



# 2010 USATF New Jersey Association Junior Olympic Track & Field Preliminary Meet Information



WHO COMPETES IN THE PRELIMS?	AGE DIVISIONS:
All athletes in the <b>Sub-Bantam, Bantam, Midget and Youth</b> divisions who are competing in the Shot Put, Turbo Javelin, Long Jump and all Track Events (except the 4x800m Relay and all Hurdle races) must compete in one of the Preliminary Qualifiers in order to advance to the Association Championships being held on June 12-13.	Sub Bantam (born 2002 or later) Bantam (born 2000-2001) Midget (born 1998-1999) Youth (born 1996-1997)

## IMPORTANT –

- Athletes may compete in only 1 preliminary meet. Any athlete found to have competed in more than 1 preliminary meet will be disqualified and will not advance.
- Athletes who are competing in one of the events not contested at the Preliminary Qualifier Meets (TJ, HJ, Discus, Javelin, Pole Vault, 4X800m relay, all Hurdle races) must register at a prelim meet or online at [www.usatfnj.org/youth](http://www.usatfnj.org/youth) by May 27th 11:59pm in order to compete at the Association Championships.
- Prelim and Association Meets will not accept entries by mail. Entries will only be accepted through online registration.

**INDIVIDUALS:** Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Preliminaries. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "move ups" in any events, including relays. Competitors in the Sub Bantam, Bantam and Midget divisions may compete in a maximum of three events, including relays. Competitors in the Youth divisions may compete in a maximum of four events, including relays and prelim uncontested events. **All athletes must be 2010 members of USATF-NJ in good standing.**

**PROOF OF AGE:** All participants must provide proof of age. **No Exceptions.** All entrants must submit a copy of their 2010 USATF-NJ membership card or receipt indicating age verified or a non-returnable copy of their birth certificate at packet pickup. Age-Verification MUST be presented at prelims.

**RELAY/CLUB INFORMATION:** To compete as a relay you must belong to a 2010 USATF New Jersey registered club. Relay declarations must be completed online and cannot be changed at any point in the Junior Olympic Program.

**UNIFORMS:** There will be no specific uniforms required, except for the relays, where all shirts must look alike. A shirt of some type must be worn at all times during competition.

**ENTRY PROCESS:** Go to [www.usatfnj.org/youth](http://www.usatfnj.org/youth) for meet specific registration information.

**Entry Fees:** \$4/individual event; \$16/Relay

Association Meet events not contested at the Preliminary Qualifier Meets are \$6 per individual event; \$24/Relay. Register online by May 27<sup>th</sup> 11:59pm. Go to [www.usatfnj.org/youth](http://www.usatfnj.org/youth) for registration information.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. Bib numbers will be distributed to athletes at the preliminary meet.

**AWARDS:** Ribbons will be given to 1<sup>st</sup> thru 6<sup>th</sup> place in each event and age group, including relays.

**ADVANCEMENTS:** The top 6 individuals & relay teams in each event of each age division will advance to the USATF-NJ Association Championships to be held on June 12-13 at a Ramapo College in Mahwah, NJ. Athletes qualifying for Association Championships **MUST REGISTER ONLINE AT [www.usatfnj.org/youth](http://www.usatfnj.org/youth) WITHIN 48-96 HOURS AFTER THE PRELIM. ONLY COACHES CAN REGISTER TEAM ATHLETES ONLINE.** Unattached athletes 14 years old and younger must have parent/guardian register them online. Fees to advance are \$6/individual event and \$24/Relay.  
**NOTE:** An athlete must be 7+ by the first day of youth nationals in order to advance to the National Junior Olympic meet.

**IMPLEMENTS:** Competitors must supply their own implements. Implements must meet USATF specifications. Any implement weighed in becomes the property of the meet until the competition is completed. Therefore, anyone wishing to use that particular implement may do so.

## HEIGHTS & WEIGHTS:

**SP 6lb:** BB, BG, MB, MG, YG

**SP 4K:** YB

**SP 2K:** SB SG

**80M H 30":** MB, MG

**100M H 33":** YB

**100M H 30":** YG

**200m H 30":** YB, YG

**EVENT CHECK-IN:** Athletes must check in at least 30 minutes prior to each event. Each track athlete (or relay) will report to the clerk of the course before their respective event. The athlete will be taken to the start by the clerk. Field event athletes report directly to the event.

