

**USATF EAST REGION OPEN & USATF NEW JERSEY OPEN
OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

**Saturday, May 28th, 2011
Rowan University, Glassboro, NJ**

EVENTS CLOSE 60 MINUTES PRIOR TO POSTED TIME

TRACK EVENTS

8:00 10,000 (M,W)*
NOON 4X100 (FOT) (M)
12:05 4X100 (FOT) (W)
12:10 4X800 (FOT) (M,W)**
12:25 110H (S)(M)
12:35 100H (S)(W)
12:40 3000 Steeple (M)
12:55 100 (S)(M)
1:05 100 (S)(W)
1:15 3000 Steeple (W)
1:30 100H (F)(W)
1:35 110H (F)(M)
1:40 1500 (FOT) (W)
1:45 100 (F)(M)
1:50 100 (F)(W)
1:55 400H (FOT) (W)
2:00 400H (FOT) (M)
2:05 1500 (FOT) (M)
2:15 5000 (FOT) (M)
2:25 400 (FOT) (M)
2:35 800 (FOT) (W)
2:40 200 (FOT) (M)
2:55 5000 (FOT) (W)
3:20 400 (FOT) (W)
3:25 800 (FOT) (M)
3:35 200 (FOT) (W)
3:40 5k WALK (M,W)
4:10 SM (FOT) (M)
4:15 SM (FOT) (W)
4:20 DM (FOT) (M,W)**
4:35 4X400 (FOT) (M)***
4:40 4X400 (FOT) (W)***

FIELD EVENTS

11:00 HJ (1.02 Open), PV (2.05M Open), LJ (W)
11:30 Javelin (W), Discus (M)
12:30 HJ (1.67 Open), PV (3.65 Open)
1:05 Javelin (M), Discus (W), LJ (M)
1:45 HJ (1.87 Open)
2:05 Shot (M), PV (4.25M Open)
2:15 Hammer (W)
2:25 TJ (W)
3:20 Shot (W), Hammer (M), TJ (M)

**USATF
MEMBERSHIP
IS REQUIRED
TO COMPETE**

**Check www.usatfnj.org;
track & field calendar
for any updates**

NOTES: Hurdle heights & implement weights according to the USATF rules • Implements checked in become the property of the meet & can be used by others • Vault and High Jump bar will not be lowered after event begins • In the event you miss your call, you forfeit that start or that attempt • Late comers will be put into any available heat. **BWARE:** Events may run ahead/behind schedule!
** Will be combined
*** May be combined
* Women with verifiable 10k times under 35:00 need to contact the New Jersey association one week prior to the meet to ensure a separate race for men and women. Please send email to Pam at usatfnj@hotmail.com with your request and link to prior results.

PRE-ENTRIES: \$15 1st event; \$10 each additional event

Postmarked by Saturday, May 21st, 2011

Online by Wednesday, May 25th, 11:59pm

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

POST-ENTRIES: \$25 late fee, PLUS \$15 1st event, \$10 addl' events

Relays: \$40/relay - day of meet only & by 3:30pm

On-site Registration & Bib pickup begins at 7:30am

**ALL DAY-OF-ENTRY ATHLETES MUST PRESENT
2011 USATF CARD or RECEIPT AT REGISTRATION**

OPEN AGE-GROUPS: Male (16+) & Female (14+)

AWARDS:

Medals to top 3 in each event

Medals to top 3 USATF New Jersey in each event

Patch to New Jersey Age Group Winners (One per person)

Team Scoring 5-3-2-1

\$600 Travel Stipend to 1st place teams (Men & Women)
to attend National Club TF Champs

MORE INFO: www.usatfnj.org/tf/track&field_schedule.html

DIRECTIONS: to the Welcome Gate at Rowan University: 257 Mullica Hill Road, Glassboro, NJ 08028. If the guard is not at the Welcome Gate when you arrive, call 856-256-4922 for assistance. **From the North (Northern New Jersey, New York, etc.):** Take NJ Turnpike South to Exit 4 (73 North). In approx 1 mile, take I-295 South. Follow I-295 to Route 42 South (Atlantic City). Exit Route 42 South onto Route 55 South. Follow Rte. 55 South to exit 50A (Glassboro-Mullica Hill). Take Route 322 East (2 miles) to the campus. After crossing railroad tracks, make 2nd right into the Welcome Gate. **From Philadelphia:** Take the Walt Whitman or Benjamin Franklin Bridge to I-676 South toward Atlantic City. Shortly after I-676 becomes Route 42 South, exit right onto Route 55 South. Follow Rte. 55 South as above. **From the West:** Take I-95 to the Commodore Barry Bridge. Follow Route 322 East (15 miles) to the campus. After crossing railroad tracks, make 2nd right into the Welcome Gate. **From Central New Jersey:** Take Route 70 West to I-295 South. Follow I-295 to Route 42 South (Atlantic City). Exit Route 42 South onto Route 55 South. Follow Route 55 South as above. **From the East:** Take Garden State Parkway to Atlantic City Expressway. Take Expressway West to Exit 38 (Williamstown). Turn left after exiting and follow Route 322 West (8 miles) to the campus. After passing large Rowan sign on the left, make 1st left into the Welcome Gate. **From the South (Maryland, Delaware, etc.):** Take I-95 North to the Delaware Memorial Bridge. Take the N.J. Turnpike North to Exit 2 and take Route 322 East. At the first traffic light (3 miles) turn right and then bear left (.4 miles) to stay on Rt. 322. Continue on Rt. 322 (7 miles) to campus. After crossing the railroad tracks, make the 2nd right into the Welcome Gate.

CHECKS PAYABLE & MAIL ENTRIES TO: USATF-NJ, PO Box 330, Boonton, NJ 07005

Number of events: _____

Events: 1. _____/_____
Event / Seed

2. _____/_____
Event / Seed

3. _____/_____
Event / Seed

4. _____/_____
Event / Seed

Seed info above is informational. Seed cards provided at the meet are required to officially enter each event.

ENTRY FEE ENCLOSED \$ _____

(Check or Money Order ONLY)

Made out to USATF-NJ

**NO REFUNDS or Transfers
for any reason!**

LAST NAME

FIRST NAME

☐ M ☐ F

BIRTH DATE

AGE

USATF ASSOCIATION

STREET ADDRESS (w/Apt. No.)

2011 USATF # **REQUIRED**

PHONE

CITY

STATE

ZIP

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., ROWAN UNIVERSITY, CITY OF GLASSBORO 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.

BIB #:

Signature of Athlete

If under 18 – Signature of Parent (not coach)

Date