

# 2017

## 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 2017 Birthday.
- MAXIMUM # OF EVENTS:** 12yrs. and Under = 3 Events 13-14yrs. = 4 Events
- ENTRY FEES:** For events marked (\*):  
 \$5.00 per event for (NJ Strider Town Teams)  
 \$8.00 per event each for non-members (Cash payment only)  
***No charge per relay team for members & 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. 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 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, 2017. 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.
- 2017 NATIONAL MEMBER CARDS:** These are required to compete in the Junior Olympic 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.
- VOLUNTEERS:** If interested in officiating or assisting in these meets, see the Meet Director in the white tent on the infield.
- RACE NUMBERS:** Your number is the same for all meets from April 9 to June 4.  
 There will be a \$5 charge for all replacement race numbers.

### TENTATIVE SCHEDULE

COMPETITION: (\*) NJ Strider Youth Development Meet      DATE: April 9, 2017      Start-time: 1:00 pm  
 SITE: **Saddlebrook High School**      MEET DIRECTOR: FRANK COLLINS (845) 325-6553

EVENTS: 1 800 Meter Racewalk (11-12) (13-14)  
 2 200 Meter Dash (11-12) (13-14) (7-8) (9-10)  
 3 800 Meter Run (13-14) (7-8) (9-10) (11-12)  
 4 800 Meter Racewalk (9-10)  
 Step Up Distance Medley 7-8=400M 9-10=800M 11-12=1200M 13-14=1600M  
 team must consist of 2 boys & 2 girls run in the above order  
 Long Jump (7-8) (13-14)  
 Shot Put 6 lb. (9-10) (11-12) (13-14G)  
 Shot Put 4 kg. (13-14B)  
 Turbo Javelin 300 gram (11-12) (9-10) (7-8)

COMPETITION: (\*) NJ Strider Youth Development Meet DATE: April 23, 2017 Start-time: 1:00 pm  
 SITE: **Hackensack High School** MEET DIRECTOR: FRANK COLLINS (845) 325-6553  
 EVENTS: 1 80 Meter Hurdles (11-12)  
 2 100 Meter Hurdles (13-14)  
 3 400 Meter Run (7-8) (9-10) (11-12) (13-14)  
 4 1500 Meter Racewalk (11-12) (13-14)  
 5 100 Meter Dash (7-8) (9-10) (11-12) (13-14)  
 6 1500 Meter Run (7-8) (9-10) (11-12) (13-14)  
 7 1500 Meter Racewalk (9-10)  
 8 4x 100 Meter Relay (7-8) (9-10) (11-12) (13-14)  
 Discus (11-12) (13-14)  
 Shot Put 2 kg. (7-8)  
 Shot Put 6 lb. (11-12) (13-14G)  
 Shot Put 4 kg. (13-14B)  
 Long Jump (2 Pits) (13-14) (11-12) (9-10) (7-8)  
 Turbo Javelin 300 gram (11-12) (9-10)  
 Turbo Javelin 600 gram (13-14)

COMPETITION: (\*) NJ Strider Youth Development Meet DATE: April 30, 2017 Start-time: 1:00 pm  
 SITE: **River Dell High School** MEET DIRECTOR: FRANK COLLINS (845) 325-6553  
 EVENTS: 1 200 Meter Hurdles (13-14)  
 2 3000 Meter Run (11-12) (13-14)  
 3 200 Meter Dash (9-10) (7-8) (11-12) (13-14)  
 4 1500 Meter Racewalk (11-12) (13-14)  
 5 800 Meter Run (7-8) (9-10) (11-12) (13-14)  
 6 1500 Meter Racewalk (9-10)  
 7 Step Up 4x400 Meter Relay (one runner of each age group from youngest to oldest)  
 (Separate race for boys and girls. No mixed teams)  
 Long Jump (2 Pits) (7-8) (9-10) (13-14) (11-12)  
 Triple Jump (conducted after Long Jump events are complete) (13-14)  
 Shot Put 2 kg. (7-8)  
 Shot Put 6 lb. (9-10) (13-14G)  
 Shot Put 4 kg. (13-14B)  
 Discus (13-14) (11-12)  
 High Jump (9-10) (11-12) (13-14)

