

The Elliott Denman  
New Jersey  
International Track &  
Field Meet



Monmouth University

Sun., June 2, 2024

Joe Compagni Track at Kessler Stadium, Monmouth  
University, West Long Branch, NJ

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Hammer Throw on Saturday June 1  
For more information go to [www.shoreac.org](http://www.shoreac.org)

## **The Elliott Denman New Jersey International Track & Field Meet**

**Date:** Sunday June 2, 2024 (Hammer Throw only on Saturday, June 2, 2024)

**Location:** The 37<sup>th</sup> Annual NJ International Track & Field Meet, now honoring Elliott Denman, will be on the Monmouth University campus in West Long Branch, NJ (directions: [www.monmouthhawks.com](http://www.monmouthhawks.com)).

**Teams/Clubs Expected to Attend:** In previous years, athletes from 40 countries have been represented, including a number of Olympians and National Champions. In 2023, at least 24 athletes advanced from this meet to the U.S. Championships and other international competitions. In 2022, the meet was combined with the USATF Club Championships. This year's meet will include events specifically for youth, open, masters & elite athletes. A big field is expected in 2024.

**Meet Entries:** Due Thurs. 5/30/'24 by 1 PM. Please use **NJMilesplit** or **DirectAthletics** for your entries (follow instructions at [www.directathletics.com](http://www.directathletics.com)). Youth events will be at [www.coacho.com](http://www.coacho.com). No additional entries will be allowed after the Thursday 1 PM deadline. If you have questions, please contact Joe Compagni at [joecompagni@gmail.com](mailto:joecompagni@gmail.com) or **Dave Friedman** at [davesac@comcast.net](mailto:davesac@comcast.net). Field sizes **may be limited in some events**. Please be sure you have a correct e-mail address AND date of birth in Milesplit or DirectAthletics. We will share an updated schedule on Friday afternoon prior to the meet. Preference will be given to actual verified marks.

**Scratches/Questions?** Please call us at (908) 616-0119 or (201) 290-0310. **NO additions or entries the day of the meet.**

**Entry Fee & Packet Pick-Up:** Individual entries are \$30 per person, based on entries (not scratches). Payment must be made at time of entry by credit card. Youth/high school events (100, 400, 800, 1600) and our Community Stroll for the Shore A.C. Foundation are \$25 per person. Checks and entries for the 1 Mile Community Stroll **only** can be made payable to **Shore Athletic Club**, and sent to Elliott Denman c/o Shore A.C., 28 N. Locust Ave., W. Long Branch, NJ 07764. Clubs/teams entering their athletes together will pay a maximum of \$400 per team. Men's and women's teams are considered separate (both teams = \$800 total). Packet pick-up and check-in for teams & individuals will be under Kessler Stadium the day of the meet. All individual competitors must sign a waiver and will receive a bib number to compete.

**Awards:** Custom awards will be presented to the top 3 finishers in each event and relay. Awards should be picked up under Kessler Stadium once official results have been announced for each event. We will also have event shirts for the first 300 entrants entered and medals for all youth competitors.

**Prize Money:** Prize money will be awarded the week after the meet to the top 5 female and top 5 male performers overall, based on World Athletics scoring tables. Prize money will also be awarded to the top finishers in select events, including the Elite 1500 (\$3000+), High Jump (\$1000 total), Shot Put (\$600) and Hammer (\$500). We will also have \$1000 in prize money dedicated for the top ten age-graded masters athletes overall. Final prize money details are updated on the last page. Last year a total of over \$8,200 in prize money was awarded to the top open and masters competitors.

**Scoring:** The meet will be scored (top 8 in all events) for club teams. Unattached competitors are excluded from the scoring. All team affiliations must be made at the time of your entries.

**Results and Timing:** Official results will be posted at Viper Timing as they become available on meet day. Team scores and full results will be posted at [www.vipertiming.com](http://www.vipertiming.com).

**Warm-Up Area:** Limited warm-up areas on the track and infield during competition. Additional grass and turf fields near the track will be available for warm-ups all day.

