

2021 COVID19 EDITION NEW JERSEY STRIDERS TENTATIVE 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 2021 Birthday.
- ENTRY FEES:** For events marked (*):
\$8.00 per event for (NJ Strider Town Teams)
\$10.00 per event each for non-members (Cash payment only)
- AWARDS:** 1st thru 6th Place ribbons to the top six in each event.
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 between 9:00 am & 10:00 am: Frank Collins 845-325-6553.
- 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 25, 2021. 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.
- 2021 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.
- 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 May 16 to June 13.
Please pin on front of shirt with four pins.
There will be a \$5 charge for all replacement race numbers.
- ANIMALS:** No pets allowed.

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 WEST MILFORD - 70 Highlander Drive, West Milford, NJ 07480

From 208 North: Towards Oakland - 287 South to Exit 52 A/B onto NJ-23 North. Turn right onto Echo Lake Road. At the end, turn left onto Macopin Road. Turn right onto Highlander Drive (schools are at the bottom of the hill). Park at Macopin or the High School (large lot) and walk up to the track located behind Macopin Middle School. No on-street parking.

From NJ 17 North: Merge to I-287 North towards I-87. Continue onto I-87 N toward NY-17 North. Take Exit 15A onto NY-17 North towards Sloatsburg. Turn left onto Orange Turnpike. Keep right toward NY-17. Turn right onto Margaret King Avenue. Turn right onto Greenwood Lake Turnpike. Turn left onto Marshall Hill Road and keep left. Continue onto Union Valley Road. Take slight left onto Macopin Road. Turn left onto Highlander Drive. Park at Macopin or the High School (large lot) and walk up to the track located behind Macopin Middle School. No on-street parking.

SUNDAYS IN SEASON (The age that you become on your 2021 birthday is the age you compete in)

		1st session is 12 noon - 2:30pm	2nd session is 3:00pm - 5:30pm
May 16	Rutherford	1st session 11-12 yr olds	2nd session 13-14 yr olds
May 23	West Milford	1st session 7-8 yr olds	2nd session 9-10 yr olds
May 30	Rutherford	1st session 11-12 yr olds	2nd session 13-14 yr olds
June 6	Rutherford	1st session 7-8 yr olds	2nd session 9-10 yr olds
June 13	West Milford	1st session 11-12 yr olds	2nd session 13-14 yr olds

Track order of events all final on time

800 meter 6 person in lanes 1 turn stagger 200m apart 6 girls & 6 boys in same race.

The start is in 2 locations with 2 separate finish lines (scored separately)

200 meter Lanes 1,3,5 per race 3 athletes per race boys first then girls last

400 meter Lanes 1,3,5 per race 3 athletes per race boys first then girls last

100 meter Lanes 1,3,5 per race 3 athletes per race boys first then girls last

1600 meter 6 person in lanes 1 turn stagger 200m apart 6 girls & 6 boys in same race.

The start is in 2 locations with 2 separate finish lines (scored separately)

Field events – 3 attempts

Shot Put boys 1st girls last (2kg for 7-8yr. • 6 lbs for 9-12yr. • 6 lbs for 13-14 yr. girls • 4kg for 13-14 yr. boys)

Javelin boys 1st girls last (turbo javelin 300 grams 7-10 yr olds • finn flier javelin 450 grams 11-14 yr olds)

Long Jump girls 1st boys last (runway will have tape measure, in feet and inches, taped on side to assist on steps).

Special Covid-19 rules: (Be aware: each meet will have approximately 500 or less people attending)

Please do not arrive more than 45 minutes before start of your meet.

1 Parent/guardian per athlete at the meet. (NO other guests allowed)

At completion of your athletes 1 or 2 events you are requested to leave the facility immediately.

Only 2 events can be competed during our meet per athlete. If results after the meet show that you were in 3 events or more you will be disqualified from any more NJ strider meets during 2021.

If you have a fever, any symptoms related to Covid-19, or do not feel well, please stay home. Everyone's temperature will be checked at the gate. If you have a temperature or 100.4° or higher, you must leave immediately with your family.

There will be no food stand available. Please bring your own drinks & snacks.

Results will not be posted at the Track & Field facility. They will be posted online within 30 hours.

Masks are required at all times for Officials, Coaches, Parents, Guardians & Staff.

Athletes are required masks at all times except when competing in your event. Athletes can carry it, put in shorts or shirt or hang from your neck during their event. When done they need to put it back on immediately.

Any parent/guardian or athlete in the facility who does not follow our rules for COVID-19 will be asked to leave the facility. If they refuse, their team will be fined \$100 and be asked to leave as well.

Shot Put & Javelin equipment will be sanitized in between throws.

Athletes will be told to stand 6 foot apart at their field event & when getting clerked in for a running event, we expect cooperation on this.

Please stay 6ft away from everyone that is not your family to ensure social distancing. There will be hand sanitizer available in multiple locations in the facility.

No Team warm-ups are allowed on the infield.