.
- East Region Masters Championships, July 17th at Cocalico High School, Denver, PA.

by Ken Brinker

NJ Masters Athlete on a Record Breaking Streak!

Anselm LeBourne, of Maplewood, NJ (M 45-49) went on a recording breaking roll in March. At the USATF National Masters Indoor Championships at Nampa, Idaho, he established a new M45 1500m world indoor record of 4:02.62. A little more than a week later running at the 7th Annual FRNY Indoor Track Meet, held at the New Balance Track & Field Center in New York City (Armory) he established a new indoor record in the 800 of 1:56.29 to better the previous world record of 1:57.32 by Peter Browne of Great Britain in 1990. LeBourne's performance also breaks the American record of 1:57.81 set in March of 1990 by Ken Sparks, and gave him the overall win in a race that included 19- and 20-year-olds. Congratulations Ansel!!!!

by Ken Brinker

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USA Track & Field New Jersey Directory

Office/Advertising Information

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Office Staff

Pam Fales, Managing Director

Officers

President: Madeline Bost (MCS)
Vice President: Andrew Boyajian (NJM)
Secretary: William J. Pollinger (NJS)

Board of Trustees

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Joe Compagni (MU) – College Coach
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Ed Sabin – Assignor

WebMaster

Gene Gugliotta
Pam Fales

Upcoming USATF–NJ Meetings

Check website for updates: www.usatfnj.org; click on Association Meetings

Youth Committee Meeting

Monday, April 25th, 2005
Rutgers Univ.-Livingston Campus,
Tillet Hall - Room 207, 7:30pm

Track & Field Committee

Thursday, May 12th, 2005
Rutgers Univ.-Livingston Campus,
Tillet Hall - Room 105, 7:30pm

LDR Committee Meeting

Monday, May 2nd, 2005
Verizon Building Cafeteria,
Bedminster, 7:30pm

Quarterly Meeting

Wednesday, May 11th, 2005
Rutgers Univ.-Livingston Campus,
Tillet Hall - Room 105, 7:30pm

Officials Meeting In September

USATF New Jersey board and/or sports committee elections are held in April or May of each year. Information on positions open for election will be posted on the USATF-NJ website: www.usatfnj.org

OFFICIALS UPDATE

Your officials' Committee has been quite busy in the last few months. Ed Sabin, Bill Eisenring and Andrew Boyajian attended the National Convention in Portland, Oregon in December. In January, 3 officials clinics were given on race walking; rules revisions; starting, and the horizontal jumps. A big Thank You to Audrey Bonfiglio of the South Brunswick PAL TC and the South Brunswick Senior Center for hosting our clinics.

All officials are currently undergoing re-certification.

Andrew Boyajian was given an "Outstanding Service Award" by the National Officials Committee. Leon Bailey and Andrew were listed as "Finalists" in the balloting for the Andy Bakjian National Service Award. Ben Kreitzberg was honored with the William Reid award at the annual USATF-NJ awards banquet in January. This award, named after it's first recipient, is given to an outstanding NJ Association official, as voted on by fellow officials.

Several NJ Association officials have or will be working the upcoming national championships. Ed Koch and Ron McLean were clerks and Andrew Boyajian was a field event announcer for the Indoor Champion-

ships on Feb 25-27th at the Reggie Lewis Track Center in Boston, MA. Ed Sabin will be clerk and Ben Kreitzberg will be with the finish line crew for the Outdoor Championships in the Home Depot Center Field in Carson, CA on June 23-26th.

The Officials Committee is always looking for more officials with which to staff the association championships. Please contact Andrew Boyajian at 609-443-1244 for more details.

by Andrew Boyajian

Clarifications and Corrections...

We apologize, but the following corrections need to be noted for the Winter 2004/2005 newsletter:

- 1) The author of the article "Play by the Rules" was Vera Stek of the Central Jersey Road Runners Club. Her name was inadvertently dropped from the bannerhead during production of the newsletter.
- 2) In the article wrapping up the Liberty Waterfront Club and Team Grand Prix, the Sneaker Factory was incorrectly listed as winning the W40 Division, with the Raritan Valley Road Runners in second. The correct final placing is Raritan Valley first and Sneaker Factory second.



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- **Shopping Discounts at the following stores/companies:**
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 - ✓ **The Runner's Haven**, Randolph
 - ✓ **The Runner's Pace**, Bedminster
 - ✓ **The Running Store**, Shrewsbury
 - ✓ **The Princeton Running Co.**, Princeton
 - ✓ **The Running Company**, Ridgewood, Englewood, Morristown, Westfield
 - ✓ **Running Times, National Masters News, & Track & Field News**

INFORMATION

- ✓ **USATF News Jersey**, this official publication of USATF–NJ, which includes event calendars and entry forms. Published 3 times a year.
- ✓ **Fast Forward** – the national publication of USA Track & Field



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2005 USATF Membership Application



National governing body for track & field, race walking, cross country running, and long distance running

New member Renewal
Previous Number _____

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SASE to:

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P.O. Box 330

or

Join online at
www.usatf.org

Boonton, NJ 07005
Adult (19 and over): \$20
Youth (18 and under): \$14

PRINT OR TYPE INFORMATION

SEX M F AGE DATE OF BIRTH
M M D D Y Y

USA CITIZEN?
 YES NO F NO, COUNTRY OF CITIZENSHIP

PHONE NUMBER CLUB NO. CLUB NAME

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Please check all applicable sport codes here:
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By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations and Competition Rules for my level(s) and category(ies) of membership.

SIGNATURE If athlete is under age 18, parent or guardian must sign. Coach may sign with expressed permission of parent or guardian.

DATE OF APPLICATION M M D D Y Y

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USATF-NJ T-shirt (\$15) \$ _____
_ S _ M _ L _ XL

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Category Codes:

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|--------------------------------------|----------------------------------|---------------------------------------|--------------------|
| AT = Athlete | C1 = Coach - Level I certified | OF = Official - uncertified | AD = Administrator |
| DA = Disabled Athlete | C2 = Coach - Level II certified | OA = Official - Association certified | |
| CH = Coach - uncertified | C3 = Coach - Level III certified | ON = Official - National certified | |
| CD = Coach - Developmental certified | PA = Parent | OM = Official - Master certified | |

Sports Codes: Track(T), Field(F), Road Running/long distance(RR), Cross Country(XC), Ultra-marathon running(U), Mountain/Trail(MT), Race Walking(RW)



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Good luck to all USATF–NJ members in 2005!**

Larry Gershberg
New Balance – North Jersey
President



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Roselle Catholic High School

Presents:

The Garden State Youth Track and Field Series

A Developmental Youth Series With select Open Events

Events - 50M, 100M, 200M, 400M, 800M, 1500MR, 3000MR, 1500M/3000M RaceWalk, 4x100M, 4x400M, LJ, SP

Age Groups

Sub Bantam (1997 or 1998)
Bantam (Born in 1995 or 1996)
Midget (Born in 1993 or 1994)
Youth (Born in 1991 – 1992)
Intermediate (Born in 1989 or 1990)
Open Born 1988 or earlier

Meet Series Schedule

Sunday 5/01/2005
Sunday 5/15/2005
Saturday 5/28/2005
Saturday 6/18/2005

Awards

Medals to 1st, 2nd, & 3rd Place
Ribbons to 4th, 5th, Place

1st Place Team Award to Team with Highest Point Total for Series

Random Prizes!

Roselle Catholic is a great school with a tradition of track and field excellence. Come out and see the school...meet the coaches... compete... and have fun!

Individual Registration:

Pre Entry Fees : \$4 for 1st event, \$3 per add'l event Post Entry Fees : \$8 for 1st even, \$3 per add'l event

Team Registration:

Pre Entry Fees : \$150 per team

For more information, contact Al Siuta (973) 960-5493 e-mail: ajsiuta@comcast.net

Or visit our Website at...

www.eteamz.com/gardenstatetrack

Run Philadelphia's Longest Street For 10 Miles

SUNDAY, MAY 1, 2005 • 8:30 AM

BLUE CROSS BROAD STREET RUN
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2004 Awards Banquet Recipients

President's Awards

Given to the person who has aided the Association in its commitment to improve its services & events for its members.

Joe Lanzalotto
David Friedman
Ken Brinker

Racewalkers of the Year

Maria Paul
John Soucheck

Open Track & Field

Athlete of the Year

Tora Harris

Masters Track & Field

Athlete of the Year

Tomothy McMahon
Linda Piff

William Reid Award

Ben Kreitzberg

Liberty Waterfront Club Grand Prix

Overall Team Winners

Raritan Valley Roadrunners
Sneaker Factory
Morris County Striders

Long Distance Running Team Grand Prix

Men's

Open Fleet Feet
Sneaker Factory
Running Company
40-49 Running Company
Raritan Valley Road Runners
Morris County Striders
50-59 Raritan Valley Road Runners
Morris County Striders
Shore Athletic Club
60-69 Raritan Valley Road Runners
Shore Athletic Club
Clifton Road Runners
70-79 Central Jersey Road Runners

Women's

Sneaker Factory
Raritan Valley Road Runners
Saucony Runner's High
Sneaker Factory
Raritan Valley Road Runners
Morris County Striders
Raritan Valley Road Runners
Central Jersey Road Runners
Sneaker Factory
Raritan Valley Road Runners
Morris County Striders

Masters Track & Field Grand Prix Winners

Sprint Division Winners

30-39 Rich Berger
30-39 Adam Gardner
40-49 Archie Glaspy
40-49 Rick Evans
50-59 Paul Henry Linda Piff
60-69 David Siegfried Jane Van Eeuwen
70-79 Ray Cherniak

Distance Division Winners

30-39 Angelo Harasts Maria Paul
40-49 Randy Miller Pamela Fales
50-59 Harry Nolan Linda Piff
60-69 Pat Cosgrove Jane Van Eeuwen
70-79 Joe LaBruno
80-89 Dudley Healy

