

**FLAS 2008 Track Field Schedule
NJ Striders/USATF**

Competition	NJ Strider Youth Development Meet				
Date	Sunday, April 13, 2008				
Site	Saddle Brook High School				
Meet Director	Tom Gerlach 610-258-6476				
Events	AGE GROUPS				
1 800 Meter Racewalk	7-8	9-10	11-12	13-14	
2 100 Meter Dash	11-12	13-14	7-8	9-10	
3 800 Meter Run	7-8	9-10	11-12	13-14	
4 Long Jump	7-8	9-10			
Shot Put 6lb			9-10	11-12	13-14G
Shot Put 4kg					13-14B
Turbo Javelin					
4 x 200 Relay					

Competition	NJ Strider Youth Development Meet				
Date	Sunday, April 20, 2008				
Site	Hasbrouck Heights High School Field on Rt 17 South				
Meet Director	Tom Gerlach 610-258-6476				
Events	AGE GROUPS				
1 80 Meter Hurdles				11-12	
2 100 Meter Hurdles					13-14
3 800 Meter Run	7-8	9-10	11-12	13-14	
4 1500 Meter Racewalk	7-8	9-10	11-12	13-14	
5 200 Meter Dash	7-8	9-10	11-12	13-14	
6 1500 Meter Run	7-8	9-10	11-12	13-14	
7 4 x 100 Meter Relay	7-8	9-10	11-12	13-14	
Shot Put 6lb			11-12	9-10	13-14G
Shot Put 4kg					13-14B
Long Jump			13-14	11-12	7-8
Turbo Javelin			9-10	11-12	13-14
Discus				11-12	13-14

Competition	NJ Strider Youth Development Meet				
Date	Sunday, April 27, 2008				
Site	Paramus High School				
Meet Director	Tom Gerlach 610-258-6476				
Events	AGE GROUPS				
1 80 Meter Hurdles				11-12	
2 200 Meter Hurdles					13-14
3 3000 Meter Run				11-12	13-14
4 400 Meter Dash	9-10	7-8	11-12	13-14	
5 1500 Meter Racewalk	7-8	9-10	11-12	13-14	
6 100 Meter Dash	7-8	9-10	11-12	13-14	
7 1500 Meter Run	7-8	9-10	11-12	13-14	
8 Step Up 4 x 400 Meter Relay	ONE FROM EACH AGE GROUP				
Long Jump	7-8	9-10	11-12	13-14	
Triple Jump					13-14
Shot Put 6lb			11-12	9-10	13-14G
Shot Put 4kg					13-14B
Discus				11-12	13-14
High Jump			9-10	11-12	13-14

**FLAS 2008 Track Field Schedule
NJ Striders/USATF**

Competition	NJ Strider Youth Development Meet				
Date	Sunday, May 04, 2008				
Site	Mahwah High School				
Meet Director	Tom Gerlach 610-258-6476				
Events	AGE GROUPS				
1 80 Meter Hurdles			11-12		
2 100 Meter Hurdles				13-14	
3 400 Meter Dash	7-8	9-10	11-12	13-14	
4 3000 Meter Run			11-12	13-14	
5 100 Meter Dash	7-8	9-10	11-12	13-14	
6 1500 Meter Racewalk	7-8	9-10	11-12	13-14	
7 800 Meter Dash	7-8	9-10	11-12	13-14	
8 4 x 100 Meter Relay	7-8	9-10	11-12	13-14	
Shot Put 6lb		11-12	9-10	13-14G	
Shot Put 4kg				13-14B	
High Jump		9-10	11-12	13-14	
Long Jump	13-14	7-8	9-10	11-12	
Turbo Javelin		9-10	11-12	13-14	

Competition	*****USATF-New Jersey Junior Olympic Preliminary
Date	Sunday, May 18, 2008
Site	Rutherford
	MUST BE USATF MEMBER TO COMPETE web site: USATFNJ.org
Meet Director	Tom Gerlach 610-258-6476

Competition	NJ Strider Youth Track & Field Invitational				
Date	Sunday, June 01, 2008				
Site	Fair Lawn High School				
Meet Director	Tom Gerlach 610-258-6476				
Events	AGE GROUPS				
Toddler 50 Meter Dash	3-6				
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			11-12	13-14	
11 3000 Meter Run			11-12	13-14	
Long Jump	13-14	7-8	9-10	11-12	
Triple Jump				13-14	
Shot Put 6lb		11-12	9-10	13-14G	
Shot Put 4kg				13-14B	
Discus			11-12	13-14	
High Jump		9-10	11-12	13-14	
Turbo Javelin		11-12	9-10	13-14	

Competition	*****USATF-New Jersey Junior Olympic Championships
Date	Saturday, June 07, 2008
Site	Woodbridge, NJ
	MUST BE USATF MEMBER TO COMPETE & QUALIFIED ON 5/18/08 IN RUTHERFORD
	web site: USATFNJ.org

Competition	*****USATF-Region 2 Junior Olympic Championships
Date	July 3-6 2008
Site	Canegie Mellon University, Pittsburgh, PA
	MUST BE USATF MEMBER TO COMPETE & QUALIFIED ON 6/7/2008 IN WOODBRIDGE
	web site: USATFNJ.org