

TENTATIVE SCHEDULE

COMPETITION: (*) NJ Strider Youth Development Meet **DATE:** April 18, 2010 Start-time: 1:00 pm
SITE: **Saddlebrook High School** **MEET DIRECTOR:** TOM GERLACH (610) 258-6476
EVENTS:

| | | | | | |
|---|------------------------|---------|---------|---------|----------|
| 1 | 800 Meter Racewalk | | | (11-12) | (13-14) |
| 2 | 200 Meter Dash | (11-12) | (13-14) | (7-8) | (9-10) |
| 3 | 800 Meter Racewalk | (7-8) | (9-10) | | |
| 4 | 800 Meter Run | (7-8) | (9-10) | (11-12) | (13-14) |
| 5 | Long Jump | (7-8) | (9-10) | | |
| | Shot Put 2 kg. | (7-8) | | | |
| | Shot Put 6 lb. | | (9-10) | (11-12) | (13-14G) |
| | Shot Put 4 kg. | | | | (13-14B) |
| | Turbo Javelin 300 gram | (11-12) | (9-10) | | |
| | Turbo Javelin 600 gram | | | (13-14) | |
| | 4 x 100 Relay | (7-8) | (9-10) | (11-12) | (13-14) |

COMPETITION: (*) NJ Strider Youth Development Meet **DATE:** April 25, 2010 Start-time: 1:00 pm
SITE: **Hackensack High School** **MEET DIRECTOR:** TOM GERLACH (610) 258-6476
EVENTS:

| | | | | | |
|---|--|---------|---------|----------|----------|
| 1 | 80 Meter Hurdles | | | (11-12) | |
| 2 | 100 Meter Hurdles | | | | (13-14) |
| 3 | 400 Meter Run | (7-8) | (9-10) | (11-12) | (13-14) |
| 4 | 1500 Meter Racewalk | | (11-12) | (13-14) | |
| 5 | 100 Meter Dash | (7-8) | (9-10) | (11-12) | (13-14) |
| 6 | 1500 Meter Run | (7-8) | (9-10) | (11-12) | (13-14) |
| 7 | 1500 Meter Racewalk | (7-8) | (9-10) | | |
| 8 | 4x 200 Meter Relay | (7-8) | (9-10) | (11-12) | (13-14) |
| | Shot Put 2 kg. | (7-8) | | | |
| | Shot Put 6 lb. | (11-12) | (9-10) | (13-14G) | |
| | Shot Put 4 kg. | | | | (13-14B) |
| | Long Jump | (13-14) | (11-12) | (9-10) | (7-8) |
| | Turbo Javelin 300 gram | (11-12) | (9-10) | | |
| | Turbo Javelin 600 gram | | | (13-14) | |
| | Discus (<i>conducted after shot is complete</i>) | | | (11-12) | (13-14) |

COMPETITION: (*) NJ Strider Youth Development Meet **DATE:** May 2, 2010 Start-time: 1:00 pm
SITE: **Paramus High School** **MEET DIRECTOR:** TOM GERLACH (610) 258-6476
EVENTS:

| | | | | | |
|---|--|----------|--------------------------------|---------|---------|
| 1 | 80 Meter Hurdles | | | (11-12) | |
| 2 | 200 Meter Hurdles | | | | (13-14) |
| 3 | 3000 Meter Run | | | (11-12) | (13-14) |
| 4 | 200 Meter Dash | (9-10) | (7-8) | (11-12) | (13-14) |
| 5 | 1500 Meter Racewalk | (11-12) | (13-14) | | |
| 6 | 800 Meter Run | (7-8) | (9-10) | (11-12) | (13-14) |
| 7 | 1500 Meter Racewalk | (7-8) | (9-10) | | |
| 8 | Step Up 4x400 Meter Relay | | (one runner of each age group) | | |
| | Long Jump (2 pits) | (7-8) | (9-10) | (11-12) | (13-14) |
| | Triple Jump | | | | (13-14) |
| | Shot Put 2 kg. | (7-8) | | | |
| | Shot Put 6 lb. | (13-14G) | (11-12) | (9-10) | |
| | Shot Put 4 kg. | | (13-14B) | | |
| | Discus (<i>conducted after shot is complete</i>) | | | (11-12) | (13-14) |
| | High Jump | (9-10) | (11-12) | (13-14) | |

