

2023 NEW JERSEY STRIDERS TENTATIVE PROGRAM SCHEDULE

HOSTED BY THE NEW JERSEY STRIDERS, 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 2023 Birthday.
- MAXIMUM # OF EVENTS:** 12yrs. and Under = 3 Events 13-14yrs. = 4 Events
- ENTRY FEES:** For events marked (*):
\$8.00 per event for (NJ Strider Town Teams
\$10.00 per event each for non-members (Cash payment only)
\$16 per relay team for members & \$20 for 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.
The June 4th Invitational has medals for the top three in each event but relay team receives ribbons.
Place ribbons for 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 TEAM 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 2, 2023. 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.
- 2023 NATIONAL MEMBER CARDS:** These are required to compete in the Junior Olympic Association program and other meets throughout the summer schedule. Athletes who purchase a USA Track & Field/New Jersey Association and 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.
- 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 or outside the track.
- FIELD COACHES:** Our first 4 meets are developmental teaching meets. 2 Coaches from each team with ID lanyard are allowed to assist their athletes and officials.
- VOLUNTEERS:** If interested in officiating or assisting in these meets, see the Meet Director in the white tent on the in field.
- RACE NUMBERS:** Your number is the same for all meets from April 16 to June 4.
There will be a \$10 charge for all replacement race numbers.
- ANIMALS:** NO Pets allowed in school/stadiums during track events.

TENTATIVE SCHEDULE

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: **HACKENSACK HIGH SCHOOL**

DATE: April 16, 2023
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS AT 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45PM

SESSION #1	SESSION #2
1 800 Meter Racewalk (9-10)	1 800 Meter Racewalk (11-12) (13-14)
2 200 Meter Dash (7-8) (9-10)	2 200 Meter Dash (11-12) (13-14)
3 800 Meter Run (7-8) (9-10)	3 800 Meter Run (11-12) (13-14)
4 4x400 Meter Relay (7-8) (9-10)	4 4x400 Meter Relay (11-12) (13-14)
Long Jump (2 Pits) (7-8) (9-10)	Long Jump (2 Pits) (13-14) (11-12)
(G) Shot Put 6 lb. (9-10)	(G) Shot Put 6 lb. (11-12) (13-14G)
(B) Turbo Javelin 300 gram (9-10) (7-8)	Shot Put 4 kg. (13-14B)
	(B) Finn Flier Javelin 450 gram (11-12) (13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: **RUTHERFORD MEMORIAL FIELD**

DATE: April 23, 2023
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1				SESSION #2			
1	1500 Meter Racewalk	(9-10)		1	1500 Meter Racewalk	(11-12)	(13-14)
2	400 Meter Run	(7-8)	(9-10)	2	80 Meter Hurdles	(11-12)	
3	100 Meter Dash	(7-8)	(9-10)	3	100 Meter Hurdles	(13-14)	
4	1500 Meter Run	(7-8)	(9-10)	4	400 Meter Run	(11-12)	(13-14)
5	4x 100 Meter Relay	(7-8)	(9-10)	5	100 Meter Dash	(11-12)	(13-14)
(B)	Shot Put 2 kg.	(7-8)		6	1500 Meter Run	(11-12)	(13-14)
	Long Jump (2 Pits)	(7-8)	(9-10)	7	4x 100 Meter Relay	(11-12)	(13-14)
(G)	Turbo Javelin 300 gram	(9-10)	(7-8)	(B)	Shot Put 6 lb.	(11-12)	(13-14G)
					Shot Put 4 kg.		(13-14B)
					Long Jump (2 Pits)	(13-14)	(11-12)
				(G)	Finn Flier Javelin 450 gram	(11-12)	

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: **HACKENSACK HIGH SCHOOL**

