


APRIL

 NO PRACTICE

 MAKE UP PRACTICE

 THERE IS PRACTICE BUT ALL ATHLETES & COACHES ARE TO REPORT TO THE SNACK STAND @ THE HIGH SCHOOL FIELD

 REGULAR NJ STRIDERS MEETS (ALL FLAS JUNIOR TRACK & FIELD ATHLETES ARE **ELIGIBLE**) FOR MORE INFO/DIRECTIONS <http://www.njstriders.com>
TO FOR INSTRUCTIONS ON MEET DAYS http://www.flallsports.org/2008/Track/track-info.htm#THE_NEW_JERSEY_STRIDERS_TRACK_CLUB

 USATF SANCTIONED MEETS (**ONLY** USATF ATHLETES MAY COMPETE SEE MAY CALENDAR) YOU CHILD MUST BECOME A MEMBER BY **5/15** YOUR CHILD TO PARTICIPATE IN THESE MEETS & THEY MUST QUALIFY ON THE 31ST TO MOVE ON INTO THE JUNIOR OLYMPICS YOU MAY [http://www.flallsports.org/2008/Track/track-info.htm#JUNIOR OLYMPIC TRACK & FIELD PROGRAM](http://www.flallsports.org/2008/Track/track-info.htm#JUNIOR_OLYMPIC_TRACK_&_FIELD_PROGRAM) FOR INFORMATION ON HOW TO REGISTER
****UNIFORMS & BIB NUMBERS WILL BE HANDED OUT AFTER PRACTICE THE WEEK OF APRIL 13TH THEY WILL BE GIVEN TO PARENTS OR GUARDIANS**

SIGN A RECEIPT NO EXCEPTIONS**

26 FLAS TRACK MEET EAST RUTHERFORD http://www.njstriders.com	27 HIGH SCHOOL TRACK MEET NO PRACTICE	28 REGULAR PRACTICE MIDGET/YOUTH 6-730P	29 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	30 REGULAR PRACTICE MIDGET/YOUTH 6-730P	
--	--	--	---	--	--



MAY

MEMORIAL DAY PARADE ALL ATHLETES ARE WELCOME TO MARCH IN THE PARADE (THERE IS NO PRACTICE FOR THE SUB-BANTAM/BANTAM)

MAKE UP PRACTICE

NO PRACTICE HIGH SCHOOL USING FIELD

REGULAR NJ STRIDERS MEETS (ALL FLAS JUNIOR TRACK & FIELD ATHLETES ARE **ELIGIBLE**) FOR MORE INFO/DIRECTIONS <http://www.njstr>

USATF SANCTIONED MEETS (**ONLY** USATF ATHLETES MAY COMPETE) YOU CHILD MUST BECOME A MEMBER BY **5/15/2009** IN ORDER FOR PARTICIPATE IN THESE MEETS & THEY MUST QUALIFY ON THE 31ST TO MOVE ON INTO THE JUNIOR OLYMPICS**YOU MAY GO TO http://www.flallsports.org/2008/Track/track-info.htm#JUNIOR_OLYMPIC_TRACK_&_FIELD_PROGRAM FOR INFORMATION ON HOW TO R

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					1 MAKE UP PRACTICE SUB-BANTAM/BANTAM 6-8P
3 FLAS TRACK MEET PARAMUS http://www.njstriders.com	4 CANCELLED PRACTICE HIGH SCHOOL USING FIELD	5 REGULAR PRACTICE MIDGET/YOUTH 6-730P	6 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	7 CANCELLED PRACTICE HIGH SCHOOL USING FIELD	8 MAKE UP PRACTICE ALL GROUPS 6-8P
10	11 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	12 CANCELLED PRACTICE HIGH SCHOOL USING FIELD	13 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	14 REGULAR PRACTICE MIDGET/YOUTH 6-730P	15 MAKE UP PRACTICE ALL GROUPS 6-8P
17 FLAS TRACK MEET HACKENSACK http://www.njstriders.com	18 CANCELLED PRACTICE HIGH SCHOOL USING FIELD	19 REGULAR PRACTICE MIDGET/YOUTH 6-730P	20 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	21 CANCELLED PRACTICE HIGH SCHOOL USING FIELD	22
24	25 MEMORIAL DAY PARADE NO PRACTICE	26 REGULAR PRACTICE MIDGET/YOUTH 6-730P	27 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	28 REGULAR PRACTICE MIDGET/YOUTH 6-730P	29 MAKE UP PRACTICE ALL GROUPS 6-8P
31 USATF PRELIM RUTHERFORD https://www.usatf.org/membership/application/					

