

DATES

June 28, Friday
July 5, Friday
July 12, Friday
July 19, Friday

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

SITE

Rutherford Memorial Field

Directions:

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 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 17 N & S: Take exit for Rt. 3 West. Follow above direction

ENTRY

\$12.00 per event.

Payable in: Cash, Credit Card or Venmo.

AGE GROUPS

Based on year of birth.

Adult: 15yr born 2009 & older.

Youth: 14yr born 2010 & 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
- Medals to top 3 in Prediction Mile which is combined sexes and age groups.

Results and awards will be available under the tent at the 400M Start.

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

2024 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.

2024 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 Rutherford, 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 2024 New Jersey Striders Summer Track & Field Series. I certify the physical fitness necessary to compete and 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 or 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)

300g Turbo Javelin 7-10yr
450g Finn Flyer Javelin 11-14yr

FIELD EVENTS

Discus (6:30 pm)

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