COMPETITION: (*) NJ Strider Multi Event Meet **DATE:** Saturday, May 8, 2010 Start-time: 11:00 am
SITE: **Monroe-Woodbury High School**, Central Valley, NY **MEET DIRECTOR:** FRANK COLLINS (845) 782-4852
PRE-ENTRIES SUBMITTED BY COACH ONLY: (Space Limited) 16 PER AGE GROUP
EVENTS:

| | | | | | |
|---|--|--|--|---------------|--|
| 1 | Triathlon High Jump, Shot Put, 400 Meter | | | (9-10 boys) | |
| 2 | Triathlon High Jump, Shot Put, 200 Meter | | | (9-10 girls) | |
| 3 | Pentathlon 80 Meter Hurdles, High Jump, Shot Put, Long Jump, 1500 Meter | | | (11-12 boys) | |
| 4 | Pentathlon 80 Meter Hurdles, High Jump, Shot Put, Long Jump, 800 Meter | | | (11-12 girls) | |
| 5 | Pentathlon 100 Meter Hurdles, High Jump, Shot Put, Long Jump, 1500 Meter | | | (13-14 boys) | |
| 6 | Pentathlon 100 Meter Hurdles, High Jump, Shot Put, Long Jump, 800 Meter | | | (13-14 girls) | |

COMPETITION: (*) NJ Strider Youth Development Meet DATE: May 16, 2010 Start-time: 1:00 pm
 SITE: Mahwah High School MEET DIRECTOR: TOM GERLACH (610) 258-6476
 EVENTS: 1 80 Meter Hurdles (11-12)
 2 100 Meter Hurdles (13-14)
 3 1500 Meter Racewalk (11-12) (13-14)
 4 400 Meter Dash (7-8) (9-10) (11-12) (13-14)
 5 3000 Meter Run (11-12) (13-14)
 6 100 Meter Dash (7-8) (9-10) (11-12) (13-14)
 7 1500 Meter Racewalk (7-8) (9-10)
 8 1500 Meter Dash (7-8) (9-10) (11-12) (13-14)
 9 4x100 Meter Relay (7-8) (9-10) (11-12) (13-14)
 Shot Put 2 kg. (7-8)
 Shot Put 6 lb. (11-12) (9-10) (13-14G)
 Shot Put 4 kg. (13-14B)
 High Jump (9-10) (11-12) (13-14)
 Long Jump (2 Pits) (13-14) (7-8) (9-10) (11-12)
 Turbo Javelin 300 gram (11-12) (9-10)
 Turbo Javelin 600 gram (13-14)

COMPETITION: USATF-New Jersey Junior Olympic Preliminary DATE: May 23, 2010 Start-time: NOON
 SITE: Rutherford MEET DIRECTOR: TOM GERLACH (610) 258-6476
 See USATF web site: USATFNJ.org For order of Events

COMPETITION: NJ Strider Youth Track & Field Invitational DATE: June 6, 2010 Start-time: 1:00 pm
 SITE: East Rutherford on Rt 17 MEET DIRECTOR: TOM GERLACH (610) 258-6476
 EVENTS: Toddler 50 Meter Dash (3-6) years old, no charge
 1 80 Meter Hurdles (11-12)
 2 100 Meter Hurdles (13-14)
 3 100 Meter Dash (7-8) (9-10) (11-12) (13-14)
 4 1500 Meter Run (7-8) (9-10) (11-12) (13-14)
 5 1500 Meter Racewalk (7-8) (9-10)
 6 400 Meter Dash (7-8) (9-10) (11-12) (13-14)
 7 1500 Meter Racewalk (11-12) (13-14)
 8 200 Meter Hurdles (13-14)
 9 800 Meter Run (7-8) (9-10) (11-12) (13-14)
 10 200 Meter Dash (7-8) (9-10) (11-12) (13-14)
 11 3000 Meter Run (11-12) (13-14)
 Long Jump (11-12) (13-14) (7-8) (9-10)
 Triple Jump (13-14)
 Shot Put 2 kg. (7-8)
 Shot Put 6 lb. (9-10) (11-12) (13-14G)
 Shot Put 4 kg. (13-14B)
 Discus (conducted after shot is complete) (11-12) (13-14)
 High Jump (9-10) (11-12) (13-14)
 Turbo Javelin 300 gram (11-12) (9-10)
 Turbo Javelin 600 gram (13-14)

COMPETITION: USATF-NJ Junior Olympic Championships June 12-13 for (7-18 yrs) - In Northern, NJ.
 See USATF web site: USATFNJ.org

COMPETITION: USATF REGION 2 Junior Olympic Championships DATE: July 8-11, 2010 - Stockton College, NJ
 Nationals in Sacramento, CA See USATF web site: USATFNJ.org For order of Events.

