

USATF NJ Open & Masters Outdoor Track & Field Championships

Saturday Night, June 20th and Sunday, June 21st, 2009

Stockton State College of New Jersey - Pomona, NJ

EVENTS CLOSE 60 MINUTES PRIOR TO POSTED TIME

SATURDAY NIGHT EVENTS

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

SUNDAY 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 200H (30" W70+), 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)



**Masters
Track & Field
Grand Prix
Event**

**USATF
MEMBERSHIP
IS REQUIRED
TO COMPETE**

SUNDAY 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+)

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

PRE-ENTRIES: \$10/event

Deadlines:

Postmarked by Saturday, June 13, 2009
Online by Wednesday, June 17th, 11:59pm
www.usatfnj.org/tf/track&field_schedule.html

POST-ENTRIES: \$18/event

Relays: \$30/relay - day of meet only & by 3pm
On-site Registration open 5-6pm Saturday
and Sunday 7am-3pm.

ALL DAY-OF-ENTRY ATHLETES MUST PRESENT THEIR 2009 USATF CARD OR RECEIPT AT REGISTRATION

AGE-GROUPS:

Open: Male (16+) and Female (14+)
Masters: 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

INFO: www.usatfnj.org/tf/track&field_schedule.html

NOTES: Hurdle heights and implements weights according to the USATF Masters rules • Implements checked in become the property of the meet and can be used by others • 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. Late comers will be put into any available heat. **BEWARE:** Events may run slightly ahead or behind schedule! **Plan for heavy Shore traffic!**

DIRECTIONS: From Northern NJ: Take Garden State Parkway South to exit 44; turn right onto Port Republic Road; go 1/2 mile. Turn left onto the main college road & follow to athletic field house. **From Atlantic City Expressway:** Take exit 12, turn left. Proceed straight past light at Route 30/White Horse Pike. At next light turn right onto Jim Leeds Road. Go 1 mile & turn left onto the main college road. Follow 1 1/2 miles to athletic field house. **From Southern NJ:** Take Garden State Parkway north to the Atlantic City Service area (mile post 42.5). Exit behind the service area to Jim Leeds Road. Turn left on Jim Leeds Road. Go 1 mile & turn right onto College Drive and proceed 1 1/2 miles. **Plan for heavy Shore traffic!**

CHECKS PAYABLE & MAIL ENTRIES TO: USATF-NJ, PO Box 330, Boonton, NJ 07005

Number of events: _____

Events: 1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____
Event / Seed Event / Seed Event / Seed Event / Seed

Seed info above is informational. Seed cards provided at the meet; are required to officially enter each event.

ENTRY FEE ENCLOSED \$ _____
(Check or Money Order ONLY)
Made out to USATF-NJ
NO REFUNDS for any reason!

LAST NAME FIRST NAME M F BIRTH DATE AGE USATF ASSOCIATION

STREET ADDRESS (w/Apt. No.) 2009 USATF # **REQUIRED** PHONE

CITY STATE ZIP 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., STOCKTON COLLEGE, CITY OF POMONA 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

BIB #: