

USATF NJ OPEN & MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Sunday, May 22, 2016

Newark Schools Stadium, Newark, NJ
Start times posted, Arrive at least one hour prior

ORDER OF TRACK EVENTS

8:30am 10,000 Run (LDR GP EVENT)	8:30am
5000m Walk (M, W, Masters)	9:30am
5000 Run (LDR GP EVENT)	10:00am
100m - (FOT)	10:45am
110mH, 100mH - (FOT)	11:15am
80m Hurdles (30") - FOT	
800m	11:45am
Lunch Break-30 Minutes	
200H (30"), 300H (30"), 400H (30"; 33"&36")	
400m	1:00pm
1500m	1:30pm
200m	2:00pm
4x800, 4x100, 4x400	2:30pm



USATF MEMBERSHIP IS REQUIRED TO COMPETE

PRE-ENTRIES: \$15/1st event; \$10 each add'l event; Relays \$25

Postmarked by Monday, May 16, 2016

Online by Wednesday, 5/18/16 @ 11:59pm

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

NO RACE DAY ENTRIES

On-site Bib pickup begins at 7:30am at Schools Stadium

AGE-GROUPS:

Open: Male 16+ & Female 14+;

Masters: 5 year age groups 30+

AWARDS

Medals-USATF New Jersey in each age group in each event.

Top 3

Medals to Non-NJ athletes if in top 3 of age group of an event.

Patch to 1st NJ AG winners - 1 patch per person

INFORMATION: usatfnj@hotmail.com; 973-334-8900

USATF NJ Track & Field Grand Prix Event

WE WILL BE FOLLOWING THE ORDER OF EVENTS LISTED

PLEASE BE AWARE THE TIMES ARE APPROXIMATE. SCHEDULE MAY RUN AHEAD OR BEHIND SCHEDULE

FIELD EVENTS :

Shot Put	Women (all divisions)	9:30 a.m.
	Men (age 50 and over)	Following women
	Men (age 49 and under)	Following men age 50 and over
Discus	Women (all divisions)	10:30 a.m.
	Men (age 60 and over)	Following women
	Men (age 59 and under)	Following men 60 and over
Long Jump	Men & Women (all divisions)	10:30 a.m.
Triple Jump	Men & Women (all divisions)	11:30 a.m. (or immediately following long jump)
High Jump	Men & Women (all divisions)	12:30 p.m.
Pole Vault -	Men & Women (all divisions)	1:30 p.m.

DIRECTIONS TO NEWARK SCHOOLS STADIUM

GARDEN STATE PARKWAY TO EXIT 148, TAKE BLOOMFIELD AVENUE TOWARDS NEWARK, STADIUM WILL BE LOCATED APPROXIMATELY 2 MILES ON THE RIGHT OFF OF BLOOMFIELD AVENUE

ADDRESS: 450 BLOOMFIELD AVENUE, NEWARK, NJ

HAMMER, JAVELIN, STEEPLE-6/5/16

NOTES: F.A.T. will be used. Implement weights for the appropriate Age/Gender Group. Hurdle heights & implement weights according to the USATF Masters rules. No 27" hurdles though. Most running events contested younger to older women followed by men. Age groups combined in some events if entry warrants. Vault and High Jump bar will not be lowered after event begins. If you miss your call, you forfeit that start or that attempt. **BEWARE: Events may run ahead or behind schedule!**

CHECKS PAYABLE & MAIL ENTRIES TO: USATF-NJ, 150 River Road, N-3, Montville, NJ 07045

Please enter me in the following (circle one) Open or Masters events:

Use separate forms to enter Open AND Masters events.

ENTRY FEE ENCLOSED \$ _____
(Check or Money Order ONLY)
NO REFUNDS or TRANSFERS
for any reason!

1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____ 5. _____ / _____
Event Seed/Mark Event Seed/Mark Event Seed/Mark Event Seed/Mark Event Seed/Mark

LAST NAME FIRST NAME M F Birth Date Age

STREET ADDRESS (w/Apt. No.) 2016 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., The City of Newark, 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