

**DATES**

June 26, Friday  
July 10, Friday  
July 17, Friday  
July 24, Friday

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

**SITE**

**Emerson High School**

Directions:

**From Route 4:** Bergen County, exit onto Kinderkamack Road (County Route 503) toward Emerson/Oradell. Head north on Kinderkamack Road and continue into the center of Emerson. Turn left onto Main Street and follow it a short distance — Emerson Jr./Sr. High School will be on your right at 131 Main St, Emerson, NJ 07630.

**From Route 17:** Head north or south on Route 17 toward Paramus/Hillsdale. Take the Van Emburgh Avenue (or a nearby local exit toward Hillsdale/Oradell) exit and turn onto Glen Road heading toward Woodcliff Lake/Oradell. Continue on Glen Road to Pascack Road and then follow local roads toward Emerson — typically turning onto

**ENTRY**

\$12.00 per event.

Payable in: Cash, Credit Card or Venmo.

**AGE GROUPS**

Based on year of birth.

Adult: 15yr born 2011 & older.

Youth: 14yr born 2012 & younger.

**AWARDS**

- Medals to top 3 for 14yr & under boys & girls in all events.
- T-shirts to 1st place only for 15yr & above men & women 15 and over receive 2nd and 3rd place medals
- Medals to top 3 in Prediction Mile which is combined sexes and age groups.

Results and awards will be available under the NJS tent.

**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**

# 2026 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 \$10.00 replacement fee.**

**2026 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, Town of Emerson, Emerson 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 2026 New Jersey Striders Summer Track & Field Series. I certify the physical fitness necessary to compete and will 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 of Residence
Mailing Address	Street	Include Apt. No. and/or C/O	State	Zip Code	Date
City	Signature of Athlete		If Under 18 - Signature of Parent (Not Coach)		

**ORDER OF EVENTS:**

**SPECIAL EVENTS (6:30 pm)**  
250g Finn Flier Javelin 7-10yr  
450g Finn Flier Javelin 11-14yr

**FIELD EVENTS (6:30 pm)**  
High Jump  
Discus (Maximum 165ft to fence)  
Followed by Shot Put  
*Each competitor uses their age group's weight implement. (USATF rules)*

**FIELD EVENTS (6:30 pm)**  
Long Jump (3 jumps)  
Followed by Triple Jump (3 jumps)

**RUNNING EVENTS (6:30 pm)**  
One Mile Racewalk  
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

**(All Track Events are Hand Timed)**

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.**

**NJ STRIDERS**  
PO Box 254 • Haworth, NJ 07641  
E-mail: NJSTRIDERS@yahoo.com  
Results will be posted on www.NJSTRIDERS.COM