COMPETITION: (\*) NJ Strider Youth Development Meet DATE: May 7, 2017 Start-time: 1:00 pm  
 SITE: **Fairlawn High School** MEET DIRECTOR: FRANK COLLINS (845) 325-6553  
 EVENTS: 1 80 Meter Hurdles (11-12)  
 2 100 Meter Hurdles (13-14)  
 3 1500 Meter Racewalk (11-12) (13-14)  
 4 400 Meter Dash (7-8) (9-10) (11-12) (13-14)  
 5 3000 Meter Run (11-12) (13-14)  
 6 100 Meter Dash (7-8) (9-10) (11-12) (13-14)  
 7 1500 Meter Racewalk (9-10)  
 8 200 Meter Hurdles (13-14)  
 9 1500 Meter Run (7-8) (9-10) (11-12) (13-14)  
 10 4x100 Meter Relay (7-8) (9-10) (11-12) (13-14)  
 Shot Put 2 kg. (7-8)  
 Shot Put 6 lb. (11-12) (9-10) (13-14 G)  
 Shot Put 4 kg. (13-14 B)  
 Discus (13-14) (11-12)  
 High Jump (9-10) (11-12) (13-14)  
 Long Jump (2 Pits) (13-14) (7-8) (9-10) (11-12)  
 Triple Jump (conducted after Long Jump events are complete) (13-14)  
 Turbo Javelin 300 gram (11-12) (9-10) (7-8)  
 Turbo Javelin 600 gram (13-14)

COMPETITION: (\*) NJ Strider Qualifier DATE: May 21, 2017 Start-time: NOON  
 SITE: **Rutherford Memorial Field** MEET DIRECTOR: FRANK COLLINS (845) 325-6553

NOTE: **NJS Teams ONLY.** Must have 2017 USATF Membership to participate.

EVENTS:

- 1 80 Meter Hurdles (11-12)
- 2 100 Meter Hurdles (13-14)
- 3 100 Meter Dash (7-8) (9-10) (11-12) (13-14)
- 4 1500 Meter Run (7-8) (9-10) (11-12) (13-14)
- 6 1500 Meter Racewalk (9-10)
- 7 400 Meter Dash (7-8) (9-10) (11-12) (13-14)
- 8 1500 Meter Racewalk (11-12) (13-14)
- 9 200 Meter Hurdles (13-14)
- 10 800 Meter Run (7-8) (9-10) (11-12) (13-14)
- 11 200 Meter Dash (7-8) (9-10) (11-12) (13-14)
- 12 3000 Meter Run (11-12) (13-14)
- Long Jump (2 Pits) (11-12) (13-14) (7-8) (9-10)
- followed by Triple Jump (13-14)
- Shot Put 4 kg. (13-14B) Shot Put 2 kg. (7-8) Shot Put 6 lb. (9-10) (13-14G) (11-12)
- Discus (11-12) (13-14)
- High Jump (9-10) (11-12) (13-14)
- Turbo Javelin 300 gram (9-10) (11-12) (7-8) \*Turbo Javelin 600 gram (13-14)
- \*Turbo Javelin 600 gram for (13-14) will be conducted to qualify for the medal javelin for association meet.