DATE: April 30, 2023
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1				SESSION #2			
1	1500 Meter Racewalk	(9-10)		1	1500 Meter Racewalk	(11-12)	(13-14)
2	200 Meter Dash	(7-8)	(9-10)	2	200 Meter Hurdles		(13-14)
3	800 Meter Run	(7-8)	(9-10)	3	3000 Meter Run	(11-12)	(13-14)
4	4x400 Meter Relay	(7-8)	(9-10)	4	200 Meter Dash	(11-12)	(13-14)
	Long Jump (2 Pits)	(7-8)	(9-10)	5	800 Meter Run	(11-12)	(13-14)
(B)	Shot Put 2 kg.	(7-8)		6	4x400 Meter Relay	(11-12)	(13-14)
	Shot Put 6 lb.		(9-10)		Long Jump (2 Pits)	(13-14)	(11-12)
(B,G)	High Jump	(9-10)			Triple Jump (conducted after LJ is complete)	(13-14)	
(G)	Turbo Javelin 300 gram	(9-10)			Shot Put 6 lb.	(13-14G)	
				(B)	Shot Put 4 kg.		(13-14B)
				(G)	Discus 1 kg.	(13-14)	(11-12)
				(B,G)	High Jump	(11-12)	(13-14)
				(G)	Finn Flier Javelin 450 gram	(11-12)	(13-14)

COMPETITION: (*) NJ Strider Youth Development Meet
SITE: **FAIRLAWN HIGH SCHOOL**

DATE: MAY 7, 2023
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45 PM

SESSION #1				SESSION #2			
1	1500 Meter Racewalk	(9-10)		1	1500 Meter Racewalk	(11-12)	(13-14)
2	400 Meter Dash	(7-8)	(9-10)	2	80 Meter Hurdles	(11-12)	
3	100 Meter Dash	(7-8)	(9-10)	3	100 Meter Hurdles	(13-14)	
4	1500 Meter Run	(7-8)	(9-10)	4	3000 Meter Run	(11-12)	
5	4x100 Meter Relay	(7-8)	(9-10)	5	400 Meter Dash	(11-12)	(13-14)
(G)	Shot Put 2 kg.	(7-8)		6	3000 Meter Run		(13-14)
	Shot Put 6 lb.		(9-10)	7	100 Meter Dash	(11-12)	(13-14)
(B,G)	High Jump	(9-10)		8	200 Meter Hurdles	(13-14)	
	Long Jump (2 Pits)	(7-8)	(9-10)	9	1500 Meter Run	(11-12)	(13-14)
(B)	Turbo Javelin 300 gram	(9-10)	(7-8)	10	4x100 Meter Relay	(11-12)	(13-14)
				(G)	Shot Put 6 lb.	(11-12)	(13-14 G)
					Shot Put 4 kg.		(13-14 B)
				(B)	Discus 1 kg.	(13-14)	(11-12)
				(B,G)	High Jump	(11-12)	(13-14)
					Long Jump (2 Pits)	(13-14)	(11-12)
				(B,G)	Triple Jump (conducted after LG is complete)	(13-14)	
				(B)	Finn Flier Javelin 450 gram		(13-14)

COMPETITION: (*) NJ Strider Open Youth Meet
SITE: EAST RUTHERFORD-RIGGIN FIELD

DATE: MAY 21, 2023
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS AT 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45PM

SESSION #1				SESSION #2			
1	1500 Meter Racewalk	(9-10)		1	1500 Meter Racewalk	(11-12)	(13-14)
2	100 Meter Dash	(7-8)	(9-10)	2	80 Meter Hurdles	(11-12)	
3	1500 Meter Run	(7-8)	(9-10)	3	100 Meter Hurdles	(13-14)	
4	400 Meter Dash	(7-8)	(9-10)	4	1500 Meter Run	(11-12)	(13-14)
5	800 Meter Run	(7-8)	(9-10)	5	100 Meter Dash	(11-12)	(13-14)
6	200 Meter Dash	(7-8)	(9-10)	6	400 Meter Dash	(11-12)	(13-14)
	Long Jump (2 Pits)	(7-8)	(9-10)	7	200 Meter Hurdles	(13-14)	
(B)	Shot Put 2 kg. =	(7-8)	6 lb. = (9-10)	8	800 Meter Run	(11-12)	(13-14)
(B)	High Jump	(9-10)		9	200 Meter Dash	(11-12)	(13-14)
(G)	Turbo Javelin 300 gram	(9-10)	(7-8)	10	3000 Meter Run	(11-12)	(13-14)
					Long Jump (2 Pits)	(11-12)	(13-14)
				(B,G)	followed by Triple Jump		(13-14)
				(B)	Shot Put 4 kg. =	(13-14B)	
					Shot Put 6lb	(13-14G)	(11-12)
				(B)	Discus 1 kg.	(11-12)	(13-14)
				(B)	High Jump	(11-12)	(13-14)
				(G)	Finn Flier Javelin 450 gram	(11-12)	(13-14)