**Track Events and Entries (please note changes for 2024):**

- Please be as accurate and realistic as possible with your seed times and marks. Use actual times as much as possible.
- All events except the 100 will be finals on time. Track events will go from fast to slow.
- We will host a 1 Mile Community Stroll. Proceeds benefit the Shore A.C. Development Fund (promoting track on all levels), and Pancreatic Cancer Action Network. Participants of all ages may walk, jog or run in this community event to assist these two great causes. Entries for this can be via [www.coacho.com](http://www.coacho.com) or by check (see above).
- The 5K will be limited to the top 25 entrants per gender. If there is more interest, we may offer a 2<sup>nd</sup> section. All entrants will be informed if this is the case after entries close.
- Only 1/4 inch spikes or smaller allowed. Pyramid spikes preferred.
- Please bring starting blocks for sprinters. We will have some blocks available.
- Coaches will receive a check-in sheet in your packet upon arrival. Please give us your scratches as soon as you arrive at the meet and we will then set up or adjust heats.
- The check-in area for athletes in track events will be located right next to the track under Kessler Stadium. Please ask your athletes to check in early, listen for calls for their event and follow the order of events. If they do not check in by the final call, they will be scratched. We will release a final revised schedule on Friday after entries close, and we will move up to 15 minutes ahead of schedule if possible.

**Field Events (please note changes for 2024):**

- **Implements will be weighed in** at the competition site. Please bring implements to the back of the stadium a minimum of 2 hours prior to your event. Masters and high school implements will be allowed. All throwers will get 3 attempts in all events. The top eight competitors using OPEN implements will be advanced to the finals for 3 more throws.
  - All athletes must supply their own implements.
  - Field event athletes should check in with the official at their event area. The shot put will be held in the near corner of the throws field (near the javelin runway).
- The direction of the LJ & TJ will be determined on meet day based on prevailing winds.
- Opening heights will likely be 4' 9" (1.45m) & 5' 10" (1.78m) in the women's & men's high jump; 8' 0" (2.44m) & 11' 1" (3.38m) in the women's & men's pole vault. This is subject to slight adjustment based on final entries.

**Shirts and More:** The first 300 entrants will receive a custom Elliott Denman NJ International T&F Meet shirt, as well as other giveaways from our sponsors. Medals to the top 3 in each event.

**Directions, Dining and Lodging:** We plan to have a full concession stand open under Kessler Stadium for the meet throughout the day. For other dining and lodging options, please contact us directly for assistance, or see the M.U. Visitor's Guide at [www.monmouthhawks.com](http://www.monmouthhawks.com).

**More information to follow:** This is the information available for the meet as of May 14. Please check back often at [www.shoreac.org](http://www.shoreac.org) and on our social media @theshoreac for updates regarding prize money, meet schedules, elite entries, sponsors and community events.

# The Elliott Denman NJ International Track & Field Meet – June 2, 2024

## Time Schedule\*

\* - This is the preliminary schedule. We **will** update this schedule after entries close on Thursday May 30.

### Field Events\*

Event	Order	Time
Hammer#	Women followed by Men	Saturday 6/1 at 3:00 PM
Discus	Women followed by Men	11:00 AM
Long Jump	Women followed by Men	12:00 PM
Triple Jump	Women followed by Men	3:00 PM (or following LJ)
High Jump#	Women (followed by Men)	1:00 PM
Pole Vault#	Women (followed by Men)	1:00 PM
Javelin	Women (followed by Men)	3:00 PM
Shot Put	Women (followed by Men)	3:00 PM

### Track Events\*

Event	Order	Time
High School & Youth 1600	Girls followed by Boys	12:30 PM
High School & Youth 100	Girls followed by Boys	12:55 PM
High School & Youth 800	Girls followed by Boys	1:10 PM
High School & Youth 400	Girls followed by Boys	1:20 PM
Masters 100	Women (followed by Men)	1:45 PM
100 Trials	Women	1:55 PM
100 Trials	Men	2:05 PM
100m Hurdles	Women	2:30 PM
110m Hurdles	Men	2:45 PM
Masters 400	Women (followed by Men)	3:00 PM
400	Women	3:10 PM
400	Men	3:20 PM
100 Finals	Women (followed by Men)	3:40 PM
800m	Women	3:50 PM
800m	Men	4:00 PM
200m	Women	4:15 PM
200m	Men	4:30 PM
Community 1 Mile Stroll	Open To All	4:55 PM
Special Presentation	Special Guests TBA	5:15 PM
1 Mile Race Walk	Men and Women	5:25 PM
Masters Mile	Women (followed by Men)	5:40 PM
Open Mile	Women (followed by Men)	5:55 PM
5000m	Women	6:10 PM
5000m	Men	6:30 PM
Open & Masters 4x800 Relay	Men & Women	6:50 PM
3000m Steeplechase#	Women	7:10 PM
3000m Steeplechase#	Men	7:25 PM
Women's Elite 1500	Women	7:40 PM
Men's Elite 1500	Men	7:50 PM
Awards		8:00 PM

#- The hammer, HJ, PV & 3K Steeple will serve as the 2024 USATF-NJ & USATF-Mid-Atlantic Championship events. See 'other notes' below.