Throws Division Winners

30-39 William Aprea
40-49 Lesley Duncan
50-59 Charles Roll
60-69 Jacques Lebel Jane Van Eeuwen
80-89 Zelig Strauss

Jumps Division Winners

30-39 Duncan Littlefield
40-49 Tim Carr Lesley Duncan
50-59 David Friedman
60-69 John MacDonald Jane Van Eeuwen
80-89 Zelig Strauss

Youth Athletes of the Year

Sub Bantam

Brittaney Blake, Sprint
Crystal Lawrence, Distance
Jahmir Foman, Distance
Shaye Wisse, Field

Bantam

Ajee Wilson, Sprint
Najee Glass, Sprint
Kristen Traub, Distance
Andres Littig, Distance
Cayla Del Piano, Field
Jonathan Pitt, Field

Midget

Asja Goode, Sprint
Joelle Amaral, Distance
Salim Corbin, Distance
Alana Pantale, Field
Kyle Webster, Field

Youth

Ogechi Nwaneri, Sprint
Jonathan Sam, Sprint
Marie Walsh, Distance
Robert Molke, Distance
Bianca Stewart, Field
Joshua Cumberbatch, Field

Intermediate

Symone O'Connor, Sprint
Indira Morton, Field
Jason Apwah, Distance

Young Women/Men

Sylvia Galarza, Field
Zachary Pollinger, Distance

| | New Balance North Jersey NJ Grand Prix Winners | | USATF-NJ LDR Mini 1 Series Grand Prix Winners | | USATF-NJ LDR Mini 2 Series Grand Prix Winners | |
|-----------------------|---|---|---|--|---|---|
| Overall | Stephen Ondieki | Jennifer Malavolta | Atilla Sabahoglu | Beth Moras | Rick Pingitore | Beth Moras |
| 34 & under | Stephen Ondieki Elliott Frieder Carlos Martins | Jennifer Malavolta Jennifer Kirsch Jennifer Del Colle | Atilla Sabahoglu Jesus Resendiz Mark Snyder | Karyn Layton Jenelle King Andrea Glasgow | Adam Hantman Jeffrey Mason | Jill Knorr |
| 35-39 | John Sabatino Sergio Cano Hugo Vadillo | Kathy Rocker Doris Fego Diane Ross | Hugo Vadillo Sergio Cano John Sabatino | Kim Keenan-Kirkpatrick Kathy Rocker Harriet Puja | John Sabatino Sergio Cano(2nd) Hugo Vadillo(2nd) | |
| 40-44 | Ken Rolek Daniel Feder Edward Kuri | Pamela Fales Sherrie Felton Cheryl Scher | Marty Doherty Brian Davenport Davis Gates | Joyce Jaworowski Pamela Fales Cheryl Scher | Davis Gates Edward Neighbour Robert McGill | Pamela Fales Susan Janssens |
| 45-49 | Rick Pingitore Randall White John Kane | Beth Moras Lorraine McPhillips Jan Farnung-Krause | John Kane Charlie Slaughter Michael Ferinden | Beth Moras Rene Rovtar Mary Foley | Rick Pingitore Charlie Slaughter Michael Ferinden | Beth Moras Lorraine McPhillips Mary Foley |
| 50-54 | Bill Bosmann Bruce Langenkamp Bill Trengove | Jane Parks Vera Stek Kuniko Hurley | Bruce Langenkamp Peter Molyneux Joe Lanzalotto | Jane Parks Vera Stek Margaret McHale | Bruce Langenkamp Bill Trengove Joe Lanzalotto | Jane Parks Vera Stek Margaret McHale |
| 55-59 | Roger Price Feliciano Pereira Douglas Brown | Betty Shonts Susan Juronics Christine Ange | Douglas Brown Wayne Bell William Gaudette | Jo Ann Coffee Christine Ange Antje Hennings | Robert Boyd Marty Slutzky | Christine Ange Antje Hennings |
| 60-64 | William Hagman Pat Cosgrove Ron Ayre | Anna Thornhill Eileen Holzman Patricia O'Hanlon | William Hagman Carl Lea Joseph Saley | Patricia O'Hanlon Doris Hafemann Carolyn Cornell | Joseph Saley Joseph Rushen Paul Krentar | Patricia O'Hanlon Doris Hafemann Jane Vaneeuwen |
| 65-69 | James Leitz Richard Hill John Leonard | Imme Dyson Annette Johnson Elle Levenson | Richard Hill James Leitz Michael McDonnell | Imme Dyson Patricia Hill | James Leitz Richard Hill Patrick Brady | Imme Dyson |
| 70-74 | George Studzinski Joseph M. La Bruno William Richardson | Toshiko Delia Diane Stone Lois Filreis | Joseph M. La Bruno Raymond Reddick Warren Seamans | Diane Stone | Joseph M. La Bruno | Diane Stone |
| 75-79 | Bill O'Brien Bill Welsh Angel Aponte | | Angel Aponte Bill Welsh Bill O'Brien | | Bill O'Brien Bill Welsh | |
| 80-84 | Lester Ridings | | | | | |
| 85-89 | Vincent Carnevale Dudley Healy | | | | | |

Special THANKS to all the donors who made the 2004 Awards Banquet Raffle such a success!

| | | | |
|--------------------------|-------------------------------|-------------------------|--|
| New Balance North Jersey | Shore Athletic Club | Newport 10,000 | Hackensack Run |
| The Sneaker Factory | Beth Moras | Volvo Midland Run | Safe Dating Challenge |
| Runner's Pace | Mort Hahn | Run For Rachel | Ashenfelter 8K |
| Runner's Haven | Ken Brinker | The Ridgewood Run | Ramona's Run |
| Runner's High | Ed Koch | Roselle 21st Century 5K | USATF 10 Miler |
| Runner's Place | Fran Libasci | Portugal Day Races | USATF-NJ XC 8K |
| Fleet Feet of Montclair | Actively Yours | Jill & Jack 5K | USATF-NJ XC 5K |
| Compuscore | Modell's | Woodcliff Lake | |
| Best Racing Systems | D. Lovenberg's | Run For Education | <p style="text-align: center;">Special thanks to Mark Zenobia with On Your Mark Productions for putting the raffle together for us! Also to Bruce from Nightmoves for Djing and Dave Friedman for printing the program!</p> |
| Metro Race Forum | Mark of Fitness - Wayne Baker | Run For Dad | |
| Andrew Boyajian | Equinox 20K | Sunset Classic | |
| New Jersey Striders | Winter's End 5K | West Essex YMCA 5K | |
| Monmouth University | Leprechaun Leap | Teterboro Airport 5K | |
| USATF (National) | South Orange Rotary 5K | Downtown Westfield 5K | |
| Madeline Bost | The Easter Run | Pfizer 5K | |
| Schwann Grimes | Wee Run Wild 5K | Joel P. Spector Run | |
| Kathy & Tom Metz | Miles For Matheny | Fallen Heroes 5K | |
| Sheraton-Piscataway | Our House 5 Miler | Liberty Waterfront Run | |

Tora Harris Wins 1st Championship at USATF Indoor Nationals

Tora Harris, the USATF-NJ 2001 and 2004 Athlete-of-Year, won his first USATF National High Jump Championship at the Reggie Lewis Center in Boston on February 26. Competing for Shore A.C., Princeton University graduate Harris defeated 2004 Olympic Medalist James Nietos with a 2.27m (7'5.5") clearance.

Harris jumped cleanly through 2.27m while Nietos cleared 2.18m and 2.24m on first attempts. Nietos then passed 2.27m while Harris and 3rd place finisher Adam Shunk jumped. Shunk, with one previous miss, failed to clear allowing Harris to put the pressure on Nietos by passing 2.30m. Nietos, with only two minutes between jumps, was unable to clear and wrest the lead back from Harris.

Other NJ Athletes at USATF Nationals

Beth Ann Castagno, competing unattached, mustered a 4th place finish in the Women's High Jump with a 1.82m (5'11.5") clearance. New Jersey Striders' Race Walker Zachary Pollinger concluded his debut year on the Indoor Circuit with a 5th place, 22:16.37 finish in the 5km. Okoineme Giwa-Agbomeirel, competing for Shore A.C., finished 4th in the Men's Long Jump with a 7.65m (25'1.25") performance. Finally, Stockton State College graduate and Hillsborough resident, Kim Marino made her National Championship debut with a 4.10m (13'5.25"), 8th place finish in the Women's PoleVault.

NJ Office Update & Reminders

Club Renewals - As of May 1st, all non-renewed clubs will be removed from our website listing: www.usatfnj.org; click on 2005 Club Listing - those at the bottom have not renewed. To avoid being removed from the list altogether and losing all the benefits of organizational membership in USATF-NJ, print off, fill out and mail in the club/organization paperwork and fees also on our website under the 2005 Club Applications link.

Event Sanctioning - Looking to host a road race, cross country or track and field meet? If so, you can now access all of the necessary sanction paperwork from our website: www.usatfnj.org; click on [Sanction Information](#), then [Sanction Paperwork](#) to get to all the sanction and Long Distance Running Grand Prix forms. Print off only those forms that you need, fill them out & mail them in with one check for all fees and your event will be sanctioned as soon as the paperwork arrives at the office. Only USATF-NJ sanctioned events and advancement meets/races are placed on the NJ website calendars, so all competitors should refer to our website calendars often for a continuously updated list of USATF-NJ sanctioned events.

Give to United Way AND to USATF-New Jersey - As a 501(c)(3) organization, USATF-NJ qualifies for United Way directed donations so you can know where your United Way donation is going by directing it to USATF-NJ! Whether you do a one-time donation or use the payroll deduction option, United Way is a great way for you to donate to your favorite not-for-profit 501(c)(3) organization - USATF-NJ. Talk to your payroll, HR or UW representative and don't forget to ask your company to match your donation funds. A few dollars a paycheck, plus matching funds, will be a major benefit to the USATF-NJ programs we put on for our athletes. Be sure to designate: USATF-NJ, PO Box 330, Boonton, NJ 07005.

