

**Tommy Burns Foundation USATF New Jersey Youth  
Indoor Track & Field Developmental Series**

**John Bennett Indoor Athletic Complex  
1519 Hooper Ave, Toms River, NJ 08753**

**Sunday, December 13, 2009**

**Sunday, January 31, 2010**

**Sunday, February 28, 2010**



**THOMAS F. BURNS FOUNDATION**

**Event Schedule** - Events run youngest to oldest, girls then boys. Running & field events start at 10am.

**12/13/09 - event schedule:** 400m, 1600m, 55m\*, 55H, 800m, 1600 RW, 4x200, Shot, HJ.

**1/31/10 event schedule:** 3000m, 55m\*, 55H, 800m, 200m, 1600 RW, 4x400, Shot, HJ.

**2/28/10 - event schedule:** 400m, 1600m, 55m\*, 55H, 800m, 1600 RW, 4x200, Shot, HJ.

\*55m finals only; girls and boys run simultaneously.

See [www.usatfnj.org/tf/track&field\\_schedule.html](http://www.usatfnj.org/tf/track&field_schedule.html) for updates.

**Age Divisions for 2009\* meet:**

|              |                    |
|--------------|--------------------|
| Sub-Bantam   | Born 2001 or later |
| Bantam       | Born 1999—2000     |
| Midget       | Born 1997—1998     |
| Youth        | Born 1995—1996     |
| Intermediate | Born 1993—1994     |
| Young M/W    | Born 1991—1992     |

\*Add 1 year for 2010 meets

**Awards:**

Ribbons to top 3 in each division of each event.

**NOTE:** *Up to 1/8" SPIKES WILL BE ALLOWED  
Inspection & certification done at number  
pickup and checked again at start line.*

**PRE-ENTRIES ONLY - NO POST REGISTRATION!  
REGISTRATION ONLINE ONLY AT [WWW.COACHO.COM](http://WWW.COACHO.COM)  
Entries and fees must be received by Sunday, 11:59 PM  
before each meet - no entries on meet day!**

**Entry Fees:**

\$7 for one event or \$6 per event if entering more than 1 event;  
\$20 relays. Maximum of 3 events per athlete.

All Athletes must register through CoachO.  
NO refunds will be given for any reason.

Access to facility starts at 9am; coaches meeting at 9:45am,  
first events at 10am. Please check in when event is called.

**DIRECTIONS:**

**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).

**Questions:** Should be directed to Colleen via email: [colleendougherty7@gmail.com](mailto:colleendougherty7@gmail.com)



**USA TRACK & FIELD**<sup>SM</sup>  
**NEW JERSEY**