

USATF NJ Open & Masters Outdoor Track & Field Championships and USCAA Regional Meet

Saturday, June 14th, 2008

Monmouth University - West Long Branch, NJ

Hosted by: Monmouth University

Events close 60 minutes prior to posted start time.

FRIDAY NIGHT EVENTS

6:30pm 2k Discus (M16-49)
7pm 10k (M,W, Masters)

SATURDAY TRACK EVENTS

9:30 5000m Walk (M, W, Masters)
10:10 5000m Run (M, W, Masters)
10:40 3000m Steeple (M16-59) (36")
10:55 3000m Steeple (OW) (30")
11:10 2000m Steeple (M60+, W30+) (30")
11:30 Lunch Break
Noon 110mH, 100mH - Trials
12:20pm 800m
12:40 80m Hurdles (30") - FOT
100mH, 110mH - Finals
12:55 100m - Trials
1:30 300H (30"), 400H (30"; 33" & 36")
1:55 100m Finals
2:45 400m
3:15 1500m
3:45 200m
4:00 4x800, 4x100, 4x400 (relays-masters only)
Corporate & Club DMR (non-scoring)

SATURDAY FIELD EVENTS:

8:00am 6k SP (M50), 5k Hammer (M60), 400G Jav (M80+,W60+)
8:45 3k Hammer (M80+,W50+), 500G Jav (M70,W50)
9:00 5k SP (M60s), LJ (unseeded)
9:15 16lb Hammer (M16-49), 700G Jav (M50)
9:45 4k SP (W14-49), HJ (unseeded)
10:30 6k Hammer (M50), PV (unseeded)
11:30 16lb SP (M16-49), 1.5k Disc (M50), 600G Jav (M60,W14-49), LJ (seed 6M+)
1:00 4k Hammer (M70+, W14-49)
1:30 3k SP (M80+,W50+), 800g Jav (M16-49), TJ (unseeded), HJ (seed 1.68m+)
2:00 4k SP (M70), PV (seeded 3.75m+)
2:30 1k Discus (M60+, W14-79)
3:30 .75k Discus (W80+), TJ (seed 12m+)



**Masters
Track & Field
Grand Prix
Event**



USATF MEMBERSHIP IS REQUIRED TO COMPETE
PRE-ENTRIES: \$10/event, \$25/relay (\$30/athlete max)

Deadline: postmarked by Mon June 9, 2008

POST-ENTRIES: \$18/event; \$35/relay,
Registration open 7am – 2pm.

CHECKS PAYABLE TO MONMOUTH UNIVERSITY
MAIL ENTRIES TO:

USATF-NJ, PO Box 330, Boonton, NJ 07005

AGE-GROUPS:

Male (16+) and Female (14+) Open;
Masters in 5 year age groups starting at 30

AWARDS:

Medals to top 3 USATF New Jersey in each age group in each event. Medals to Non-NJ athletes if in the top 3 of the age group of each event. Patch to 1st NJ AG winners. One patch per person. Scoring 5-3-2-1

INFORMATION: 732-571-3676, jcompagn@monmouth.edu

MONMOUTH VISITORS GUIDE: www.gomuhawks.com

Check www.usatfnj.org track & field calendar for any updates

NOTES: • Implement weights for the appropriate Age/Gender - Group • Hurdle heights and implements weights according to the USATF Masters rules • Most running 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 bar will not be lowered after event begins. • In any event you miss your call, you forfeit that start or that attempt. **BEWARE:** Events may run ahead or behind schedule! **Plan for heavy Shore traffic!**

DIRECTIONS: 1) *Garden State Parkway (GSP):* Exit 105, becomes Route 36 E. Continue ~3 miles. After Holiday Inn Express, turn Right on 71S (small sign!). Go ~1 mile. At 3rd light Route 71 forks left to become Cedar Ave. Continue ~1/2 mile. Turn Right at light onto Larchwood Ave. School entrance is 2 blocks on left. Parking ahead on left. Stadium is behind Boylan Gym. 2) *NJ Turnpike from South:* Exit 7A. After toll, take I-195E to Shore Points. Near Belmar, I-195 becomes Route 138. After GSP, exit right to Route 18 N, Eatontown. Take Deal Road exit & drive east to Monmouth Rd. Turn left. At 3rd light; turn right onto Cedar (Route 71S). Follow as in #1. *NJ Turnpike from North:* Exit 11 (GSP South) to Exit 105. Follow as in #1. *From Trenton & Points West:* I-195 East, & follow as in #2. *From Freehold Area:* Route 9 S to I-195 E. Follow as in #2. *New England & Boston:* Take I-195 S to I-287 W to the Tappan Zee Bridge. Follow I-287 to GSP South. Follow as in #1. **Plan for heavy Shore traffic!**

Please enter me in the following USATF-NJ Open or 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 Monmouth University
NO REFUNDS for any reason!

LAST NAME FIRST NAME M F Birth Date Age USCAA Corporate Participant? (Y/N): _____

STREET ADDRESS (w/Apt. No.) 2008 USATF Number **Required** Area Code Phone

CITY STATE ZIP Exact Name of USATF Club, if applicable

RELEASE: IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, I INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES, WHICH I HAVE, OR WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE NEW JERSEY ASSOCIATION OF USATF, INC., MONMOUTH UNIVERSITY, CITY OF LONG BRANCH, SHORE ATHLETIC CLUB, USCAA 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