Advertise in News Jersey - the USATF-NJ Newsletter is mailed to every USATF-NJ member three times each year. In fact, this Spring newsletter is going out to over 2500 members who could all be reading your ad or using your race application!

The current ad prices range from \$70 (each publication) for a business card ad placed at least 3 times, up to \$400 for a 1 time full page ad. Please contact the office to discuss ad options and prices. All ads for the Summer 2005 newsletter need to be emailed to the office in JPEG, PDF or PageMaker format(s) by July 1st. To improve quality, we no longer accept paper copies of ads.

Join us in Celebrating
The 12th Annual

Newport-Liberty Waterfront Run

Proud sponsor of the 2005 Liberty Waterfront-NJ Club Grand Prix
800 point Championship race in the
2005 New Balance North Jersey-NJ individual Grand Prix Series



Sunday, September 25, 2005
Jersey City, NJ

Half-Marathon - 5K Run & Fitness Walk - Youth Run



800 Points – Half-Marathon
500 Points – 5 Kilometers

**USATF-NJ Open Men's & Women's Half-Marathon
Championship**

USATF-NJ Master's Half-Marathon Championship

Prize money purse for Open and Master's championship divisions.

**Unique and scenic course featuring the Statue of Liberty,
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Ideal fall marathon tune-up – certified half-marathon & 5K courses

For applications and information contact:
LibertyHealth Foundation at 201-377-6057 or www.LibertyHealth.org

All proceeds to benefit:



Junior Olympic Preliminary Qualifier Meets (14 years and Under)

Who must compete in the Preliminary Qualifier Meets? All athletes in the Sub-Bantam, Bantam, Midget and Youth divisions who are competing in the Shot Put, Turbo Jav, Long Jump and all Track Events (except the 4 x 800m Relay and all Hurdle races) must compete in one of the Preliminary Qualifiers in order to advance to the Association Championships on June 25-26th.

IMPORTANT – Athletes may compete in only 1 preliminary meet. Any athlete found to have competed in more than 1 preliminary meet will be disqualified and will not advance. Athletes who are competing in one of the events which is not contested at the Preliminary Qualifier Meets (TJ, HJ, Discus, Javelin, Pole Vault, 4X800m relay, all Hurdle races) must submit an entry form through one of the Preliminary Qualifier Meets in order to compete at the Association Championships. The Association Meet will not accept any entries by mail from individuals or clubs. Entries will only be accepted through the Preliminary Qualifier Meets.

ENTRY FEES

Pre-Entry: \$4/individual event; \$16/Relay(must include a complete Relay Declaration Form)
Post-Entry: \$6/individual event; \$24/Relay(must include a complete Relay Declaration Form)
 If you are submitting an entry for the Association Meet for an event not being contested at the Preliminary Qualifier Meets the fee is \$5 per individual event; \$20/Relay (must include a complete Relay Declaration Form).

PRELIMINARY QUALIFIERS -Top 4 Advance in Each Event

DATE/TIME: Saturday, June 4, 2005, 9am
SITE: Hub Stine Field, Plainfield
CONTACT: Kevin Turner: 908-757-2998
PAYABLE & MAIL TO:
 Plainfield PAL Tsunami TC
 612 West 8th St., Plainfield, NJ 07060
PRE-ENTRY until Wed, June 1
POST ENTRY Closes at 10am

DATE/TIME: Saturday, June 4, 2005, 9am
SITE: Neptune HS, Neptune
CONTACT: Nicole Singletary: 732-922-4583
PAYABLE & MAIL TO:
 Nicole Singletary
 PO Box 341, Neptune, NJ 07754
PRE-ENTRY Postmarked by: Wed, June 1
POST ENTRY: Closes at 10am

DATE/TIME: Sunday, June 5th, 2005, 9am
SITE: Rutherford Memorial Park
CONTACT: Tom Gerlach: 201-337-7081
PAYABLE & MAIL TO:
 NJ Striders
 PO Box 885, Maywood, NJ 07607
PRE-ENTRY Postmarked by: Tues, May 31
POST ENTRY: Closes at 11am

DATE/TIME: Sunday, June 5, 2005, 8am
SITE: Teaneck HS, Teaneck
CONTACT: Brandon Gregory: 201-244-9474
PAYABLE & MAIL TO:
 Jetta Track Club
 PO Box 704, Englewood, NJ 07631
PRE-ENTRY Postmarked by: Wed, June 1
POST ENTRY: 8:00am – 10:00am

DATE/TIME: Sunday, June 5th, 2005, 11am
SITE: Vineland HS, Vineland
CONTACT: John Boykin: 856-794-2170
PAYABLE & MAIL TO:
 Quick Silver TC
 PO Box 2032, Vineland, NJ 08362
PRE-ENTRY Postmarked by: Wed, June 1
POST ENTRY: 8:00am – 10:00am

Directions:
Rutherford Memorial Park From Rte 3 E: Park Ave Exit. Turn Right at stop sign. Go 1 block to stop sign & turn Right onto Riverside Ave. Turn Left at light onto Union Ave. Go 3 Blocks. Turn Right onto Darwin Ave. 3 Blocks to Memorial Park. **From Rte 3 W:** Riverside Ave Exit. Turn Right at the stop sign onto Riverside Ave. Follow above directions. **From Rte 17 N & S:** Rte 3 W Exit. Follow above directions.

Teaneck High School Route 17 to Route 4 East Exit. Route 4 East approx. five miles to 1st Teaneck Road/Teaneck/Ridgefield Park Exit. Turn right onto Cranford Place. Go 1/2 block. Turn right into the Cranford parking lot.

Directions - Continued

Order of Events - Prelim Meets

| Running Events | | |
|-------------------------------------|-------|--|
| 1500M Walk (BB,BG,MB,MG) | Final | |
| 3000M Walk (YB,YG) | Final | |
| 4x100m (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |
| 3000M Run (MB,MG,YB,YG) | Final | |
| 100M (SB,SG,BB,BG,MB,MG,YB,YG) | Semi | |
| 1500M Run (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |
| 100M (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |
| 400M (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |
| 800M (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |
| 200M (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |
| 4x400m (SB,SG,BB,BG,MB,MG,YB,YG) | Final | |

| Field Events | | |
|-------------------------------------|--|--|
| Long Jump (YB,YG,BB,BG,MB,MG,SB,SG) | | |
| Shot Put (YB,YG,BB,BG,MB,MG) | | |
| Turbo Jav (BB,BG,MB,MG) | | |

Hub Stine Field, Plainfield From North & East: GSP South to Exit 140A. Follow signs to Route 22 West to Somerville. Take Rt 22 to Terrill Rd. (Sears at the corner); make jug handle left turn. Right on Seventh St., one block past Exxon & Amoco Gas Stations. Left at 2nd light onto Woodland Ave. Right onto Randolph Rd. (follow hospital road sign). Hub Stine Field is on the right, across the street from Muhlenberg Regional. From North & South: Turnpike to Exit 10. Follow Signs for & take I-287 N to Exit 4, Durham Ave. Turn right onto Durham Ave. Durham becomes Hamilton Blvd close to the 2nd light, at the top of hill. Right onto Maple Ave. Left onto Woodland Ave. (Golf course at corner). Left onto Randolph Rd. (follow hospital road sign). Hub Stine Field is on right, across the street.

Vineland HS, Vineland From North: 295 South to Rt 42 South to Rt 55 South to exit 32A (Landis Avenue, Vineland) to 3rd light, turn right (Rt 47 South). Turn left at 1st light onto Chestnut Ave. Continue East to the HS on the left. From South: Rt 55 North to Exit 29 Rt 552 East (Sherman Avenue) 3rd light turn left (Main Road, North). Turn right at 2nd light onto Chestnut Ave. HS is on the left.

Reynolds Field, Neptune From GSP South: Take Exit 100B (Hwy 33E). Follow ramp around onto Hwy 33E. At the 9th traffic light, make a left onto Neptune Blvd. At the 2nd block-Heck Avenue, turn left. The track is off to the left on Heck Ave. Turn left at next opening to get on side of track. From the GSP (North): Take Exit 100 (Hwy 33E). Follow directions above. From the NJ Turnpike: Take Exit 7A (Shore Points). Follow 195 East (approx. 25 miles) to Route 18 North. Take Rte 18 to Hwy 33 East (Neptune) exit. Stay straight on ramp to traffic light. At light, make a left onto Hwy 33 East. At the 3rd traffic light, make a left onto Neptune Blvd. Follow directions above. Signs will designate the specific parking lots for track and some street parking allowed.

General Information & Rules

EVENT RESTRICTION: A competitor in either the Sub-Bantam, Bantam or Midget Division may compete in no more than 3 track and/or field events including relays. In the Youth Division, no more than 4 track and/or field events including relays.

AWARDS: PRELIMINARY MEETS: 1st to 6th Place – Ribbons
 ASSOCIATION MEET: 1st to 3rd Place – Medals

ADVANCEMENT PROCEDURES (no move-ups):

14 YEARS & UNDER PRELIMINARY MEET: Top 4 advance.

ASSOCIATION CHAMPIONSHIP: TOP 4 in each event advance to the Region 2 Junior Olympic Championships at Allentown, PA.

REGIONAL CHAMPIONSHIPS: TOP 3 in each event advance to the National Junior Olympic Championships in Indianapolis, IN.

NOTE: The Sub-Bantam Division does not advance beyond the Regional Championships. Once an athlete chooses to compete as a Sub-Bantam in either an individual event or on a relay, they may not compete as a Bantam in another event.

USATF MEMBERSHIP: 2005 USATF Membership is required to compete at the Preliminary and Association Championship. Online membership registration is available at www.usatf.org (under membership) for immediate notification of 2005 number. Questions, call 973-334-8900. MEMBERSHIPS CANNOT BE OBTAINED OVER THE PHONE.