<b>New Jersey International Meet Records 1987-Present</b>				
<b>Event</b>	<b>Record Holder</b>	<b>Year</b>	<b>Home</b>	<b>Mark</b>
Frank Budd Men's 100 Meter	Philippe DeRosiers	2012	USA	9.87
Andy Stanfield Memorial 200 Meter	Winston George	2013	GUY	20.59
Larry James Men's 400 Meter	Butch Reynolds	1992	USA	44.67
Rich Kenah Men's 800 Meter	Rob Novak	2010	USA	1:46.85
	Brian Borchers	2011	USA	1:46.85
Eamonn Coghlan 1500 Meter	John Reniewicki	<b>2023</b>	USA	3:37.06
Eamonn Coghlan Men's Mile	Jim Norris	1990	USA	3:59.50
Norbert Sanders Memorial 3,000-Meter	Levi Miller	2006	USA	8:20.00
Men's Open 2 Mile	Sydney Maree	1987	USA	8:38.13
Men's 5000 Meter	Michael Morgan	<b>2023</b>	IRE	14:24.41
Men's 10,000 Meter	Daniel Lewis	2022	USA	33:52.89
Harrison Dillard 110 Hurdles	Aubrey Herring	20021	USA	13.38
	Roger Kingdom	998	USA	13.38
Kevin Young Men's 400-Meter Hurdles	Brian Derby	2007	USA	49.75
Men's 3,000 Meter Steeplechase	Ahmed Jaziri	<b>2023</b>	TUN	8:15.35
Elliott Denman 1-Mile Racewalk	Ray Funkhouser	1992	USA	6:03.00
Dr. Matt Brown Masters Men's 100	Mitchell Lovett	2003	USA	11.17
John Kuhi Masters Men's 400	Mitchell Lovett	2003	USA	50.12
Harry Nolan Masters Men's Mile	Harry Nolan	1987	USA	4:21.89
Frank Budd Women's 100 Meter	Nadine Palmer	2012	HAI	11.32
Women's 200 Meter	Amandi Rhett	2006	USA	23.66
Aliann Pompey Women's 400 Meter Run	Aliann Pompey	2009	GUY	51.79
Joetta Clark Women's 800 Meter Run	Joetta Clark	1990	USA	2:01.50
Chrissy D'Alessandro Women's 1,500 hi Meter	Emily Mackay	<b>2023</b>	USA	4:01.52
Chrissy D'Alessandro Shaheen Memorial Mile	Carmen Douma-Hussar	2009	CAN	4:37.70
Women's 5000 Meter	Liliah Gordon	<b>2023</b>	USA	17:32.80
Women's 10,000 Meter	Katherine MacCary	2022	USA	41:14.14
Dawn Bowles 100 Meter Hurdles	Monique Morgan	2015	JAM	12.89
Women's 400 Meter Hurdles	Dawn Forr	2012	CAN	56.33
Women's 3000 Meter Steeplechase	Meredith Rizzo	<b>2023</b>	USA	9:54.72
Masters Women's 100	Sophia Downey	<b>2023</b>	USA	13.41
George Kochman Boys High School Mile	Rich Morris	1992	USA	4:21.25
George Kochman Girls High School Mile	Jen Croghan	2002	USA	5:02.36
Mike Pascuzzo Men's High Jump	Dennis Lewis	1987	USA	7-5
Mike Pascuzzo Women's High Jump	Deirdre Mullen	2011	USA	6-2
Walter Annenberg Men's Pole Vault	Brian Mondschein	2007	USA	17-5
Walter Annenberg Women's Pole Vault	Chelo Canino	2006	PUR	13-0
Herbert Douglas Jr. Men's Long Jump	Cadeau Kelley	2010	LIB	25-9 3/4
Herbert Douglas Jr. Women's Long Jump	Jessie Gaines	2016	USA	21-7 1/2
Norman Tate Men's Triple Jump	Olu Olamigoke	2011	NIG	53-11 1/4
Women's Triple Jump	Alexa Wandy	<b>2023</b>	USA	13.10m (42'10.75")
Al Blozis Memorial Men's Shot Put	Rhuben Williams	2009	USA	66-5 1/4
Al Blozis Memorial Women's Shot Put	Monique Riddick	2016	USA	56-5 3/4
Art Swarts Men's Discus Throw	Jim Seifert	2000	USA	209-0
Art Swarts Women's Discus Throw	Gina LoMonaco	2004	USA	192-11
Bob Roggy Memorial Men's Javelin Throw	Mike Barnett	1987	USA	269-3
Barbara Friedrich Parcinski Women's Javelin	Cathie Wilson	1987	USA	192-10
August Zilincar Men's Hammer Throw	Travis Nutter	2008	USA	246-1
Oneithea "Neni" Lewis Women's Hammer Throw	Anna Norgren	2002	USA	235-0