COMPETITION: (\*) NJ Strider Youth Invitational DATE: June 4, 2017 Start-time: 1:00 pm  
 SITE: **Englewood - Winton White Stadium** MEET DIRECTOR: FRANK COLLINS (845) 325-6553

EVENTS:

- Toddler Dash 6 years & under
- 1 80 Meter Hurdles (11-12)
- 2 100 Meter Hurdles (13-14)
- 3 100 Meter Dash (7-8) (9-10) (11-12) (13-14)
- 4 1500 Meter Run (7-8) (9-10) (11-12) (13-14)
- 5 Coaches 4x100 Relay
- 6 1500 Meter Racewalk (9-10)
- 7 400 Meter Dash (7-8) (9-10) (11-12) (13-14)
- 8 1500 Meter Racewalk (11-12) (13-14)
- 9 200 Meter Hurdles (13-14)
- 10 800 Meter Run (7-8) (9-10) (11-12) (13-14)
- 11 200 Meter Dash (7-8) (9-10) (11-12) (13-14)
- 12 3000 Meter Run (11-12) (13-14)
- Long Jump (2 Pits) (11-12) (13-14) (7-8) (9-10)
- followed by Triple Jump (13-14)
- Shot Put 4 kg. (13-14B) Shot Put 2 kg. (7-8) Shot Put 6 lb. (9-10) (13-14G) (11-12)
- Discus (11-12) (13-14)
- High Jump (9-10) (11-12) (13-14)
- Turbo Javelin 300 gram (9-10) (11-12) (7-8) Turbo Javelin 600 gram (13-14)

COMPETITION: USATF-NJ Junior Olympic Championships for (7-14 yrs) DATE: June 11  
**Middlesex County Park or Plainfield (Hub Stein Field)** See USATF web site: USATFNJ.org

COMPETITION: USATF-NJ Junior Olympic Championships for (15-18yrs) DATE: June 17  
 Held in conjunction with Masters and Open Meet

COMPETITION: USATF/Hershey Youth Athletics Nationals DATE: June 28-July 3 -  
 See USATF web site: USATFNJ.org Pennsylvania

COMPETITION: USATF REGION 2 Junior Olympic Championships DATE: July 8-10 - North West, NY

COMPETITION: USATF Nationals Junior Olympics DATE: July 25-31 - Kansas  
 See USATF web site: USATFNJ.org For order of Events.

### **DIRECTIONS TO SADDLE BROOK HIGH SCHOOL - 355 Mayhill St, Saddle Brook, NJ 07663**

**From 17 North** to Essex St., Lodi, exit. Make a left onto Essex St. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Rd. Follow Saddle River Rd. until you come to Mayhill St. (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

**From 17 South** to Essex St., Lodi, exit. Turn right onto Essex St. Go through 2 traffic lights. At Saddle Book Diner make a right onto Saddle River Rd. Follow Saddle River Rd. until you come to Mayhill St. (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

**GSP North** to Exit 159. After toll bear right. At light make a right onto Pehle Ave. Follow Pehle Ave. until you come to a traffic light. Turn right onto Saddle River Rd. Go 1 block and turn right onto Mayhill St. There will be 3 houses, then Middle/High School on right.

**GSP South** to Exit 159. Bear right to Saddle Brook (Midland Ave.) Follow jug handle to make a turn onto New Pehle Ave. Turn left at Marrot and follow Pehle Ave. to Saddle River Rd. Turn right. Go 1 block and turn right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

### **DIRECTIONS TO MAHWAH HIGH SCHOOL - 50 Ridge Rd, Mahwah, NJ 07430**

**From Route 17 North:** Exit at West Ramapo Ave./ Pomptom Lakes / Mahwah. Proceed over bridge, left at stop sign. High School is at the top of the hill.

**From Route 287 North:** Take to Rt. 17 South. Exit West Ramapo Ave. High School is at the top of the hill.

### **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 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 directions.

### **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)

### **DIRECTIONS TO RIVER DELL HIGH SCHOOL - 55 Pyle St, Oradell, NJ 07649**

**From Route 17 North:** Garden State Pkwy to From Rd in Paramus. Take exit 165. Follow From Rd and Midland Ave to Pyle St in Oradell. OR Merge onto NY-304 S/Hwy 304 S. Continue on S Kinderkamack Rd. Drive to Pyle St in Oradell.

**From Route 17 South:** Garden State Pkwy to Paramus OR NJ-17 N to Midland Ave in Paramus. Take the exit toward River Edge from NJ-17 N. Follow Midland Ave to Pyle St in Oradell