PROOF OF AGE: An age-verified 2005 USATF Membership card or non-returnable copy of each athlete's birth certificate is required to compete at any Junior Olympic meet. It is recommended that all athletes, parents and coaches carry extra copies of birth certificates or age-verified membership card. AT ALL TIMES.

CHECK IN: Athletes must check in at least 30 minutes prior to each event. Each track athlete (or relay) will report to the clerk of the course before their respective event. The athlete will be taken to the start by the clerk. Field event athletes will report directly to the event.

IMPLEMENTS: Competitors must supply their own implements. Implements must meet USATF specifications. Any implement weighed in becomes the property of the meet until the competition is completed, therefore, anyone wishing to use that particular implement may do so.

RELAY/CLUB INFORMATION: To compete as a relay you must belong to a 2005 registered club/organization with USATF New Jersey. To become a registered club/organization, contact USATF New Jersey at 973-334-8900 or usatfnj@usatfnj.org

UNIFORMS: There will be no specific uniforms required, except for the relays, where all shirts must look alike. A shirt of some type must be worn at all times during competition.

Junior Olympic Age Groups Events Contested

(Age Groups determined by year of birth)

| SUB BANTAM (SB, SG) | | YOUTH (YB, YG) | |
|-----------------------------------|------------------|---------------------------|--------------------|
| 8yrs & Under – Born 1997 or later | | 13-14yrs – Born 1991-1992 | |
| 100M | 1500m | 100M | @High Jump |
| 200M | Long Jump | 200M | Shot Put (6-6 lb.) |
| 400M | 4x100m Relay | 400M | Shot Put (8-4K) |
| 800M | 4x400m Relay | 800M | @Discus (1K) |
| BANTAM (BB, BG) | | 1500M | @Javelin |
| 9-10yrs – Born 1995-1996 | | 3000M Run | 4x100m Relay |
| 100M | @High Jump | 3000M Walk | 4x400m Relay |
| 200M | Shot Put (6 lb.) | @100M H (8-33") | @4x800m Relay |
| 400M | Turbo Javelin | @100M H (6-30") | % Pentathlon |
| 800M | 4x100m Relay | @200M H (30") | % Pole Vault |
| 1500M | 4x400m Relay | Long Jump | |
| 1500M Walk | % Triathlon | @Triple Jump | |
| Long Jump | | | |
| MIDGET (MB, MG) | | | |
| 11-12yrs – Born 1993-1994 | | | |
| 100M | @High Jump | | |
| 200M | Shot Put (6 lb) | | |
| 400M | Turbo Javelin | | |
| 800M | @Discus (1K) | | |
| 1500M | 4x100m Relay | | |
| 3000M Run | 4x400m Relay | | |
| 1500M Walk | @4x800m Relay | | |
| @800M H (30") | % Pentathlon | | |
| Long Jump | | | |

@ = Events are not contested at the Preliminary Qualifier Meets. Entries for the Association Championships for these events must still be submitted through the Preliminary Meets.

% = Events are not contested at the Preliminary Qualifier Meets or the Association Championship Meet. Entries for the Regional Championships for these events must be submitted through the Association Championship Meet on June 25-26.

Updated 3/21/2005

Junior Olympic Preliminary Qualifier Meets (14 years and Under)

Important Entry Information

- 1) Mail correct amount (payable to the host club) to the address listed for the Preliminary Qualifier Meet you are participating in.
- 2) All participants must provide proof of age. **No Exceptions.** All entrants must submit a copy of their 2005 USATF-NJ membership card indicating their age has been verified or a non-returnable copy of the athletes birth certificate with all entries. Birth Certificates or age-verified USATF-NJ membership cards **MUST** be presented at preliminary meets in order to advance.
- 3) All relay entries must be submitted with a completed "Relay Declaration Form" in order to compete. These declarations cannot be changed at any point in the Junior Olympic Program. They are available online at www.usatfnj.org.
- 4) **USATF MEMBERSHIP NUMBERS ARE REQUIRED TO COMPETE IN ANY OF THE USATF-NEW JERSEY PRELIMS. Memberships must be purchased prior to the Prelim meet. You will not be able to compete in the Prelim without a USATF-New Jersey membership number.**
- 5) **Athletes who qualify for the Association Championships MUST SUBMIT AND PAY ALL ADVANCEMENT PAPERWORK/FEEES FOR ASSOCIATION CHAMPIONSHIPS BEFORE THEY LEAVE THEIR RESPECTIVE PRELIMINARY QUALIFIER MEET.**

Region 2 Championships

July 7-10
Allentown, PA
<http://mausatf.org>

National Championships

July 26-31
Indianapolis, Indiana
<http://www.usatf.org/events/2005/USATFJuniorOlympicTFChampionships/>

All entry blanks must be mailed to the appropriate *Preliminary Qualifier Meet*.

**Junior Olympic Prelim Qualifier Meets
Entry Form (14 & Under)
One form per athlete
Form may be photo copied**

Note: Seed Times Must Be Included for Pre-Entry Running Events
PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE THE SUM OF \$ _____

1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____
Event Seed Time Event Seed Time Event Seed Time Event Seed Time

AGE as of 12/31/05

Copy of birth certificate or age verified membership card

LAST NAME FIRST NAME

M

F

_____/_____/_____
Birth Date

STREET ADDRESS (w/Apt. No.)

2005 USATF Number

Area Code Phone

CITY STATE ZIP

County of Residence

Exact Name of USATF Club – otherwise blank

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, USATF NEW JERSEY, RUTHERFORD RECREATION DEPT, PLAINFIELD TSUNAMI TC, SUPERSONIC TC, PLAINFIELD BOARD OF EDUCATION, NJ STRIDERS, GREEN STREAKERS TC, COMET TC, VINELAND BOARD OF EDUCATION, CITY OF VINELAND, QUICK SILVER TC, NEPTUNE BOARD OF EDUCATION, JERSEY SHORE TRACK CLUB, JETTA TRACK CLUB, TEANECK BOARD OF EDUCATION, 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 OUTDOOR TRACK & FIELD MEET.

Signature of Athlete

If under 18 – Signature of Parent (not coach)

Date

2005 Tommy Burns Foundation USATF NJ Association Junior Olympic TF Championships – 7-18 year olds

DATE: June 25-26, 2005 **SITE:** Neptune High School
INFO: Charlene Cumberbatch - 908-222-1475
PRE-ENTRY ONLY: 1) Athletes who qualify for this meet must enter at their Preliminary Qualifier Meet. 2) All 15-18 year old athletes must send in their application postmarked by Wednesday, June 15. 3) Athletes who are competing in one of the events not contested at the Preliminary Qualifier Meets (TJ, HJ, Discus, Javelin, PV, 4X800m relay, all Hurdles) must submit an entry form at one of the Preliminary Qualifier Meets in order to compete at the Association Championships. **The Association Meet will not accept entries by mail from individuals or clubs. Entries only accepted at the Preliminary Qualifier Meets and through the HS registration form below.**
FEES - PRE-ENTRY ONLY: Collected at Preliminary Qualifier Meets and through the HS registration form below: \$5 per Individual Event; \$20 per Relay (must be accompanied by a complete Relay Declaration Form)
PACKET PICK UP — 8:00am
STARTING TIMES: All events 9:00am.
 Steeplechase, Pole Vault & multi events (Triathlon, Pentathlon, Decathlon & Heptathlon) will not be contested at the Association Championship. Athletes in these events automatically advance to the regional meet. Registration paperwork & fees must be completed on-site at the Association Championship: June 25-26
ADVANCEMENT TO REGIONAL CHAMPIONSHIPS: Top 4 in each event advance to the Region 2 Championships. All advancement paperwork must be completed and paid for on June 25-26 at the Association Championship Meet. Entry fees (\$6-Individuals; \$24-relays; \$15-triathlon & pentathlon, \$20 for decathlon & heptathlon events) must be paid by cash, certified check or money order made out to Jersey Shore Track Club.
No personal checks will be accepted.

DIRECTIONS: Neptune From GSP South: Take Exit 100B (Hwy 33E). Follow ramp around onto Hwy 33E. At the 9th traffic light, make a left onto Neptune Blvd. At the 2nd block-Heck Avenue, turn left. The track is off to the left on Heck Ave. Turn left at next opening to get on side of track. **From the GSP (North):** Take Exit 100 (Hwy 33E). Follow directions above. **From the NJ Turnpike:** Take Exit 7A (Shore Points). Follow 195 East (approx. 25 miles) to Route 18 North. Take Rte 18 to Hwy 33 East (Neptune) exit. Stay straight on ramp to traffic light. At light, make a left onto Hwy 33 East. At the 3rd traffic light, make a left onto Neptune Blvd. Follow directions above. Signs will designate the specific parking lots for track and some street parking allowed.

