

USATF NJ Open & Masters Outdoor Track & Field Championships

Friday Night, June 18th and Saturday, June 19th, 2010

Ramapo College, Mahwah, NJ

EVENTS CLOSE 60 MINUTES PRIOR TO POSTED TIME

FRIDAY NIGHT EVENTS

- 3:30 2K HAMMER (W 75+)
- 3:50 .75K DISCUS (W 75+)
- 4:15 400G JAVELIN (W60+) (M 80+)
- 5:00 5K HAMMER (M 60-9)
- 6:00 1.5K DISCUS (M 50-9)
- 7:00 500G JAVELIN (M70-9)
- 7:30 3K HAMMER (W 50-74) (M 80+)

SATURDAY TRACK EVENTS

- NOON 3000m Steeplechase (M16-59) (36")
- 12:15 3000m Steeplechase (OW) (30")
- 12:35 2000m Steeplechase (M 60+, W30+) (30")
- 12:55 110H, 100mH TRIALS
- 1:15 800m FOT
- 1:35 80mH FOT
- 1:40 100mH, 110mH FINALS
- 1:50 100m TRIALS
- 2:25 200mH, 300mH, 400mH FOT
- 2:50 100m FINALS
- 3:10 400m FOT
- 3:25 1500m FOT
- 3:45 200m FOT
- 4:15 5000m Run
- 4:45 4X100 (MASTERS ONLY)
- 4:50 4X800 (MASTERS ONLY)
- 5:20 5000m Walk (M,W, MASTERS)
- 6:00 4x400 (MASTERS ONLY)
- 6:05 10000m Run (M,W, MASTERS)

SATURDAY FIELD EVENTS

- 9:00 6K HAMMER (M 50-9)
- 10:00 4K HAMMER (W 14-49) (M 70-9), 3K SHOT (W 50-74) (M 80+)
- 11:00 700G JAVELIN (M 50-9), 7.26K SHOT (M16-49)
- NOON 1K DISCUS (W 14-74)(M 60+), 2K SHOT (W 75-9)
- 1:00 800G JAVELIN (M 16-49), 5K SHOT (M 60-69)
- 2:30 7.26K HAMMER (M 16-49), 4K SHOT(W14-49)
- 2:30 LJ (UNSEEDED), LJ (seeded 6m+, no measurement under 5.50)
- 3:00 PV (UNSEEDED), HJ (UNSEEDED)
- 3:30 600G JAVELIN (W 14-49)(M 60-69), 6K SHOT (M 50-59)
- 3:45 TJ (UNSEEDED), TJ (SEEDED, W 10M BOARD, M 13M BOARD)
- 4:30 2K DISCUS (M 16-49), 4K SHOT (M 70-79)
- 5:00 PV (SEEDED, OPEN 3.75M), HJ (SEEDED, OPEN 1.68M)

NOTES: Hurdle heights & implement weights according to the USATF 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 entry warrants. • Vault and High Jump bar will not be lowered after event begins. • In the 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 ahead/behind schedule!**



**Masters
Track & Field
Grand Prix
Event**

**USATF
MEMBERSHIP
IS REQUIRED
TO COMPETE**

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

PRE-ENTRIES: \$10/event

Deadlines:

Postmarked by Saturday, June 12, 2010

Online by Wednesday, June 16th, 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 2pm Friday

and Saturday 7:30am- 3:15pm.

**ALL DAY-OF-ENTRY ATHLETES MUST PRESENT
2010 USATF CARD/RECEIPT AT REGISTRATION**

AGE-GROUPS:

Open: Male (16+) & Female (14+); Masters: 5 year 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

DIRECTIONS: Ramapo College of New Jersey, 505 Ramapo

Valley Road, Mahwah, NJ 07430. **FROM THE SOUTH USING**

ROUTE 17: Route 17 North to Mahwah to exit sign "202 Suffern/Morristown" on right. At end of short exit ramp turn left onto Route 202 South. Continue to light. Track is on the right. **USING GARDEN STATE PARKWAY:** Exit 163 (left lane exit) for Route 17 North, use instructions above. **USING ROUTE 208:** Route 208 North until Route 202 in Oakland. Continue north on 202 until first light in Mahwah. Track is on the left. **USING ROUTE 287 North:** Take exit 66

(Mahwah) for Route 17 South to Route 202 exit. At end of exit ramp turn left onto 202 South. Continue to light. Track is on the right. **OR** from 287 North, take Exit 58 202 North. Follow signs for and take 202 North about 15 minutes onto campus. **USING NEW JERSEY TURNPIKE:** Take NJ Turnpike (I95 North) to end (exit 18W or 18E). Continue North to Route 80 West to Route 17 North. Follow directions above using Route 17. **FROM THE NORTH USING ROUTE 17:** Follow Route 17 South (approximately 1.5 miles from Suffern exit on N.Y. State Thruway). Turn right at Route 202 exit. At end of exit ramp, turn left (Route 202 South). Continue on Route 202 approximately one mile to light. Track is on the right.

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 or Transfers
for any reason!**)

LAST NAME

FIRST NAME

M F

BIRTH DATE

AGE

USATF ASSOCIATION

STREET ADDRESS (w/Apt. No.)

2010 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., RAMAPO COLLEGE, CITY OF MAHWAH 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 #: