

USATF New Jersey Open & Masters Indoor Track & Field Championships

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

Sunday, February 16, 2014

This schedule is preliminary and subject to change.

A final schedule will be posted on usatfnj.org no later than February 14.



TRACK EVENTS: Up to 1/8" pyramid spikes are allowed.

12:00 60mH
12:25 60m
1:10 3000m
1:45 60m & 60mH finals (if needed)
2:00 800m
2:20 3000m race walk
2:55 400m
3:15 1500m
3:50 200m
4:15 4x400m relays, 4x800m relay

- **PRE-REGISTRATION ONLY.**
- **NO MEET DAY ENTRIES ACCEPTED.**
- Entry Deadline: received by 2/11 or online by 2/13 at noon.
- Individual: \$20 first event, \$15 each additional event.
- Relays: \$30 per relay, day of meet only, by 2:00.
- Doors open and check-in starts at 9:30.
- Spike length inspection and certification done at check-in and bib pick up.
- Age groups may be combined in some events if entries warrant.
- All rules, including hurdle heights and implement weights, according to USATF Competition Rules.
- Vertical jumps will start at a low height and move upward; bars will not be lowered after events begin.
- USATF-NJ and USATF-non-NJ will be mixed seeded.

AGE GROUPS: Open: 14+ for women, 16+ for men;
Masters: 5 year age groups starting at age 30.

**USATF membership is REQUIRED
and is available at www.usatf.org.**

FIELD EVENTS: Up to 1/8" pyramid spikes are allowed.

10:00 Long Jump (men & women 30+)
10:30 Triple Jump (men & women 30+)
11:00 Pole Vault
11:00 Shot Put (2kg)
11:00 Long Jump (men & women under 30)
11:30 Triple Jump (men & women under 30)
12:00 Shot Put (4kg)
1:00 High Jump
1:00 Shot Put (3kg)
1:45 Shot Put (5kg)
2:30 Shot Put (16lb)
3:00 Shot Put (6kg)

AWARDS: For each age group and each gender in each event.

- Medals to top 3 USATF New Jersey.
- Medals to USATF-non-NJ athletes if in the top 3.
- Patch to winning USATF-NJ athletes (one patch per athlete).

DIRECTIONS: From the North: Garden State Parkway (GSP) South to Exit 82 for Route 37 East. Continue on Route 37 East to 2nd traffic light (Hooper Avenue). Take jug handle over Route 37 and go north on Hooper Avenue. After 7 traffic lights, the Sports Complex will be on the right. **From the South:** Take the Garden State Parkway North to Exit 83 for Pleasant Plains. Make 2st right onto Route 571 (Indian Head Road). Go to the 4th light (Hooper Avenue). Take jug handle after the light. Go north on Hooper Avenue. After 4 traffic lights, the Sports Complex will be on the right. **From the West:** Take Route 70 East to Route 37 East. Continue on Route 37 East under the Garden State Parkway. At the 2nd light after the overpass take the jug handle over Route 73. Go north on Hooper Avenue. After 7 traffic lights, the Sports Complex will be on the right.

For information, email usatfnj@usatfnj.org or phone 973-334-8900.

MAKE CHECKS PAYABLE and MAIL ENTRIES TO: USATF New Jersey, PO Box 330, Boonton, NJ 07005
No Refunds. Registrations are not transferable.

1. _____ & _____ 2. _____ & _____ 3. _____ & _____ 4. _____ & _____ ☐ Open (<30) ☐ Masters (≥30)
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Last Name	First Name	2014 USATF Number REQUIRED	Member Association
Street Address			
City		State	Zip
Phone	Date of Birth	Age on Event Day	Gender
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 COMPLEX, OR THEIR RESPECTIVE OFFICERS, AGENTS REPRESENTATIVES, SUCCESSORS OR ASSIGNS, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH THEIR 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/Guardian (not Coach) _____ Date _____