



**Sixth Annual  
North Jersey Masters  
All-Comers Track & Field Meet**

[www.njmasters.com](http://www.njmasters.com)

(201) 540-9701

**Sunday – April 30, 2017**

**Pascack Valley High School**  
200 Piermont Ave.  
Hillsdale, NJ 07642

**Time:** 9:30 A.M. Start

**Fee:** \$ 5.00 per event

Day of meet registration opens at  
8:30 A.M.

**Awards:** Medals to the top 3 finishers for each youth age group for each event. Honorable mention ribbons to all other youth finishers. Medals to the top three open and top three masters finishers (if the number of entrants warrants.) Male and female score separately.

**Age Groups:**    YOUTH \*                      OPEN \*\*                      MASTERS \*\*  
                          7-8 year olds                      15 - 39                      40 +  
                          9-10 year olds  
                          11-12 year olds    \*\* Open and masters age based on age on race day.  
                          13-14 year olds    \* Youth age is based on athlete's 2017 birthday (age as of December 31, 2017).

<u>Running Events:</u>	<u>Field Events:</u>
<input type="checkbox"/> 3,000 Meter Run (11 and over)	<input type="checkbox"/> Long Jump (all age groups, 4 jumps, no finals)
<input type="checkbox"/> 400 Meter Dash (all age groups)	<input type="checkbox"/> Shot Put (all age groups, 4 throws, no finals)
<input type="checkbox"/> 100 Meter Dash (all age groups)	- all 7-8 year olds throw 2 kilogram shot put
<input type="checkbox"/> 800 Meter Run (all age groups)	- all 9-10, 11-12, and 13-14 girls throw 6 pound shot
<input type="checkbox"/> One Mile Run (all age groups)	- all 13-14 boys, open to age 49 women, men 70-79 throw 4 kg shot
<input type="checkbox"/> 200 Meter Dash (all age groups)	- all open men, masters men to age 49 throw 16 pound shot
<input type="checkbox"/> 4 x 100 Relay** (all age groups)	- all men age 50-59 throw 6 kg shot, men age 60-69 throw 5 kg shot
<input type="checkbox"/> 4 x 400 Relay** (all age groups)	- all men age 80+, women age 50+ throw 3 kg shot
	<input type="checkbox"/> Discus (Men 11-14 1.5 kg; Open-49 2.0 kg; 50-59 1.5 kg; 60+ 1 kg; Women 1kg)
	<input type="checkbox"/> High Jump (9 years of age and over, 3 miss rule)
	<input type="checkbox"/> Triple Jump (13 years of age and over, 4 jumps, NF)
	<input type="checkbox"/> Youth Turbo Javelin 7-8, 9-10, 11-12 age groups use 300 gram javelin. 13-14 age group use 600 gram javelin

Amount Enclosed: \$ \_\_\_\_\_ (\$5.00 per event. Checks payable to North Jersey Masters)

**There is no entry fee to participate in the Relay events, and there are no medals awarded in these events.**

**Please print clearly and fill out completely. Mail entry to:**

**NORTH JERSEY MASTERS, PO Box 56, Ridgewood, NJ 07451-0056**

NAME \_\_\_\_\_  MALE  FEMALE \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RACE DAY AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TEAM \_\_\_\_\_

**WAIVER:** In consideration of the acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release the North Jersey Masters Track & Field Club, its Board and Members, Road Runners Club of America, USA Track & Field-New Jersey Pascack Valley Regional High School District Board of Education, Borough of Hillsdale, Hillsdale Police Department, and all sponsors from present and future claims and liabilities arising out of my participation in this event. I agree to abide by any decision of an event official relative to my ability to safely complete the event. Further, I confirm that I am physically able to participate in this event.

Signature (Signature of parent if applicant is under 18) **X** \_\_\_\_\_ DATE \_\_\_\_\_ Bib# \_\_\_\_\_

## **Order of Events:**

Female first, followed by male, in increasing age order.

**NOTE:** Age and gender groups may be combined based on the number of participants.

Event start times are dependent on the number of participants and the number of heats which are not determined until race day. Please arrive with ample time to prepare.

### **RUNNING EVENTS STARTING 9:30 A.M. RUNNING SEQUENTIALLY**

- 1.) 3,000 Meter Run (11-14, open, masters)
- 2.) 400 Meter Dash (7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 3.) 100 Meter Dash (7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 4.) 800 Meter Run (7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 5.) One Mile Run (7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, masters, open)
- 6.) 200 Meter Dash (7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 7.) 4 x 100 Relay\*\* (all ages)
- 8.) 4 x 400 Relay\*\* (all ages)

### **FIELD EVENTS STARTING 9:30 A.M. RUNNING CONCURRENTLY**

- 1.) Long Jump (4 jumps, no finals)  
(7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 2.) Shot Put (4 throws, no finals)  
(7-8 youth, 9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 3.) High Jump (3 misses)  
(9-10 youth, 11-12 youth, 13-14 youth, open, masters)
- 4.) Triple Jump (4 jumps, no finals); follows Long Jump  
(13-14 youth, open, masters)
- 5.) Discus (4 throws, no finals); follows Shot Put  
(11-14 youth, open, masters)
- 6.) Turbo Javelin (4 throws, no finals); follows Shot Put (run concurrently with Discus)  
(7-8, 9-10, 11-12 300 gram turbo javelin, 13-14 600 gram turbo javelin)

Advance registration: \$5.00 per event. Check payable to **North Jersey Masters** mail entry to:  
NORTH JERSEY MASTERS, PO Box 56, Ridgewood, NJ 07451-0056.

Registration accepted on race day. Cash or Check payable to **North Jersey Masters**.

**Meet sanctioned by USA Track and Field.**