Saturday, June 25th

Track Events
 4x800M Relay Final MB, MG, YB, YG, IB, IG, YM, YW
 1500M RaceWalk Finals SBB, SBG, BB, BG, MG, MB
 3000M RaceWalk Finals YB & YG
 5000M Run Final YM
 200M Dash Semi All Divisions
 3000M Run Final MB, MG, YB, YG, IB, IG & YW
 4x100M Relay Final All Divisions
 80M Hurdles Semi MB, MG
 100M Hurdles Semi YG, YB, IG, YW
 110M Hurdles Semi IB, YM
 400M Dash Semi All Divisions
 100M Dash Semi All Divisions
Field Events
 Long Jump SBB, SBG, BB, BG, MB, MG, YB, YG
 High Jump BG, BB, MG, MB, YB, YG
 Mini Jav MB, MG, BB, BG
 Shot Put BB, BG, MB, MG, YB, YG
 Discus IB, IG, YM, YW

Sunday, June 26th

Track Events
 5000M RaceWalk Finals IB, IG, YM, YW
 400M Hurdles Final IB, IG, YM, YW
 200M Hurdles Final YB, YG
 1500M Run Final All Divisions
 80M Hurdles Final MB, MG
 100M Hurdles Final YG, YB, IG, YW
 110M Hurdles Final IB, YM
 400M Dash Final All Divisions
 100M Dash Final All Divisions
 800M Run Final All Divisions
 200M Dash Final All Divisions
 4x400M Relay Final All Divisions
Field Events
 Long Jump IB, IG, YM, YW
 Triple Jump YB, YG, IB, IG, YM, YW
 High Jump, IB, IG, YM, YW
 Javelin YM, YW, IB, IG, YB, YG
 Discus MB, MG, YB, YG
 Shot Put IB, IG, YM, YW

**SB=SubBantam Boy SG=SubBantam Girl MB=MidgetBoy MG=Midget Girl BB=Bantam Boy BG=Bantam Girl
 YB=Youth Boy YG=Youth Girl IG=Intermediate Girl IB=Intermediate Boy YW=YoungWomen YM=Young Men**

2005 Tommy Burns Foundation USATF NJ Association Junior Olympic TF Championships (15-18 yrs) – Intermediate Boys/Girls & Young Men/Women

General Information

DATE: June 25-26th, 2005
SITE: Neptune High School, Neptune, NJ
PRE-ENTRY: Postmarked by Wednesday, June 15. **PRE-ENTRY ONLY. NO on-site registration.**
 \$5 per Individual Event; \$20 per Relay (must be accompanied by a complete Relay Declaration Form)
PAYABLE & MAIL ENTRIES TO: Supersonics TC, PO Box 10687, New Brunswick, NJ 08906
AGE GROUPS determined by year of birth: **Intermediate Boys & Girls (IB,IG)** 15-16yrs (born 1989-1990), **Young Men & Women (YM,YW)** 17-18yrs (born 1987-1988). Athletes who are still eighteen (18) years of age through the final day of the National JO T&F Championships shall be eligible to compete in the Young Men's/Young Women's Division through that meet – as per USATF Rule 240 (1) (c).
EVENT RESTRICTION: A competitor in either the Intermediate or Young Men/Women Division may compete in no more than 4 track and/or field events, including relays.

Important Entry Information

- 1) A **2005 USATF Membership** number is required to compete at the Association Championship. All athletes must either show their 2005 USATF-NJ membership card indicating their age has been verified or mail in a non-returnable copy of their birth certificate along with their registration.
- 2) All relay entries must be submitted with a completed **“Relay Declaration Form”** in order to compete. These declarations cannot be changed at any point in the Junior Olympic Program. They are available on the USATF-NJ website: www.usatfnj.org. Otherwise, email: usatfnj@usatfnj.org (preferred) or call 973-334-8900 to have the Relay Declaration Form emailed or mailed to you.

All 15-18 JO Association Champ entry blanks must be mailed to:
Supersonics TC, PO Box 10687, New Brunswick, NJ 08906

**(15-18) Junior Olympic Association
 Champ Entry Form
 One form per athlete
 Form may be photo copied**

Note: Seed Times Must Be Included for Pre-Entry Running Events

PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE THE SUM OF \$ _____

1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____
 Event Seed Time Event Seed Time Event Seed Time Event Seed Time

AGE as of 12/31/05

Copy of birth certificate or age verified USATF-NJ card

LAST NAME _____ FIRST NAME _____

M F

Birth Date _____ / _____ / _____

STREET ADDRESS (w/Apt. No.) _____

2005 USATF Number _____

Area Code _____ Phone _____

CITY _____ STATE _____ ZIP _____

County of Residence _____

Exact Name of USATF Club – otherwise blank _____

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, USATF NEW JERSEY, RUTHERFORD RECREATION DEPT, PLAINFIELD TSUNAMI TC, SUPERSONIC TC, PLAINFIELD BOARD OF EDUCATION, NJ STRIDERS, GREEN STREAKERS TC, COMET TC, VINELAND BOARD OF EDUCATION, CITY OF VINELAND, QUICK SILVER TC, NEPTUNE BOARD OF EDUCATION, JERSEY SHORE TRACK CLUB, JETTA TRACK CLUB, TEANECK BOARD OF EDUCATION, 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 OUTDOOR TRACK & FIELD MEET.

Signature of Athlete _____

If under 18 – Signature of Parent (not coach) _____

Date _____

2005 USATF East Region Open & Club T&F Championships
USATF East Region Open and Junior 5k Racewalk Championships
USATF-NJ Open Track & Field Championships
USATF-NJ Open & Junior Combined Events Championships - Day 1



Saturday, July 2, 2005, 8:00am
 Richard Stockton State College of New Jersey
 Pomona, New Jersey

TRACK EVENTS*

8:00 10000 (W&M)
 9:30 100H Hept
 9:40 5000RW (M,W)
 10:20 5000 (W)
 10:50 5000 (M)
 11:15 100 Dec
 11:25 100H (T)
 11:35 110H (T)
 11:45 4x800 (M,W)
 NOON 110H (F)
 12:05 100H (F)
 12:10 3000 Steeple (W)
 12:25 100 (T) (W)
 12:35 100 (T) (M)
 12:45 400H (W)
 12:55 400H (M)
 1:05 200 Hept
 1:10 DMR (M,W)
 1:25 4x100 (M,W)
 1:30 1500 (W)
 1:40 400 (W)
 1:50 400 (M)
 2:00 1500 (M)
 2:10 100 (F) (W)
 2:15 100 (F) (M)
 2:20 3000 Steeple (M)
 2:35 200 (W)
 2:45 200 (M)
 2:55 800 (W)
 3:05 800 (M)
 3:15 SMR (M,W)
 3:25 4x400 (M,W)
 3:35 400 Dec

FIELD EVENTS

10:00 LJ (W)
 10:00 Hammer (M)
 10:00 SP (W)
 10:10 HJ Hept
 11:00 PV (W)
 11:00 TJ (W)
 11:00 SP (M)
 11:30 Jav (W)
 11:30 Disc (M)
 NOON SP Hept
 NOON LJ Dec
 1:00 PV(M)
 1:00 Hammer (W)
 1:00 SP Dec#
 1:00 LJ (M)
 2:00 HJ Dec
 2:00 Disc (W)
 2:30 TJ (M)
 2:30 HJ (W)
 2:30 Jav (M)
 3:45 HJ (M)

**SCHEDULE TO
 EXPAND
 AS ENTRIES
 WARRANT*

Junior Shot -6k

ENTRY FEES AND DEADLINES:

ON-TIME-ENTRY: \$10/event, \$30 maximum/athlete. Received by June 18
 LATE-ENTRY: \$20 first event, \$10 each additional event. Received by June 25
 POST-ENTRY: \$30 first event, \$10 each additional event
 RELAY ENTRIES: \$20/event, received by 6/25 only. Declare members @ meet.
 COMBINED EVENTS: \$30/athlete received by 6/25; \$100/athlete post-entry.

ELIGIBILITY—USATF Members and clubs from the following Associations are eligible to score in this meet: Adirondack, Connecticut, Long Island, Maine, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Three Rivers, and Virginia.

Minimum Ages: Female--14; Male--16 (14 for Junior Events)

AWARDS:

REGIONAL—Top three from region in each event
 WINNING CLUBS--(one male, one female) will earn \$500 in travel stipends for travel to the USATF National Club Track & Field Championship meet. (Scoring 10-8-6-5-4-3-2-1)
 NEW JERSEY—Top three in each event; Team scoring (5-3-2-1)

QUESTIONS: usatfnj@usatfnj.org or 973-334-8900

DIRECTIONS: From West or South—US 295 to Atlantic City Expressway East to Exit 12. Turn left. Proceed straight and through light at Route 30 (White Horse Pike). Right at next traffic light onto Jim Leeds Road. Go 1 mile and turn left onto College Drive. **From North**—Garden State Parkway South to Exit 44. Right onto Port Republic Road. Left onto College Drive.

MAIL ENTRIES TO: USATF-NJ - East Region, PO Box 330, Boonton, NJ 07005

| | | | | | | |
|--|-------------------|---|----------------------------------|--|--|---|
| Please enter me in the following East Region/USATF-NJ Open/Jr events: Combined Events Division (circle one): Junior Open East Region/NJ Open/Jr Events (Note: Seed Times <u>Must</u> Be Included for Running Events): | | | | | | ENTRY FEE ENCLOSED \$ _____ (Check or Money Order ONLY Made out to USATF-NJ) |
| 1. _____ / _____ | 2. _____ / _____ | 3. _____ / _____ | 4. _____ / _____ | 5. _____ / _____ | | |
| Event Seed Time | Event Seed Time | Event Seed Time | Event Seed Time | Event Seed Time | | |
| LAST NAME _____ | FIRST NAME _____ | <input type="checkbox"/> M <input type="checkbox"/> F | Birth Date _____ / _____ / _____ | Age _____ | | |
| STREET ADDRESS (w/Apt. No.) _____ | | 2005 USATF Number _____ | Area Code _____ | Phone _____ | | |
| CITY _____ | STATE _____ | ZIP _____ | USATF Association _____ | Name of USATF Club – otherwise leave blank _____ | | |
| RELEASE: IN CONSIDERATION OF THIS ENTRY'S ACCEPTANCE I, INTENDING TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE NEW JERSEY ASSOCIATION OF USATF, INC. THE STATE OF NEW JERSEY, RICHARD STOCKTON STATE COLLEGE OF NEW JERSEY OR ANY OTHER SPONSORS, PARTIES, GROUPS, ORGANIZATIONS, VOLUNTEERS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM PHYSICALLY ABLE TO COMPETE IN THIS EVENT. | | | | | | |
| Signature of Athlete _____ | | If under 18 – Signature of Parent (not coach) _____ | | Date _____ | | |

USATF-NJ Open & Junior Combined Events Championships - Day 2

USATF-NJ Bantam, Midget, Youth & Masters Combined Events

Select Individual All-Comers Track Events



Sunday, July 3, 2005, 10:00am
 Richard Stockton State College of New Jersey
 Pomona, New Jersey

ENTRY FEES AND DEADLINES:

INDIVIDUAL All-Comers Events:

ON-TIME-ENTRY: \$6/event, \$20 maximum/athlete. Received by June 18
 LATE-ENTRY: \$8 first event, \$6 each additional event. Received by June 25
 POST-ENTRY: \$15 first event, \$10 each additional event

COMBINED EVENTS: \$30/athlete received by 6/25; \$100/athlete post-entry.

