USATF New Jersey *Open & Masters*
Indoor Track & Field Championships

John Bennett Indoor Athletic Complex
1519 Hooper Ave, Toms River, NJ 08753
Saturday, February 28th, 2009

USATF-NJ Masters Track & Field Grand Prix Event

TRACK EVENTS

NOON	60H (M, 42")TRIALS
12:05	60H (M, 39")FOT
12:10	60H (M, 36") FOT
12:15	60H (M,W 33") FOT
12:20	60H (M,W 30") FOT
12:25	60M (OPEN MEN) TRIALS
12:30	60M (OPEN WOMEN) TRIALS
12:35	60M (MEN, WOMEN 50+) TRIALS OR FOT
12:55	60M (MEN, WOMEN 49-30) TRIALS OR FOT
1:10	3000M (MEN)
1:25	60H (M, 42")FINALS
1:30	3000M (WOMEN)
1:55	60M FINALS
2:05	800M (OPEN MEN)
2:10	800M (OPEN WOMEN)
2:15	200M (MEN AND WOMEN 30+)
2:40	1500M (MEN AND WOMEN 30+)
3:00	400M (OPEN MEN)
3:10	400M (OPEN WOMEN)
3:15	3000M WALK (MEN, WOMEN)
3:40	400M (MEN AND WOMEN 30+)
4:00	1500M (OPEN MEN)
4:10	200M (OPEN MEN)
4:15	200M (OPEN WOMEN)
4:20	1500M (OPEN WOMEN)
4:25	800M (MEN AND WOMEN 30+)
4:50	4x400, 4x800 if at least 2 teams entered by 3pm

Up to 1/8" Pyramid spikes will be allowed

FIELD EVENTS

10:00	LJ (MEN UNDER 50)*
NOON	LJ (WOMEN UNDER 50)
1:00	LJ (MEN AND WOMEN 50+)
2:00	TJ (MEN UNDER 40)
3:00	TJ (WOMEN UNDER 40)
4:00	TJ (MEN AND WOMEN 40+)
NOON	PV (MEN UNDER 50)
2:30	PV (MEN 50+ AND WOMEN)
NOON	HJ (OPEN WOMEN, MEN UNDER 40)
2:30	HJ (WOMEN 30+, MEN 40+)
NOON	SP (4k)
1:00	SP (3K)
1:30	SP (5K)
2:00	SP (16LB)
3:00	SP (6K)

Up to 1/8" Pyramid spikes will be allowed

Field event warm-ups & weights & measures begins at 11am

*LJ Men under 50 ONLY can enter building at 9:30

USATF Memberships are REQUIRED and will be available for sale at the meet

Spike length inspection and certification done at registration/number pickup. • Age groups combined in some events if the entry warrants. • Hurdle heights and implement weights according to the USATF rules. • High Jump will start at a low height and move upward; bar will not be lowered after event begins. • USATF-NJ and USATF-non-NJ will be mixed seeded.

PRE–ENTRIES: $17 1st event, $10 additional events
USATF-NJ logo'd bag guaranteed to all pre-entries.
Payment Deadline: Received by February 25th
College Teams $300 per gender 8+ athletes or fees above - by deadline. College students do not need USATF membership if representing their school. Max 5 events/athlete. Roster must be emailed to usatfnj@hotmail.com
DAY–OF: $25 late + $17 1st event; $10 add'l event.
Relays $30/relay - day of meet only & by 3pm.
ALL DAY-OF-ENTRY ATHLETES MUST PRESENT THEIR 2009 USATF CARD OR RECEIPT AT REGISTRATION
Doors Open and Registration Starts at 10:50am
Seed cards required and entries close 1 hour prior to event.
Late comers will be put into any available heat.
INFORMATION: Pam: usatfnj@hotmail.com or 973-334–8900

Directions: From the North: Garden State Parkway (GSP) South to Exit 82 (Rte 37 East). Continue on Rte 37E to 2nd traffic light (Hooper Ave). Take jug handle over Rte 37 & go north on Hooper Ave. The Sports Complex is approx. 500' after the 7th traffic light (Indian Hill Rd). **From the South:** Take GSP North to Exit 83 (Pleasant Plains). Make 1st right onto Route 571 (Indian Head Rd). Go to 4th light (Hooper Ave). Take jughandle after the light. Proceed north Hooper Ave. The Sports Complex is approx. 500' after the 4th traffic light (Indian Hill Road). **From the West:** Take Route 70 East to Route 37 East. Continue on Rte 37E underneath the Garden State Parkway. At 2nd light after the overpass take the jug handle over Rte 37, to go north on Hooper Ave. The sports complex is approx. 500' after the 7th traffic light (Indian Hill Rd).

AWARDS: Medals to top 3 USATF New Jersey; USATF-Non–NJ athletes will receive medals if in the top 3 in each age group of each event. Patch to winning USATF New Jersey Athlete in each age group of each event (one patch per athlete).
AGE GROUPS: Open: 14+ for women, 16+ for men; Masters: 5 year age groups starting at age 30

CHECKS PAYABLE & MAIL ENTRIES TO: USATF–NJ, PO Box 330, Boonton, NJ 07005
No Refunds and Registrations are not Transferable

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

☐ Open ☐ Masters (30+)

LAST NAME _____ FIRST NAME _____

STREET ADDRESS (w/Apt. No.) _____ PHONE NUMBER _____ AGE _____ DOB _____ SEX _____

CITY _____ STATE _____ **2009 USATF NUMBER REQUIRED** _____ EXACT NAME OF USATF CLUB (IF APPLICABLE) _____

IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, I INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES, WHICH I HAVE, OR WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE NEW JERSEY ASSOCIATION OF USATF, INC., TOMS RIVER REGIONAL SCHOOLS BOARD OF EDUCATION, THE BENNETT CENTER, 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 INDOOR TRACK & FIELD MEET.

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