DIRECTIONS TO FAIRLAWN HIGH SCHOOL

From Route 80 West: Exit 62 - Pehle Ave. Make a right onto New Pehle Ave. Make right onto Midland Ave. Then left onto Broadway. To first right, onto Banta Place. Make left onto Morlot Ave. Make right onto 12th Street. Make right onto Berdan Ave. Make right onto Cadmus Place.

From Route 80 East: To Route 20 North. Pass Burger King and Exxon. Make a right at light onto Morlot Ave. Take to end, make a right and quick left to continue on Morlot Ave. Make left onto 12th Street. Make right onto Berdan Ave. Make right onto Cadmus Place.

From Garden State Parkway North: Exit 160 (Fair Lawn/Hackensack/Route 208). Make a left at light. Proceed past Wendy's over the overpass to Route 208 North / Route 4 West. Proceed on Route 208 North to Fair Lawn Avenue West. At first light (Orchard Street) make left. Go to end (Berdan Avenue.). Make left then first right.

From Route 17 North / South: Exit at Route 4 West to Route 208 North.

Follow ABOVE direction from Route 208 North.

DIRECTIONS TO SADDLE BROOK HIGH SCHOOL

From 17 North to Essex St., Lodi, exit. Make a left onto Essex St. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Rd. Follow Saddle River Rd. until you come to Mayhill St. (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

From 17 South to Essex St., Lodi, exit. Turn right onto Essex St. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Rd. Follow Saddle River Rd. until you come to Mayhill St. (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

GSP North to Exit 159. After toll bear right. At light make a right onto Pehle Ave. Follow Pehle Ave. until you come to a traffic light. Turn right onto Saddle River Rd. Go 1 block and turn right onto Mayhill St. There will be 3 houses, then Middle/High School on right.

GSP South to Exit 159. Bear right to Saddle Brook (Midland Ave.) Follow jug handle to make a turn onto New Pehle Ave. Turn left at Marrot and follow Pehle Ave. to Saddle River Rd. Turn right. Go 1 block and turn right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

DIRECTIONS TO HACKENSACK HIGH SCHOOL

Rt. 17 North exit at Essex Street / Maywood make a right on Essex Street. Rt. 17 South exit at Essex Street, make a left on Essex Street. Go 5 traffic lights and make a left on First Street (Arena Diner). Go 2 traffic lights and make a left on Beech Street. (You will see High School in front of you.) Make a right onto Comet Way. Park in the High School parking lot. The track is across the street.

DIRECTIONS TO PARAMUS HIGH SCHOOL

From GS Pkwy South: Take exit 161 on to Rt. 4 East to Rt. 17 North to Century Rd. East.

Go 1/2 mile, school is on your left.

From GS Pkwy North: Take exit 163 south on Rt. 17 South to Century Rd. East. Go 1/2 mile, school is on your left.

DIRECTIONS TO MAHWAH HIGH SCHOOL

From Route 17 North: Exit at West Ramapo Ave./ Pomptom Lakes / Mahwah. Proceed over bridge, left at stop sign. High School is at the top of the hill.

From Route 287 North: Take to Rt. 17 South. Exit West Ramapo Ave. High School is at the top of the hill.

DIRECTIONS TO RUTHERFORD MEMORIAL PARK (Darwin and Washington Avenues)

From Route 3 East: Park Avenue Exit. At Stop sign, make a right turn. Go 1 block to next Stop sign and turn right onto Riverside Ave. Follow to traffic light, make a left turn onto Union Avenue. Go 3 blocks to Darwin Avenue. Make a right turn onto Darwin; 3 blocks to Memorial Park and Fields.

From Route 3 West: Riverside Avenue Exit. At Stop sign, make a right turn onto Riverside Avenue. Follow to traffic light; make a left turn onto Union Avenue. Go 3 blocks to Darwin Avenue. Make a right turn onto Darwin; 3 blocks to Memorial Park and Fields.