COMPETITION: (*) NJ Strider Youth Invitational
SITE: ENGLEWOOD WINTON WHITE STADIUM

DATE: JUNE 4, 2023
MEET DIRECTOR: FRANK COLLINS (845) 325-6553

SESSION #1 BEGINS AT 12 NOON • SESSION#2 BEGINS AT COMPLETION OF SESSION #1 ABOUT 2:45PM

SESSION #1				SESSION #2			
Toddler Dash 6 years & under				1	1500 Meter Racewalk	(11-12)	(13-14)
1	1500 Meter Racewalk	(9-10)		2	80 Meter Hurdles	(11-12)	
2	100 Meter Dash	(7-8)	(9-10)	3	100 Meter Hurdles	(13-14)	
3	1500 Meter Run	(7-8)	(9-10)	4	1500 Meter Run	(11-12)	(13-14)
4	400 Meter Dash	(7-8)	(9-10)	5	100 Meter Dash	(11-12)	(13-14)
5	800 Meter Run	(7-8)	(9-10)	6	400 Meter Dash	(11-12)	(13-14)
6	200 Meter Dash	(7-8)	(9-10)	7	200 Meter Hurdles	(13-14)	
(B)	Long Jump (1 Pit)	(7-8)	(9-10)	8	800 Meter Run	(11-12)	(13-14)
(G)	Shot Put 2 kg. =	(7-8)	6 lb. = (9-10)	9	200 Meter Dash	(11-12)	(13-14)
(G)	High Jump	(9-10)		10	3000 Meter Run	(11-12)	(13-14)
(B)	Turbo Javelin 300 gram	(9-10)	(7-8)	(B)	Long Jump (1 Pit)	(11-12)	(13-14)
					followed by Triple Jump		(13-14)
				(B)	Shot Put 4 kg.	(13-14B)	
					Shot Put 6 lb	(13-14G)	(11-12)
				(G)	Discus 1 kg.	(11-12)	(13-14)
				(G)	High Jump	(11-12)	(13-14)
				(G)	Finn Flier Javelin 450 gram	(11-12)	(13-14)
	Coaches 4x100 Relay (Adults Only)						
	(During Intermission)						

COMPETITION: USATF-NJ Junior Olympic Championships
Plainfield - Hub Stine Field

DATE: June 11
See USATF web site: USATFNJ.org

COMPETITION: USATF National Outdoor Youth Athletics:
Cleveland, OH

DATE: June 28-July 2

COMPETITION: USATF REGION 2 Junior Olympic Championships
Three Rivers Association - Western, PA

DATE: July 7-9

COMPETITION: USATF National Junior Olympics: **Eugene, Oregon**

DATE: July 24-30

FOR FIELD EVENTS: Listed on schedule above (B) = Boys First (G) = Girls First For Each Age Group
(B,G) = Competing together but separate awards

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 direction

DIRECTIONS TO HACKENSACK HIGH SCHOOL - 135 1st St, Hackensack, NJ 07601

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 FAIRLAWN HIGH SCHOOL - 14-00 Berdan Ave, Fair Lawn, NJ 07410

From Route 80 West: Exit 62 -Pehle Ave. Make a right onto New Pehle Ave. Make right onto Midland Ave. Then left onto Broadway. To first right, onto Banta Place. Make left onto Morlot Ave. Make right onto 12th Street. Make right onto Berdan Ave. Make right onto Cadmus Place.

From Route 80 East: To Route 20 North. Pass Burger King and Exxon. Make a right at light onto Morlot Ave. Take to end, make a right and quick left to continue on Morlot Ave. Make left onto 12th Street. Make right onto Berdan Ave. Make right onto Cadmus Place.

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.

DIRECTIONS TO EAST RUTHERFORD TRACK - Riggin Memorial Field - Union Ave. and Railroad Ave.

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 intersection.)

DIRECTIONS TO ENGLEWOOD WINTON WHITE STADIUM - 67 Durie Ave, Englewood, NJ 07631

From Route 17 North or South: NJ-4 E to Grand Avenue Exit. Make 2 rights onto Grand Avenue, which becomes Engle Street. Make left onto East Hamilton Avenue. Continue across Railroad track, make right onto Pindle Avenue, then left on Durie Avenue. (Track is 2 miles from Grand Avenue Exit)