

TENTATIVE SCHEDULE

COMPETITION: (*) NJ Strider Youth Development Meet
DATE: April 19, 2009 Start-time: 1:00 pm
SITE: **Mahwah High School**
MEET DIRECTOR: TOM GERLACH (610) 258-6476
EVENTS:

1	800 Meter Racewalk			(11-12)	(13-14)
2	100 Meter Dash	(11-12)	(13-14)	(7-8)	(9-10)
3	800 Meter Racewalk	(7-8)	(9-10)		
4	800 Meter Run	(7-8)	(9-10)	(11-12)	(13-14)
5	Long Jump	(7-8)	(9-10)		
	Shot Put 6 lb.		(9-10)	(11-12)	(13-14G)
	Shot Put 4 kg.				(13-14B)
	Turbo Javelin		(13-14)	(11-12)	(9-10)
	4 x 200 Relay	(7-8)	(9-10)	(11-12)	(13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
DATE: April 26, 2009 Start-time: 1:00 pm
SITE: **East Rutherford**
MEET DIRECTOR: TOM GERLACH (610) 258-6476
EVENTS:

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			(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	1500 Meter Racewalk	(7-8)	(9-10)		
8	4x 100 Meter Relay	(7-8)	(9-10)	(11-12)	(13-14)
	Shot Put 6 lb.		(11-12)	(9-10)	(13-14G)
	Shot Put 4 kg.				(13-14B)
	Long Jump		(13-14)	(11-12)	(7-8)
	Turbo Javelin		(9-10)	(11-12)	(13-14)
	Discus <i>(conducted after shot is complete)</i>			(11-12)	(13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
DATE: May 3, 2009 Start-time: 1:00 pm
SITE: **Paramus High School**
MEET DIRECTOR: TOM GERLACH (610) 258-6476
EVENTS:

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			(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	1500 Meter Racewalk	(7-8)	(9-10)		
9	Step Up 4x400 Meter Relay (one runner of each age group)				
	Long Jump (2 pits)	(7-8)	(9-10)	(11-12)	(13-14)
	Triple Jump				(13-14)
	Shot Put 6 lb.		(13-14G)	(11-12)	(9-10)
	Shot Put 4 kg.				(13-14B)
	Discus <i>(conducted after shot is complete)</i>			(11-12)	(13-14)
	High Jump	(9-10)	(11-12)	(11-12)	(13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
 DATE: May 17, 2009 Start-time: 1:00 pm
 SITE: **Hackensack High School**
 MEET DIRECTOR: TOM GERLACH (610) 258-6476
 EVENTS:

1	80 Meter Hurdles			(11-12)	
2	100 Meter Hurdles				(13-14)
3	1500 Meter Racewalk			(11-12)	(13-14)
4	400 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
5	3000 Meter Run			(11-12)	(13-14)
6	100 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
7	1500 Meter Racewalk	(7-8)	(9-10)		
8	800 Meter Dash	(7-8)	(9-10)	(11-12)	(13-14)
9	4x100 Meter Relay	(7-8)	(9-10)	(11-12)	(13-14)
	Shot Put 6 lb.		(11-12)	(9-10)	(13-14G)
	Shot Put 4 kg.				(13-14B)
	High Jump		(9-10)	(11-12)	(13-14)
	Long Jump (2 Pits)	(13-14)	(7-8)	(9-10)	(11-12)
	Turbo Javelin		(9-10)	(11-12)	(13-14)

COMPETITION: USATF-New Jersey Junior Olympic Preliminary
 DATE: May 31, 2009 START-TIME: NOON
 SITE: **Rutherford**
 See USATF web site: USATFNJ.org For order of Events
 MEET DIRECTOR: TOM GERLACH (610) 258-6476

COMPETITION: NJ Strider Youth Track & Field Invitational
 DATE: June 7, 2009 Start-time: 1:00 pm
 SITE: **Fairlawn High School**
 MEET DIRECTOR: TOM GERLACH (610) 258-6476
 EVENTS: Toddler 50 Meter Dash (3-6) years old, no charge

