

DATES

June 28, Friday
 July 5, Friday
 July 12, Friday
 July 19, 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

\$6.00 per event.

Payable in: Cash, Credit Card or Venmo.

AGE GROUPS

Based on year of birth.

Adult: 15yr born 2003 & older.

Youth: 14yr born 2004 & 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.**

2019 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 of meet in this 2019 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		
Mailing Address	Street	Include Apt. No. and/or C/O	USATF No. (OPTIONAL)	County or Residence	
City	State	Zip Code	Date		
Signature of Athlete			If Under 18 - Signature of Parent (Not Coach)		

ORDER OF EVENTS:

SPECIAL EVENTS (6:30 pm)

110 M. Hurdles
 (39" HS Boys & 42" Open Men)
 One Mile Racewalk
 100 M. Hurdles (33") 15yr & up Women
 100 M. Hurdles (30") 14yr & under Boys & Girls

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)

High Jump
 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
 should bring their own implements*

Our meets run no later than 8:45 pm.

Call NJ Strider Hotline for
 more information: (201) 244-9117
 PO Box 254 • Haworth, NJ 07641
 E-mail: NJSTRIDERS@yahoo.com
 Results will be posted on www.NJSTRIDERS.COM