

DATES

July 9, Friday
July 16, Friday
July 23, Friday

Registration 6:00pm-7:00pm. 1st event starts 6:30pm.

SITE

Westwood High School

Directions:
From South: Parkway North to Exit 165 (Oradell). Slight right onto Oradell Ave. After 0.1 miles turn left onto Pascack Road. Travel for about 1.5 miles and turn right onto Ridgewood Road. The high school is on your right.

From North: Parkway South to Exit 166 (Washington/Westwood). Slight right onto Highland Ave. Turn right onto Linwood Ave after 0.1 mile. After about 0.4 miles turn left onto Pascack Road. After about 0.2 miles turn right onto Ridgewood Road. The high school is on your right.

ENTRY

\$7.00 per event.
Payable in: Cash, Credit Card or Venmo.

AGE GROUPS

Based on year of birth.
Adult: 15yr born 2006 & older.
Youth: 14yr born 2007 & younger.

AWARDS

- Ribbons to top 3 for 14yr & under boys & girls in all events.
- T-shirts to 1st place only for 15yr & above men & women in all events.
- Ribbons to top 3 in Prediction Mile which is combined sexes and age groups.

Results and awards will be available at the building by the 100M Start.

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



Since 1978

Summer Track & Field Series

Sanctioned by



Your race number is REUSED at each meet in the series. Please bring it with you each week. There is a \$5.00 replacement fee.

COVID 19 masks preferred when not competing

2021 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, Westwood High School, Westwood 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 or meet in this 2021 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	First Name	M	F	Year of Birth	RACE #
Exact Name of USATF Club - otherwise put unattached	Area Code & Phone	E-mail		USATF No. (OPTIONAL)	County or Residence
Mailing Address	Street	Include Apt. No. and/or C/O	State	Zip Code	Date
City	Signature of Parent (Not Coach)		Signature of Athlete		

ORDER OF EVENTS:

SPECIAL EVENTS (6:30 pm)

300g Turbo Javelin 7-10yr
450g Finn Flyer Javelin 11-14yr
One Mile Racewalk

FIELD EVENTS (6:30 pm)

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

FIELD EVENTS (6:45 pm)

Long Jump (3 jumps),
Followed by Triple Jump (3 jumps)

RUNNING EVENTS (6:45 pm)

400 Meter Dash
One Mile Run
100 M Trials
Prediction Mile
100 M Finals (if needed)
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 must bring their own implements

Our meets run no later than 8:45 pm.

Call NJ Strider Hotline for more information: 202-244-9117
PO Box 254 • Haworth, NJ 07641
E-mail: NJSTRIDERS@yahoo.com
Results will be posted on www.NJSTRIDERS.COM