**Last year over \$8200 in Prize Money was awarded. Final amounts for 2024 below and TBA:**

\*\* - We will offer **\$2,200** in cash awards to the top 5 open men & top 5 open women overall, based on World Athletics scoring tables. **Amounts will be \$500/\$250/\$150/\$100/\$100 for each gender.** Athletes placing in events with prize money will be eligible for the higher of the two awards. No duplicate awards.

\*\* - The premiere event on the track will be the Elite 1500 Meter Races for men and women at the end of the meet. We are awarding **\$3000** in prize money (\$800/\$400/\$300 for the top 3 in each gender) for these races. Our sponsors include podiatrist Dr. John F. Connors of Little Silver and many more.

\*\* - We will have a cash award to be determined for the winning men's and women's club teams. This will be based on scoring the top 8 in each event of athletes who declared a team during registration.

\*\* - The men's and women's high jump will have **\$1000** in prize money (\$250/\$150/\$100 for the top 3 in each gender), compliments of Mike Pascuzzo. Mike is a former world-class high jumper and the owner of Vertical Adventures. See more at... [Vertical Adventures](#)

\*\* - The men's and women's hammer throw will have **\$500** in prize money (\$250 each for the male and female winner), compliments of Joe Kalnas. Joe is a national caliber throws coach in South Jersey and the owner of High Tide Herbal. See more at... [High Tide Herbal](#)

\*\* - The men's and women's shot put will have **\$600** in prize money (\$150/\$100/\$50 for top 3 per gender), compliments of Jon Kalnas. Jon is a former Olympic Trials competitor in the shot put and coaches many of the top throwers in NJ. He owns Critical Mass in Shrewsbury. [Critical Mass Gym](#)

\*\* - In honor of Elliott Denman, we will have **\$800** in prize money specifically for the 1 Mile Racewalk (\$150/\$100/\$50 for the top 3 men and women; and \$100 each for the top male and female masters).

\*\* - We will have **\$1000** in prize money dedicated specifically to masters athletes (\$250/\$150/\$100 for 1st/2nd/3rd in each gender). This will be awarded using age-graded performance tables. The top 3 per gender performances will receive cash awards, compliments of the Shore Athletic Club Development Fund established by Elliott Denman.

\*\* - The top 3 male and female finishers in the 5K will be eligible to receive complimentary VO2 max. testing, PFT and body composition testing compliments of **Atlantic Physical Therapy** (retail value \$200)

\*\* - We will award custom Elliott Denman medals for the top 3 finishers in each event.

**Other Notes**

# - The Hammer, High Jump, Pole Vault and 3K Steeplechase for both genders are open to all and will also serve as the 2024 USATF-NJ and USATF-Mid-Atlantic Championship events. The 2024 USATF NJ & Mid-Atlantic Championships will be June 30 at Kean University, but those events will not be contested at that venue. USATF medals will be awarded to the top USATNJ & Mid-Atlantic finishers in these events, **and** these events will also be eligible for all other awards & prize money at our meet on June 1-2.

# - We are aware that we are not offering every standard Olympic event this year. For those interested in the 400H or other events, we recommend the USATF-NJ Outdoor Track & Field Championships at Kean University on June 30. [Track & Field Calendar | USA Track & Field New Jersey](#)

# - This meet is listed and approved on the **World Athletics** calendar. We will follow all USATF and World Athletics guidelines to allow competitors to earn points and qualify for future events.

\*- Updated as of May 14. *Cash awards will be distributed the week of June 15. THANK YOU to our sponsors.*