USATF New Jersey Open & Masters Indoor Track & Field Championships

John Bennett Indoor Athletic Complex

1519 Hooper Ave, Toms River, NJ 08753

Sunday, February 19th, 2012

USA TRACK & FIELD NEW JERSEY

USATF-NJ Masters Track & Field Grand Prix Event

TRACK EVENTS

Up to 1/8" Pyramid spikes will be allowed

NOON	60H (W50+, M70+)
12:05	60H (W40-9, M60-9)FOT
12:10	60H (WOMEN UNDER 30) TRIALS
12:15	60H (M50-9) FOT
12:20	60H (M30-9) FOT
12:25	60M (MEN UNDER 30) TRIALS
12:30	60M (M50+, W50+)
12:45	60M (M30-49,w30-49)
12:55	60M (WOMEN UNDER 30) TRIALS
1:05	60M (MEN UNDER 30) TRIALS
1:10	3000M (MEN)
1:25	60H (MEN UNDER 30) FINALS
1:30	60H (WOMEN UNDER 30) FINALS
1:35	3000M (WOMEN)
1:55	60M FINALS
2:05	800M (MEN UNDER 30)
2:10	800M (WOMEN UNDER 30)
2:15	200M (MEN & WOMEN UNDER 30)
2:35	1500M (MEN & WOMEN 30+)
2:55	400M (MEN 30+, THEN WOMEN 30+)
3:10	3000M WALK (MEN, WOMEN)
3:50	400M (MEN THEN WOMEN UNDER 30)
4:00	1500M (MEN UNDER 30)
4:10	200M (MEN 30+, THEN WOMEN 30+)
4:25	1500M (WOMEN UNDER 30)
4:30	800M (MEN AND WOMEN 30+)
4:45	4x400, 4x800 if at least 2 teams entered by 3pm

FIELD EVENTS

Up to 1/8" Pyramid spikes will be allowed

10:00	LJ (MEN & WOMEN 30+*)
11:00	SP (2k)
	PV
11:30	LJ (WOMEN UNDER 30)
NOON	SP (4k)
	HJ
12:30	LJ (MEN UNDER 30)
1:00	SP (3k)
1:30	TJ (M&W 30+)
	SP (5k)
	SP (16lb)
2:00	TJ (WOMEN UNDER 30)
2:30	SP (6k)
3:00	TJ (MEN UNDER 30)

*ONLY LJ Men & Women 30+ can enter building at 9:30; all others at 10:15am.

USATF Membership is 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. • Pole Vault & 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.

SAVE MONEY by Pre-Registering!!

$25 Late fee added to Post Entries!

PRE–ENTRIES: $17 1st event, $10 additional events

Pre-Entry Deadline: Received by 2/14 or Online by 2/16

POST ENTRIES - After February 14th & DAY OF:

$25 late **+** $17 1st event **+** $10 add'l event. (Pre-enter instead!)

Relays $30/relay - day of meet only & by 3pm.

ALL DAY-OF-ENTRY ATHLETES MUST PRESENT THEIR 2012 USATF CARD OR RECEIPT AT REGISTRATION

Doors Open and Registration Starts at 10:15am

Seed cards required and entries close 1 hour prior to event. Late comers will be put into any available heat.

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).

INFORMATION: Pam: usatfnj@hotmail.com or 973-334–8900

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 _____ **2012 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