SCHEDULE OF EVENTS:										PRELIMINARY LOCATIONS: ONLINE ENTRY ONLY AT <a href="http://WWW.USATF.NJ.ORG/YOUTH">WWW.USATF.NJ.ORG/YOUTH</a>	
	SB	SG	BB	BG	MB	MG	YB	YG			
1500 RW			1	2	3	4					
3000 RW							1	2			
4X100m	1	2	3	4	5	6	7	8			
3000M RUN					1	2	3	4			
100M Semi	1	2	3	4	5	6	7	8			
1500M	1	2	3	4	5	6	7	8			
100M Final	1	2	3	4	5	6	7	8			
400M	1	2	3	4	5	6	7	8			
800M	1	2	3	4	5	6	7	8			
200M	1	2	3	4	5	6	7	8			
4x400m	1	2	3	4	5	6	7	8			
4x800m							A	A			
80M Hurdles					A	A					
100M Hurdles							A	A			
200m Hurdles							A	A			
Long Jump	7	8	3	4	5	6	1	2			
Shot Put	1	2	5	6	7	8	3	4			
Turbo Jav			1	2	3	4					
HJ			A	A	A	A	A	A			
Triathlon			R	R							
Discus - 1k					A	A	A	A			
Pentathlon					R	R	R	R			
Javelin							A	A			
Pole Vault							R	R			
Triple Jump							A	A			
Numbers = order of competitions											
A=not contested at prelim. Automatically qualified for the Association Meet.											
R=not contested at association meet; Automatically qualified for the Regional meet.											

**DATE/TIME:** Sunday, May 16th, 9am  
**Entry Deadline:** May 13th, 11:59pm  
**SITE:** Hub Stine Field, Plainfield  
**CONTACT:** Kevin Turner: 908-209-4461

**DATE/TIME:** Sunday, May 16th, 10:30am  
**Entry Deadline:** May 13th, 11:59pm  
**SITE:** Pennsauken HS, Pennsauken  
**CONTACT:** Albert Essilfie: 856-465-7906

**DATE/TIME:** Saturday, May 22nd, Coaches Meeting 9am;  
Running events 9:15am; Field events 10:15am  
**Entry Deadline:** May 20th, 11:59pm  
**SITE:** Underhill Field, Maplewood  
**CONTACT:** Maurice 973-763-0617 or Andrea 973-762-0910

**DATE/TIME:** Sunday, May 23rd, Noon  
**Entry Deadline:** May 20th, 11:59pm  
**SITE:** Rutherford Memorial Park  
**CONTACT:** Tom Gerlach: 610-258-6476

**DIRECTIONS:**

**Hub Stine Field, Plainfield, From North & East:** GSP South to Exit 140A. Follow signs to Route 22 West to Somerville. Follow Rt 22 to jug handle left turn onto Terrill Rd. Go one block past Wendy's & turn right onto Seventh St. Left at 2nd light onto Woodland Ave. Right onto Randolph Rd. (follow hospital road sign). Hub Stine Field is on the right, across the street from Muhlenberg Regional. **From North & South:** Turnpike to Exit 10. Follow Signs for & take I-287 N to Exit 4. Turn right onto Durham Ave. Keep straight, Durham Ave becomes Hamilton Blvd. Turn Right onto Maple Ave & Left onto Woodland Ave. Left onto Randolph Rd. Hub Stine Field is on right, across the street.

**Maplewood: From Garden State Parkway (North or South):** Exit #142 to **78 West**. Exit at 50B. Turn right onto Vauxhall Road. Turn Right onto Valley Street. Turn right onto Parker Avenue. Turn onto Burr Road to end. Field is on the Right. **From NJ Turnpike (North or South):** Exit #14 (Newark Airport). Get onto 78 West. Follow directions above. **From the west via Route 78 and Route 24:** Exit #49B (Maplewood) onto Springfield Ave. Jug handle onto Valley St. & continue as above from Valley St. **From the west via Routes 80 and 280:** Exit at Northfield; Turn left at light onto Gregory Ave; continue to end & turn left onto So. Orange Ave (5 lights) to Ward Place (Seton Hall University). Turn right onto Ward Place and left at the end.

**Rutherford Memorial Park, From Route 3 East:** Park Avenue Exit. Turn Right at Stop sign. Go 1 block; turn Right onto Riverside Avenue. At light; turn Left onto Union Avenue. Go 3 blocks; turn Right onto Darwin Avenue; 3 Blocks to Memorial Park and Fields. **From Route 3 West:** Riverside Avenue Exit. At Stop sign, turn Right onto Riverside Avenue. Follow directions above from Riverside Avenue. **From Route 17 N & S:** Take Exit for Route 3 West. Follow above directions.

**Pennsauken HS, Pennsauken: 800 Hylton Road, Pennsauken, NJ 08110:** PHS is easily accessible from the turnpike Exit 4 to NJ Rt. 73 (Remington or Hylton Rd. exits) or from NJ Rt. 130 (Hylton Rd. exit).