

DATES

June 18, Friday
June 25, Friday
July 16, Friday
July 23, Friday

Registration starts 6:00 pm. 1st event starts 6:30 pm.

SITE

Mahwah High School

Directions:

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 Route 17 South. Exit West Ramapo Ave. High School is at the top of the hill.

ENTRY

NJ Striders, 14 yrs & younger, \$4.00 per event.
Non-members, 14 yrs & younger, \$5.00 per event.
NJ Striders, 15 yrs & older, \$5.00 per event.
Non-members, 15 yrs & older, \$6.00 per event.
Enter 2 events & 3rd event is free.

SPECIAL GUEST ENTRIES

1 free event for any athlete who competed in any of our 1st ten years 1978-1988. (Must see Frank or Ed at registration to qualify).

WAIVER

All entrants under 18 must have a parent or guardian (not Coach or relative) sign the waiver. Bring the waiver to your first meet or send to: NJ Striders, PO Box 254 • Haworth, NJ 07641

AWARDS

Medals to top 3 for open male & female in all events except for Prediction Mile which is combined. Separate age group for Youth 14 years & under. Youth ribbons for all finishers. (Except if a youth finishes in the top 3 in the open division. Then the youth receives a medal.)



Sanctioned by



2010 NEW JERSEY STRIDERS SUMMER TRACK & FIELD SERIES - ATHLETES WAIVER

In consideration of my entry being accepted, I, intending to be legally bound to hereby for myself, my heirs, assigns, and representatives, waive release and forever discharge any and all rights for claims and damages which I may have, or which may hereafter accrue to me against The New Jersey Striders Inc. (a nonprofit organization), USA Track & Field / New Jersey Association, Mahwah High School, Mahwah Board of Education, or their respective officers, agents or representatives, successors and/or assigns, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in and for arising out of my travel to, participation in, returning from any race of meet in this 2010 New Jersey Striders Summer Track & Field Series. I certify the physical fitness necessary to compete and withdraw if there is not that level of fitness.

Last Name		M		F		USATF No. (OPTIONAL)	
Exact Name of USATF Club - otherwise put unattached				Area Code & Phone		E-mail	
Mailing Address		Street		Include Apt. No. and/or C/O		Age	
City		State		Zip Code		County or Residence	
Signature of Athlete				Date			
Signature of Parent (Not Coach)				Date			

ORDER OF EVENTS:

No spikes allowed on track

SPECIAL EVENTS (6:30 pm)

110 M. Hurdles
(39" HS Boys & 42" Open Men)
One Mile Racewalk
100 M. Hurdles (33") Women

FIELD EVENTS (6:30 pm)

Discus
Followed by Shot Put
Each competitor uses their age group's weight implement.

FIELD EVENTS (6:45 pm)

Long Jump,
Followed by Triple Jump
High Jump

RUNNING EVENTS (6:45 pm)

400 Meter Dash
One Mile Run
100 M Trials
Prediction Mile
100 M Finals
3000 Meter Run
800 Meter Run
200 Meter Dash

Prediction mile is for all competitors. No watches can be worn during race or splits given to a competitor. The competitor whose prediction comes closest to their actual time wins.

All Field Athletes should bring their own implements

For 31 years our meets have always ended no later than 8:45 pm.

Call NJ Strider Hotline for more information: (610) 258-6476
PO Box 254 • Haworth, NJ 07641
E-mail: NJSTRIDERS@yahoo.com
Results will be posted on www.NJSTRIDERS.COM