From Route 17 N & S: Take exit for Rt. 3 West. Follow above directions

DIRECTIONS TO EAST RUTHERFORD TRACK

From the North: Rt. 17 South to Union Ave/Rutherford exit. Make a right on Union Avenue and then a left on Hackensack Street. Make a left on Railroad Avenue. Limited parking. Street parking is available on Railroad Avenue.

From the South: Rt. 17 North to the Union Avenue West exit (right after the Union Avenue light). Follow above directions from Union Avenue.

DIRECTIONS TO MONROE-WOODBURY HIGH SCHOOL TRACK

From the South: Rt. 17 to NYS Thruway North for approximately 17 miles. Exit 16 on right. (Look for signs for Harriman, Central Valley, Monroe or Woodbury Common Outlet Center). Exit right, immediately after toll. On exit ramp, stay in center lane. Go thru traffic light. You will see track parking on your right (100 meters). (Approximate travel time is 35 minutes from Rt.4 and Rt. 17 intersection.)

2010
NEW JERSEY STRIDERS
TENATIVE PROGRAM SCHEDULE

HOSTED BY THE NEW JERSEY STRIDERS, INC.

- SPRING AGE GROUPS:** Boys and Girls ages (7-8) (9-10) (11-12) (13-14) (15 yr. old in 8th grade can compete as non-scorer)
- AGE DETERMINING DATE:** The age that you become on your 2010 Birthday.
- MAXIMUM # OF EVENTS:** 12yrs. and Under = 3 Events 13-14yrs. = 4 Events
- ENTRY FEES:** For events marked (*):
\$4.00 per event for (NJ Strider Town Teams & individual members with USATF numbers)
\$5.00 per event for (NJ Strider Town Teams & individual members without USATF numbers)
\$7.00 per event each for non-members (Cash payment only)
No charge per relay team for members & non-members, only one team per age group/sex per team allowed.
- AWARDS:** 1st thru 6th Place ribbons to the top six in each event.
Honorable Mention ribbons to all other finishers.
June 6 Invitational have medals for top three in each event. Place ribbons to 4th, 5th and 6th places.
Honorable Mention ribbons to all other finishers.
Awards will be supplied to team coaches to distribute.
- WEATHER:** If you have any questions regarding weather and track conditions, please call the meet director for that day between 9:00 am & 10:00 am. Also check the NJStriders.com website.
- NON MEMBER REGISTRATION:** Must be emailed by the Tuesday, prior to the meet to: njstriders@yahoo.com
(Include athlete's Name / Date of Birth / Sex) Entry Fees will be paid at conclusion of the meet at the press box prior to receiving the results and awards.
- MEMBER REGISTRATION:** Member Teams registration and rosters must be in prior to April 5, 2010. Any addition to team roster during this season must be emailed by the Tuesday prior to the meet to: njstriders@yahoo.com
- SANCTIONED:** All of the meets on this schedule of events are sanctioned by USA Track & Field/New Jersey Association.
- 2010 NATIONAL MEMBER CARDS:** These are required to compete in the Junior Olympic program and other meets throughout the summer schedule. Athletes who purchase a USA Track & Field/New Jersey Association and will be insured at all official NJ Strider workouts and all of the sanctioned USA Track & Field/New Jersey Association meets. Cards may be purchased by contacting USA Track & Field/New Jersey Association at (973) 334-8900 or at USATFNJ.org.
- SPIKES:** Absolutely, positively prohibited in meets marked with (*).
- COACHES & PARENTS:** Do not go on the track unless an athlete is injured, or your assistance is requested. Otherwise you must stay in the stands or outside the track.
- VOLUNTEERS:** If interested in officiating or assisting in these meets, see the Meet Director in the white tent on the infield.
- RACE NUMBERS:** Your number is the same for all meets from April 18 to June 8.
There will be a \$5 charge for all replacement race numbers.

USATF INTRODUCTORY OFFICIALS TRAINING CLINIC

DATE: March 27, 2010

SITE: **Fairlawn Recreation Center next to track**

Become an official. USATF membership required, can be purchased on-site.

For more information, go to: usatfnj.org

YOUTH DEVELOPMENT CLINIC FOR NJ STRIDERS TOWN TEAMS ONLY

DATE: April 11, 2010

SITE: **Hackensack High School Track**

1PM-2PM Racewalk & Discus

2PM-3PM Triple Jump & Turbo Javelin