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	(7-8)	(9-10)	(11-12)	(13-14)
11	3000 Meter Run			(11-12)	(13-14)
	Long Jump	(11-12)	(13-14)	(7-8)	(9-10)
	Triple Jump				(13-14)
	Shot Put 6 lb.		(9-10)	(11-12)	(13-14G)
	Shot Put 4 kg.				(13-14B)
	Discus (<i>conducted after shot is complete</i>)			(11-12)	(13-14)
	High Jump		(9-10)	(11-12)	(13-14)
	Turbo Javelin		(11-12)	(9-10)	(13-14)

COMPETITION: USATF-NJ Junior Olympic Championships June 13-14 for (7-18 yrs) -
 At Rowan College. Call USATF office at (973) 334-8900 for more info.
 See USATF web site: USATFNJ.org

COMPETITION: USATF REGION 2 Junior Olympic Championships
 DATE: July 11-12, 2009 - Buffalo, NY Nationals in North Carolina
 See USATF web site: USATFNJ.org For order of Events

DIRECTIONS TO MAHWAH HIGH SCHOOL

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

DIRECTIONS TO EAST RUTHERFORD TRACK

From the North: Rt. 17 South to Union Ave/Rutherford exit. Make a right on Union Avenue and then a left on Hackensack Street. Make a left on Railroad Avenue. Limited parking. Street parking is available on Railroad Avenue.

From the South: Rt. 17 North to the Union Avenue West exit (right after the Union Avenue light). Follow above directions from Union Avenue.

DIRECTIONS TO PARAMUS HIGH SCHOOL

From GS Pkwy South: Take exit 161 on to Rt. 4 East to Rt. 17 North to Century Rd. East. Go 1/2 mile, school is on your left.

From GS Pkwy North: Take exit 163 south on Rt. 17 South to Century Rd. East. Go 1/2 mile, school is on your left.

DIRECTIONS TO HACKENSACK HIGH SCHOOL

Rt. 17 North exit at Essex Street / Maywood make a right on Essex Street. Rt. 17 South exit at Essex Street, make a left on Essex Street. Go 5 traffic lights and make a left on First Street (Arena Diner). Go 2 traffic lights and make a left on Beech Street. (You will see High School in front of you.) Make a right onto Comet Way. Park in the High School parking lot. The track is across the street.

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 FAIRLAWN HIGH SCHOOL

From Route 80 West: Exit 62 to Midland Ave. Right at light. Next light make a left (Broadway) then first right. Go to the end make left then first right.

From Route 80 East: To Route 20 North. Pass Burger King and Exxon. Make a right at light (Morlot). Right at light then quick left. One block before railroad tracks make left.

From Garden State Parkway North: Exit 160 (Fair Lawn/Hackensack/Route 208). Make a left at light. Proceed past Wendy's over the overpass to Route 208 North / Route 4 West. Proceed on Route 208 North to Fair Lawn Avenue West. At first light (Orchard Street) make left. Go to end (Berdan Avenue.). Make left then first right.

From Route 17 North / South: Exit at Route 4 West to Route 208 North.

Follow ABOVE direction from Route 208 North.

2009

NEW JERSEY STRIDERS TRACK CLUB

TENATIVE PROGRAM SCHEDULE

HOSTED BY THE NEW JERSEY STRIDERS TRACK CLUB 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 2009 Birthday.
- MAXIMUM # OF EVENTS:** 12yrs. and Under = 3 Events 13-14yrs. = 4 Events
- ENTRY FEES:** For events marked (*):
\$3.50 per event for (NJ Strider Town Teams & individual members)
\$7.00 per event each for non-members (Cash payment only)
No charge per relay team for members & non-members, only one team per age group/sex per team allowed.
- AWARDS:** 1st thru 6th Place ribbons to the top six in each event.
Honorable Mention ribbons to all other finishers.
June 7 Invitational have medals for top three in each event. Place ribbons to 4th, 5th and 6th places. Honorable Mention ribbons to all other finishers.
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 for that day between 9:00 am & 10:00 am. Also check the NJStriders.com website.
- 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 5, 2009. 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.
- 2009 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 card 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.
- SPIKES:** Absolutely, positively prohibited in meets marked with (*).
- 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.
- 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 April 19 to June 7. There will be a \$5 charge for all replacement race numbers.