Bantam: SP, HJ, 200(G)/400(B) - Developmental
 Midget: 80mH, SP, HJ, LJ, 800(G)/1500 (B) - Developmental
 Youth: 100mH, SP, HJ, LJ, 800(G)/1500 (B) - Developmental
 Masters Men: LJ, Jav, 200, Disc., 1500 - NJ Championship
 Masters Women: 100H, HJ, SP, LJ, 800 - NJ Championship

ELIGIBILITY: USATF Members

Minimum Ages: Bantam: born 1995 or later; Midget: born 1993-4;
 Youth: born 1991-2; Intermediate: born 1989-90;
 Junior: 14 by/on July 2nd and not 20 in 2005; Masters: 30+ on day of meet.

Combined Events Awards

NJ Championship: Medals to top 3 NJ in each event in each age division;
 Patch to NJ Champion
Out of Association: Ribbons, if in top 3 of age division
Youth Developmental Combined Events: Ribbons, to top 3 of each age division

Individual All-Comers Track Event Awards

Ribbons to top 3 in each age group

DIRECTIONS: From West or South—US 295 to Atlantic City Expressway East to Exit 12. Turn left. Proceed straight & through light at Route 30 (White Horse Pike). Right at next traffic light onto Jim Leeds Road. Go 1 mile & turn left onto College Drive. **From North**—Garden State Parkway South to Exit 44. Right onto Port Republic Road. Left onto College Drive.

| TRACK EVENTS | |
|--------------|---|
| 10:00 | 110H Dec 100H Masters Pent (W) 100H Youth Pent 80H Midget Pent |
| 10:30 | 100 Individual -B, M, Y, IB, Masters |
| 11:20 | 800 Individual - B, M, Y, IB, Masters |
| NOON | 800 Hept |
| 12:10 | 200 Individual - B, M, Y, IB, Masters |
| 1:00 | 200 Masters Pent (M) |
| 1:10 | 1500 Individual - B, M, Y, IB, Masters |
| 2:00 | 200G/400B Bantam Pent 800 Masters Pent (W) 400 Individual - B, M, Y, IB, Masters |
| 2:40 | 800G/1500B Midget, Youth Pent 1500 Masters (M) 1500 Dec |
| FIELD EVENTS | |
| 10:00 | LJ Hept |
| 10:40 | DISC Dec (Junior Disc 1.75k) |
| 11:00 | LJ Masters Pent (M) JAV Hept HJ Masters Pent (W) SP Bantam, Midget, Youth Pent (G) SP Youth Pent (B) |
| 11:40 | PV Dec |
| NOON | JAV Masters Pent (M) HJ Bantam, Midget Youth SP Masters Pent (W) |
| 1:00 | LJ Masters Pent (W) DISC Masters Pent (M) |
| 1:40 | JAV Dec |
| 1:30 | LJ Midget, Youth Pent |

QUESTIONS: usatfnj@usatfnj.org
 or 973-334-8900

MAIL ENTRIES TO: USATF-NJ - Multi's, PO Box 330, Boonton, NJ 07005

Please enter me in the following USATF-NJ Combined/All Comers events:
 Combined Events Division: _____
 All-Comers Events (Note: Seed Times Must Be Included for Running Events):
 1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____ 5. _____ / _____
Event Seed Time Event Seed Time Event Seed Time Event Seed Time Event Seed Time

ENTRY FEE ENCLOSED \$ _____
 (Check or Money Order ONLY
 Made out to USATF-NJ)

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

STREET ADDRESS (w/Apt. No.) _____ 2005 USATF Number _____ Area Code _____ Phone _____

CITY _____ STATE _____ ZIP _____ USATF Association _____ Name of USATF Club – otherwise leave blank _____

RELEASE: IN CONSIDERATION OF THIS ENTRY'S ACCEPTANCE I, INTENDING TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE NEW JERSEY ASSOCIATION OF USATF, INC. THE STATE OF NEW JERSEY, RICHARD STOCKTON STATE COLLEGE OF NEW JERSEY OR ANY OTHER SPONSORS, PARTIES, GROUPS, ORGANIZATIONS, VOLUNTEERS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM PHYSICALLY ABLE TO COMPETE IN THIS EVENT.

Signature of Athlete _____ If under 18 – Signature of Parent (not coach) _____ Date _____

LIBERTY WATERFRONT TEAM AND CLUB GRAND PRIX ENTICES MORE CLUBS

by Madeline Bost

The 2005 season holds the promise of even more club participation in the Liberty Waterfront team and club grand prix, which is in keeping with the goals of the national Long Distance Running Committee to encourage the forming and strengthening of clubs.

To that end the New Jersey grand prix can pronounce its program a success. In 2004, thirteen clubs fielded teams and at the more favored races they sent several teams. For instance, the Midland Run 15K, that is held in May had eleven clubs fielding at least one team, and most sent out B and C teams. There were 15 Open Men and 15 Men 40 teams, with an additional seven Men 50, four Men 60 and one Men 70 team.

On the women's side there were slightly fewer teams but still an impressive number, nine Open Women and ten Women 40 teams. There were five Women 50 and two Women 60 teams.

While the Raritan Valley Road Runners have dominated in the Overall club grand prix category, their dominance has not dampened the enthusiasm of other, smaller clubs. In 2004 we saw much stronger team participation from the Clifton Road Runners and the Essex Running Club. The Shore Athletic Club had not only a core M60 team,

but was also able to field an M50 team at some races. In fact, the Shore team won the M50 division of the 5K cross country championship held at Holdmdel Park last fall.

In addition to long established New Jersey clubs becoming stronger at Championships, a club that had moved across the Hudson many years back, has moved back to its home roost. The Warren Street Athletic Club that was born in Jersey City has had their women's teams at the first two races of the 2005 season.

It is easy for a USATF-NJ club to get into the team competition. Men's teams need five members to score out of a maximum of eight men on the team. Men 60 and Men 70 teams require only three out of a maximum of five men.

Women's teams also require only three to score out of five, except for the Open Women in cross country races, when they need five. Teams must compete in at least three races to have their points shown in the final tally. Most teams try to compete in all championship races of their division although they are allowed to drop one race, either a no-show or their lowest scoring race.

Complete rules of the team and club grand prix can be found online at the USATF-NJ website.

2005 Long Distance Running New Balance Grand Prix Championships

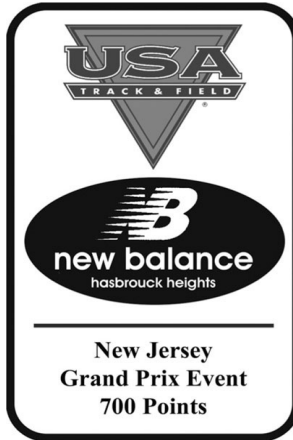
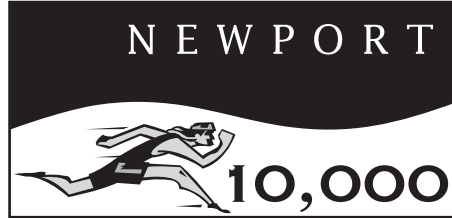
| Date | Event | Championship |
|-------------------------|-----------------------------|---------------------------------------|
| March 6 | Newark Distance Classic 20k | Open Men/Women |
| March 20 | Equinox 20K | Masters Men/Women |
| April 10 | Cherry Blossom Run 10k | Open Men |
| May 1 | Our House 5 mile | Masters Men & Women |
| May 15 | Midland Run 15k | All Divisions |
| May 22 | Run for Rachel 5k | Open Women |
| May 30 | Ridgewood 5k | Masters Women |
| June 11 | The Newport 10,000 | Qualifier for National Relay Marathon |
| June 20 | President's Cup 5k | Open Men |
| September 25 | Liberty Waterfront 1/2M | All Divisions |
| October 2 | Joel P. Spector 10k | Open Women |
| October 8 | Heroes to Hero 5k | Masters Men |
| October 23-date change! | USATF-NJ XC 5k | All Divisions |
| October 30 | USATF-NJ XC 8k | All Divisions |
| November 13 | Giralda Farms 10k | Masters Men/Women |
| November 24 | Ashenfelter 8k | Open Men & Women |
| December 11 | USATF 10 Mile | All Divisions |

Check the race calendar for all the details: www.usatfnj.org; Road Race Calendar

A 10K FOR \$10K

**NEWPORT TOWN SQUARE
ON THE HUDSON
JERSEY CITY, NJ**

SATURDAY, JUNE 11, 2005



Easy Access Via PATH or Ferry
www.newportnj.com

Directions to the event available online at
www.OYMP.net

Proceeds benefit the Jersey City Medical Center

Schedule—

Registration 6:45am
Newport 10,000 8:30am
Post Race Party 9:45am

Registration—

By mail or online at www.ACTIVE.com

Course— *New & Improved for 2005!*

USATF Certified. Flat and fast on local roads and Hudson County Waterfront Walkway. Mile clocks, 3 water stops.

Prize Money— (No Duplication)

Open, Male and Female: 1st, \$2,000
2nd, \$1000 3rd, \$750 4th, \$500 5th, \$250
USATF-NJ Members Only, Male and Female
1st \$350, 2nd \$250, 3rd \$100

National Marathon Club Relay Qualifier

1st place USATF-NJ men's and women's teams will qualify for \$1,000 travel expense to the Akron Club Marathon Relay Championship (October, 2005)

Awards—

1st, 2nd, 3rd, Male & Female, overall and age groups.