JUNE

HOME MEET WE NEED VOLUNTEERS THIS DAY FOR ORGANIZING, SNACK STAND & FIELD. IF YOU CAN ASSIST PLEASE EMAIL maversa146@

PRACTICE **ONLY** FOR THOSE ATHLETES WHO QUALIFIED ON MAY 31 FOR THE USATF JUNIOR OLYMPICS ASSOCIATION MEET

USATF SANCTIONED MEET (**ONLY** USATF ATHLETES WHO QUALIFIED ON 31ST WILL BE COMPETING IN THE JUNIOR OLYMPIC ASSOCIATION

UNIFORM COLLECTION 6-730P. IF YOU DID NOT ALREADY TURN IN THE TANK AND SHORTS YOU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	2 REGULAR PRACTICE MIDGET/YOUTH 6-730P	3 REGULAR PRACTICE SUB-BANTAM/BANTAM 6-730P	4 REGULAR PRACTICE MIDGET/YOUTH 6-730P	5
7 FLAS TRACK MEET FAIR LAWN http://www.njstriders.com	8 USATF ASSOCIATION CHAMPIONSHIP QUALIFIER PRACTICE	9 USATF ASSOCIATION CHAMPIONSHIP QUALIFIER PRACTICE	10 USATF ASSOCIATION CHAMPIONSHIP QUALIFIER PRACTICE	11 USATF ASSOCIATION CHAMPIONSHIP QUALIFIER PRACTICE	12 USATF ASSOCIATION CHAMPIONSHIP QUALIFIER PRACTICE
14 USATF ASSOCIATION CHAMPIONSHIP MEET	15 ALL UNIFORMS (SHORTS & TANKS) MUST BE RETURNED BY THIS DATE HIGH SCHOOL FIELD 6-730P	16	17	18	19
21	22	23	24	25	26
28	29	30			

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
5	6	7	8	9 USATF REGIONAL CHAMPIONSHIP JAMESTOWN, NY http://www.usatf-niagara.org	10 USATF REGIONAL CHAMPIONSHIP JAMESTOWN, NY http://www.usatf-niagara.org
12 USATF REGIONAL CHAMPIONSHIP JAMESTOWN, NY http://www.usatf-niagara.org	13	14	15	16	17
19	20	21	22	23	24
26	27	28 USATF JUNIOR OLYMPICS NATIONALS GREENSBORO, NC http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/	29 USATF JUNIOR OLYMPICS NATIONALS GREENSBORO, NC http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/	30 USATF JUNIOR OLYMPICS NATIONALS GREENSBORO, NC http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/	31 USATF JUNIOR OLYMPICS NATIONALS GREENSBORO, NC http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 USATF JUNIOR OLYMPICS NATIONALS GREENSBORO, NC http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	31				

riders.com/ **ALSO GO**
IB,_INC.0

/2009 IN ORDER FOR
GO TO
REGISTER
NLY & PARENT MUST



AM GROUP

riders.com/ **ALSO GO**

YOUR CHILD TO

REGISTER

Saturday
2
9
16
23
30

paol.com or

MEET)

J MUST BE

Saturday
6
13 USATF ASSOCIATION CHAMPIONSHIP MEET
20
27

Saturday

4

11 USATF REGIONAL CHAMPIONSHIP
JAMESTOWN, NY
<http://www.usatf-niagara.org>

18

25

Saturday

1 USATF JUNIOR OLYMPICS NATIONALS GREENSBORO, NC
<http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/>

8

15

22

29