

DATES

June 30, Friday
July 7, Friday
July 14, Friday
July 21, Friday

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

SITE

Westwood High School

Directions:

From South: Parkway North to Exit 165 (Oradell). Slight right onto Oradell Ave. After 0.1 miles turn left onto Pascack Road. Travel for about 1.5 miles and turn right onto Ridgewood Road. The high school is on your right.

From North: Parkway South to Exit 166 (Washington/Westwood). Slight right onto Highland Ave. Turn right onto Linwood Ave after 0.1 mile. After about 0.4 miles turn left onto Pascack Road. After about 0.2 miles turn right onto Ridgewood Road. The high school is on your right.

ENTRY

\$6.00 per event.

SPECIAL GUEST ENTRIES

1 free event for any athlete who competed in any of our 1st ten years 1978-1988. (Must see Frank or Ed at registration to qualify).

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

AWARDS

Medals to top 3 for open male & female in all events except for Prediction Mile which is combined. Separate age group for Youth 14 years & under. Youth ribbons for all finishers. (Except if a youth finishes in the top 3 in the open division. Then the youth receives a medal.)



Sanctioned by



2017 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, Westwood High School, Westwood 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 2017 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	USATF No. (OPTIONAL)
Exact Name of USATF Club - otherwise put unattached				
Mailing Address	Street	Include Apt. No. and/or C/O	Area Code & Phone	E-mail
City	State	Zip Code	County or Residence	Birth Date
Signature of Athlete		If Under 18 - Signature of Parent (Not Coach)		
		Date		

ORDER OF EVENTS:

SPECIAL EVENTS (6:30 pm)

110 M. Hurdles
(39" HS Boys & 42" Open Men)
One Mile Racewalk
100 M. Hurdles (33") Women

FIELD EVENTS (6:30 pm)

Discus
Followed by Shot Put
Each competitor uses their age group's weight implement.

FIELD EVENTS (6:45 pm)

Long Jump,
Followed by Triple Jump
High Jump

RUNNING EVENTS (6:45 pm)

400 Meter Dash
One Mile Run
100 M Trials
Prediction Mile
100 M Finals
3000 Meter Run
800 Meter Run
200 Meter Dash

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 should bring their own implements

For 38 years our meets have always ended no later than 9:00 pm.

Call NJ Strider Hotline for more information: (610) 258-6476
PO Box 254 • Haworth, NJ 07641
E-mail: NJSTRIDERS@yahoo.com
Results will be posted on www.NJSTRIDERS.COM