Age Groups—

5 years – 19 & under to 75 & over

Amenities—

Newport 10,000 Tee, Super Post Race Brunch, DJ, Goodie Bag, Prize Drawing

ChampionChip Scoring & Results—

CompuScore.com

Information—

732-381-0318 mzrace@oymp.net
www.OYMP.net

Race Direction—

ON YOUR MARK PRODUCTIONS

OFFICIAL ENTRY FORM

| | | | |
|---------------|-----------------|-------------|--|
| last name | | first name | |
| street | | city | |
| state | zip | phone | |
| date of birth | age on race day | 2005 USATF# | |
| email | | sex | |



Entry Fees (please check)

\$17 by 6/6 \$15.USATF by 6/6
 \$20 after 6/6 and race day

5K T-Shirt Size

OM OL OXL

Waiver/Release: In consideration of this entry being accepted, I hereby, for myself and heirs, executors and administrators, waive and release all claims and causes of action I may have against Newport Associates Development Company, The City of Jersey City, On Your Mark Productions and any and all parties involved in the Newport 10,000, for injuries that I may suffer; and for any other loss or liability connected with the event. I certify that I am physically able to participate in the event and grant permission to use my likeness in any photographic record of the Newport 10,000.

| | |
|-----------|------|
| signature | date |
|-----------|------|

Please make checks payable to NADC
Mail entries to: OYMP, PO Box 1766, Cranford NJ 07016

**USATF NEW JERSEY
MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS
USATF NEW JERSEY OPEN DEVELOPMENTAL MEET**

Monmouth Regional H.S. – Tinton Falls

Sunday, July 10, 2005

Hosted by: Shore Athletic Club



TRACK EVENTS:

10:00am 5000m Walk
10:40 5000m Run
Brunch Break
11:30 400/300 Hurdles
12:00pm 100 Meters
12:30 1500 Meters
1:00 400 Meters
1:30 High Hurdle
2:00 800 Meters
2:30 200 Meters
4 X 100 Relay
4 X 800 Relay
4 X 400 Relay

FIELD EVENTS:

9:00am Hammer, Weight Throw & Heavy
10:00 Weight Throw
11:00 High Jump
Javelin followed by Discus
followed by Shot Put
Long Jump
1:00pm followed by Triple Jump
Pole Vault

PRE-ENTRIES:

\$8.00 per event, \$15.00 per relay
(\$25.00/athlete maximum)
Deadline: postmarked by Tues. July 6, 2005

POST-ENTRIES:

\$12.00 per event; \$15.00 per relay
Check In Time is 9am – 2pm
No Post Entry for Hammer & Weight Throws

Age Groups:

Male and Female Open;
Male and Female Masters in 5 year age groups starting at 30

AWARDS:

Medals to top 3 New Jersey and top 3 Non-NJ athletes in each age group of each event

NOTE: Pin spikes only (1/4" or 3/16").

INFORMATION: (732) 409-3946 or sacrw55@msn.com

CHECKS PAYABLE & MAIL ENTRIES TO:

Shore Athlete Club, 31 Breakwater Sq., Freehold, NJ 07728

Each event closes 15 minutes prior to posted state time

Beware: Events may run ahead or behind schedule!

NOTES: • Hurdle heights and implements weights according to the USATF Masters rules • Most events will be contested younger to older men followed by women. Age groups combined in some events if the entry warrants. • Vault and High Jump will start at a low height and move upward with all age groups combined. The bar will not be lowered after event begins. • In any event you miss your call, you forfeit that start or that attempt. • There will be two divisions for each event: 1) the USATF – New Jersey Division, and 2) the non Non-New Jersey Division. Medals will be awarded in both divisions, but in many events there will be mixed seeding of the two divisions.

DIRECTIONS: From South Jersey- Take Route 537 to High School. Go over Parkway Bridge and turn left on long driveway. From North Jersey- Garden Sate Parkway (exit 105). Take Route 36 East to Route 35 North. Take 35N to Route 537 West (Fort Monmouth on right) and turn left. Go approximately 2 miles. School is on the right side before the Parkway Bridge. Total distance from the parkway is 5-6 miles.

Please enter me in the following USATF-NJ Masters events:
(Note: Seed Times Must Be Included for Pre-Entry Running Events)

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

ENTRY FEE ENCLOSED \$ _____
(Check or Money Order ONLY
Made out to Shore AC)

LAST NAME FIRST NAME M F _____ / ____ / ____ Age

STREET ADDRESS (w/Apt. No.) 2005 USATF Number (required) Area Code Phone

CITY STATE ZIP Exact Name of USATF Club

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., MONMOUTH REGIONAL HIGH SCHOOL, MONMOUTH UNIVERSITY, CITY OF LONG BRANCH, SHORE ATHLETIC CLUB, 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

USATF New Jersey Road Racing Calendar

**Call to confirm times and dates.
Check www.usatfnj.org; Road Race
Calendar for additional races.**

LEGEND:

(\$) = Prize Money
(s) = USATF–NJ Sanctioned Event
(c) = USATF Certified Course
(NBGP) = New Balance–NJ Grand Prix Event

April 2005

4/2 BUILDING TOMORROWS 5K, 9:30am, Brookdale Park, Bloomfield, 973-535-1181x1230,(s)(c)(NBGP-500pts).
4/2 PV HORNET 5k RUN, 9am, Passaic Valley HS, Little Falls, 973-890-2548, (s)(c)(NBGP-500pts)
4/3 D&R Canal Watch 5k Run, 10am, Washington Crossing State Park, Titusville, (s).
4/3 INDIAN TRAILS 15k, 3 mile, 9am, Middletown, (s)(NBGP-500pts - 15k).
4/3 RUN WITH AIMEE 5k, 10:30am, Montgomery HS, Montgomery Township, 1-877-342-4633, (s)(c)(NBGP-500pts).
4/9 Loschiavo Memorial Run, 4 Miles, 10am, Mount Olive HS, Flanders, 973-927-2208x7612, (s).
4/10 CHERRY BLOSSOM RUN, 10K, 10am, Branch Brook Park, Newark, 973-268-3500 x234, (s)(c)(NBGP-700pts).
4/16 EARTH DAY 5K, 10am, Liberty State Park, Jersey City,(s)(NBGP-500pts).
4/17 RIVER EDGE RUN, 5K, 10am, Bogert Road, River Edge, 201-599-6295, (s)(NBGP-500pts).
4/17 WEE RUN WILD 5K, 9:30am, Kean University, Union, 732-381-0318, (s)(c)(NBGP-500pts).
4/17 BOGOTA 5K, 8:45am, Bogota Rec Dept., Bogota, 201-498-1874, (s)(c) (NBGP-500pts).
4/23 MK5K, 8am, Denville, (s)(c)(NBGP-500pts). (old Harvest Festival course)
4/23 MAIN STREET 5K FESTIVAL, 9:30am, Sparta Athletic Club, Sparta, 973-726-6218, (s)(c)(NBGP-500pts).
4/24 NEW MILFORD ATHLETIC BOOSTERS RUNATHON, 5K, 9:30am, New Mildford, 201-981-3716, (s)(NBGP-500pts)(\$).
4/24 MILES FOR MATHENY, 5K, 10:00am, Liberty Park, Peapack, 732-381-0318, (s)(c)(NBGP-500pts).
4/30 Woods and Lakes, 10am, Mountain Lakes, NJ, 973-334-4964, (s).

May 2005

5/1 OUR HOUSE 5 MILE, 1pm, The Green, Summit, 732-381-0318, (s)(c) (NBGP-700pts)(\$).

Featuring



Grand Prix Events
(Indicated in Capital Letters)

5/1 Rumson Run-AJ Bruder 5 Mile, 9:30am, Rumson Fair Haven Reg. HS, Borden Stadium, 732-741-2140, (s)(c).
5/1 Run for the River, 4 miles, 10am, 410 Old Main St, Asbury, 08802, 908-454-6143(s).
5/1 NUTLEY CHAMBER OF COMMERCE 7th ANNUAL 5K, 9am, Nutley Oval, Chestnut St. & Franklin Ave, Nutley, 973-667-5300, (s)(NBGP-500pts).
5/7 CHILTON MEMORIAL HOSPITAL /

SPA 23 APPLE CHASE, 10k & 5K, 8am, Pequannock High School, Pompton Plains, 973-839-8823, (s)(c)(NBGP-500pts-both).
5/7 EDISON FAMILY DAY 5K, 9:30am, NJ Convention & Expo Center at Raritan Center, 732-248-7361,(s)(c)(NBGP-500pts).
5/7 CARDINALS CEDARBROOK PARK 5K, 9:30am, Cedarbrook Park, Plainfield, 908-391-8212,(s)(c)(NBGP-500pts)(\$).
5/7 SHEPHERDS LAKE 5K, 9:30am, Ringwood, 973-962-9465,(s)(c)(NBGP-500pts)
5/8 Mother's Day 5k Race, 9am, Berkeley Heights, 908-790-9328,(s)(c).
5/8 20th ANNUAL MOTHER'S DAY RUN FOR FREEDOM, 9:30am, 105 Lincoln Park, Newark, 973-623-7246,(s)(c)(NBGP-500pts).
5/8 HOHA Classic 5 Mile Race, 10am, Pier A Park, Hoboken, 201-792-0340x14,(s)

Call for Appointment
201-493-9310

Jody Reicher*
Gary Mettler
Norman J. Reicher

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*ART Trained & Certified by Dr. P. Michael Leahy
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USATF New Jersey Road Racing Calendar - Continued

5/14 ANNUAL MAYWOOD 5K RUN, 9am, Memorial Park, Maywood, 201-845-0920, (s)(NBGP-500pts)(\$).
5/15 VOLVO MIDLAND RUN, 15K 9am; 5k 11am, Moorland Farms, Far Hills, 908-234-2232, (s)(c)(NBGP-700pts-15k;500pts-5k)(\$).
5/15 RUBIN RUN 10k, 5k, 8:45am-10k; 10am-5k, JCC on the Palisades, 201-569-7900x406, (s)(c)(NBGP-500pts-both races).
5/21 Bay Head Five K, 8:30am, Bay Head Fire House, Bay Head, (s)(c).
5/22 RUN FOR RACHEL, 10am, Memorial Oval, Livingston, 732-381-0318, (s)(c)(\$)(NBGP-700pts)
5/22 EMUNAH 5K, 9am, Teaneck, 908-245-3000, (s)(NBGP-500pts).
5/28/05 Spring Lake Five Mile Run, 8:30am, Spring Lake, 732-449-3544, (s)(c).
5/30 THE FRED D'ELIA RIDGEWOOD RUN, 10k 8:45am, 5k 10:15am, Linwood & Maple Ave, Ridgewood, 201-447-9750, (s)(c)(NBGP-700pts-5k,500pts-10k)(\$).

June 2005

6/4 JILL & JACK 5k, 8:30am, Kehler Stadium, Westfield, 732-381-0318, (s)(c) (NBGP-500pts).
6/4 SVYMCA HILLSBOROUGH HOP, 5k, 9am, SVYMCA Hillsborough, 908-369-0490x40, (s)(c)(NBGP-500pts).
6/4 PAMELA MILLER SCHOLARSHIP 5K, 9am, Park's Lake, Rockaway, 973-664-2300, (s)(c)(NBGP-500pts)
6/4 Wayne AM Rotary 5K Race, 9:30am, Packanack Lake, Wayne, (s)(c).
6/5 Avon Day 5k Race, 8:30am, Ocean Ave, Avon, 732-502-4519, (s).
6/5 KILOMETERS FOR KARYN, 5K, 9am, West Orange HS, West Orange, 732-381-0318 (s)(c)(NBGP-500pts).
6/5 TENAFLY 5K, 9am, Tenafly HS Track, Tenafly, (s)(c)(NBGP-500pts).
6/5 BOB BECKERT SCHOLARSHIP 5K RUN, 10:15am, Watchung Hills Regional HS, Warren, 908-561-5134, (s)(c)(NBGP-500pts).
6/5 FIRE HOUSE PIZZA RUN FOR CHESHIRE HOME, 9am, Madison HS, 973-377-9531, (s)(c)(NBGP-500pts).
6/5 HACKETTSTOWN 5K RUN, 9am, Hackettstown, 908-850-6518, (s)(c)(NBGP-500pts).
6/6 MERRY HEART 5K, 7PM, Eisenhower Middle School, Sucasunna, 973-584-6709, (s)(c) (NBGP-500pts).
6/11 THE NEWPORT 10,000, 8:30am, Newport Town Square, Jersey City, 732-381-0318, (s)(c)(NBGP-700pts)(\$).
6/11 JUNE FETE 10K, 8am, Weaver Track, Princeton Univ, Princeton, 908-359-4506, (s)(c)(NBGP-500pts).
6/12 MOUNTAIN TOP 10K, 9am, Mt. Horeb School, Warren, 908-580-0878, (s)(c)(NBGP-500pts).
6/12 WOODCLIFF LAKE RUN FOR EDUCATION, 10K, 5K, 8:30am, Porchester School, Woodcliff Lake, 732-381-0318, (s)(c)(NBGP-500pts-both).

6/12 ROSELLE 21st CENTURY 5K, 6pm, Chestnut St & 2nd Ave, Roselle, 732-381-0318, (s)(c)(NBGP-500pts).
6/13 GIRLS ON THE RUN 5K, 9am, Duke Island Park, 908-296-2116, (s)(c)(NBGP-500pts)
6/18 8th ANNUAL WILLIAM & TERESA WRIGHT MEMORIAL 5K RUN, 8:30AM, Randolph HS, Millbrook Ave, Randolph, (s)(c)(NBGP-500pts)(\$).
6/19 ACS RUN FOR DAD, 5K, 9am, Mercer County Park, West Windsor, 732-381-0318, (s)(c)(NBGP-500pts).
6/20 PRESIDENT'S CUP NIGHT RACE, 5K, 8pm, Charlie Browns, Millburn, 973-376-6094, (s)(c)(NBGP-700pts)(\$).
6/25 2nd ANNUAL RACE4FREEDOM, 5K, 8:30am, Immaculata HS, Somerville, 908-541-022x1124, (s)(c)(NBGP-500pts).
6/30 SUNSET CLASSIC, 5 Miles, 7:30pm, Foley Field, Bloomfield, 732-381-0318, (s)(c)(NBGP-500pts).

July 2005

7/10 SPRINTIN CLINTON, 5K, 6:45pm, Leigh Street, Clinton, 908-238-0970, (s)(NBGP-500pts).
7/11 WEST ESSEX YMCA 5K, 8:30am, West Essex YMCA, Livingston, 732-381-0318, (s)(c)(NBGP-500pts).
7/16 TETERBORO AIRPORT 5K, 8:30am, Fleet Teterboro Airport, 732-381-0318, (s)(c)(NBGP-500pts).
7/24 AYC Run From the Sun 5k, 8:30am, Avalon Community Center, (s)(c).
7/27 DOWNTOWN WESTFIELD 5K, 7pm, Elm & Quimby Streets, Westfield, 732-381-0318, (s)(c)(NBGP-500pts).
August 2005
8/6 River to Sea, 6am start handicapped over 4 hours, Milford to Manasquan, 732-381-0318, (s)(c).
8/28 Stone Harbor Lions 10k, 8am, Stone Harbor, 609-522-3398, (s)(c).

USATF New Jersey Track & Field Calendar

APRIL

4/10 Green Streakers & Supersonics TCs Developmental Series (Y, O), Piscataway HS, Piscataway, 732-545-7614, coachmcbride@greenstreakersofnj.com
4/17 NJ Striders Developmental Meet (Y), Mahwah High School, 201-337-7081, NJStriders@aol.com
4/17 Green Streakers & Supersonics TCs Developmental Series (Y, O), Piscataway HS, Piscataway, 732-545-7614,
4/24 NJ Striders Developmental Meet (Y), Ridgfield - Willis Field, 201-337-7081,
4/24 Green Streakers & Supersonics TCs Developmental Series (Y, O), Piscataway HS, Piscataway, 732-545-7614,

Track & Field Calendar Continued

MAY

5/1 NJ Striders Developmental Meet (Y), Paramus High School, 201-337-7081, NJStriders@aol.com
5/1 Garden State Youth Track & Field Series (Y, O), 10am, Roselle Catholic High School, Roselle, 973-960-5493
5/15 NJ Striders Developmental Meet (Y), Hackensack High School, 201-337-7081
5/15 Garden State Youth Track & Field Series (Y, O), 10am, Roselle Catholic High School, Roselle, 973-960-5493
5/22 NJ Striders Invitational Meet (Y), East Rutherford, 201-337-7081
5/28 Garden State Youth Track & Field Series (Y, O), 10am, Roselle Catholic High School, Roselle, 973-960-5493

JUNE

6/4 USATF-NJ Preliminary Meet (Y), Neptune HS, Neptune, 732-922-4583, jstc34@yahoo.com
6/4 USATF-NJ Preliminary Meet (Y), Hub Stine Field, Plainfield, 908-757-2998, kevinmba@comcast.net
6/5 USATF-NJ Preliminary Meet (Y), Rutherford - Memorial Field, 201-337-7081, NJStriders@aol.com
6/5 USATF-NJ Preliminary Meet (Y), Teaneck HS, Teaneck, 201-244-9474, jettatc@yahoo.com
6/5 USATF-NJ Preliminary Meet (Y), Vineland HS, Vineland, qstcnj@aol.com.
6/18 Garden State Youth Track & Field Series (Y, O), 10am, Roselle Catholic High School, Roselle, 973-960-5493
6/25-26 Tommy Burns Foundation USATF-NJ Association Junior Olympic Track & Field Championships, (Y) Neptune HS, Neptune.
NOTE: 14 and under must qualify at one of the Preliminary meets on June 4th or 5th.

JULY

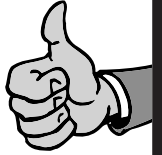
7/2 USATF East Region Open & Club TF Championships (O); USATF East Region Open & Junior 5k RaceWalk Championships (O, Jr); USATF-NJ Open TF Championships (O); USATF-NJ Open & Junior Combined Events Championships - Day 1 (O, Y), Richard Stockton State College of NJ, 973-334-8900 or usatfnj@usatfnj.org.
7/3 USATF-NJ Open & Junior Combined Events Championships - Day 2 (O, Jr); USATF-NJ Bantam, Midget, Youth & Masters Combined Events (Y, M); Select Individual All-Comers Track Events (Y, O, M), Richard Stockton State College of NJ, usatfnj@usatfnj.org or 973-394-0445.
7/10 USATF-NJ Masters TF Championships, Monmouth Regional High School, Tinton Falls, NJ, 732-409-3946 or sacrw55@msn.com

\$\$ TEAM NEW JERSEY \$\$

Building for the future.....NOW!

USATF New Jersey is a Non-Profit Corporation. A majority of our programming such as the "USATF News Jersey" publication; the road racing and Track & Field Grand Prix; the indoor and outdoor Track & Field Championships, and the Junior Olympic programs, are in a large part funded by your annual membership fees.

Here in New Jersey, USATF-NJ strives to provide top quality programs and services to all of our members whether they are young, old, fast, slow, runners, walkers or throwers. A contribution to the Team New Jersey campaign will help fund additional programs and services. Please do what you can to give back to a sport that has created so many wonderful memories. **The future of track and field is being written now. Add your name to the list TODAY!**



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As a THANK YOU gift

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Team Physician for the USA Track & Field Teams: 1998 World Jr. Championships, Annecy, France;
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1989 Jr. Pan Am Championships, Sante Fe, Argentina; 1987 Pan Am Games, Indianapolis, IN.
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