



USATF NJ AND MID ATLANTIC OPEN & MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS SUNDAY, 6/30/24, KEAN UNIVERSITY, UNION NJ

Approximate times to be posted on 6/28,(Kean) Arrive at least one hour prior to start of the event

ORDER OF TRACK EVENTS

6/30 5000m 8:45 am
5000m Racewalk,
3000m Racewalk (15-18yr. old)
100m Trials (Ages 15-18 if needed)
200H (30") 300H (30") 400H (30" 33" 36")
One Mile Run **Miles for Maniacs Event Series #3**
100m Finals (If needed)
110H, 100H (including Ages 15-18) 80H
800m (including ages 15-18)
110H/100H/80H Finals (Ages 15-18 if needed)
400m (including ages 15-18)
1500m(including ages 15-18) **Championship Event**
200m (including ages 15-18)
4x800, 4x400,

ORDER OF FIELD EVENTS

6/30 Javelin (Ages 15-18 Followed by O/M) 9:00am
Discus (Ages 15-18 Followed by O/M)
Women Follow Men
Shot Put (Ages 15-18 Followed by O/M)
Men Follow Women
Long Jump (All ages Men & Women plus 15-18)

Triple Jump (All ages Men & Women plus 15-18)

6/30/24 MEET INFORMATION

USATF MEMBERSHIP IS REQUIRED TO COMPETE

Pre-Entries: \$27 1st event; \$15 each additional event
Online Registration closes on 6/27/24 @ 12:00 noon

NO RACE DAY ENTRIES FOR INDIVIDUAL EVENTS

Relays: \$30 – Relay registration day of meet – CLOSE 1:30pm

On-site Bib pick up: 6/30 8:00am at Kean University

Age Groups:

Open: Male 19+ and Female 19+
Masters: 5-year age groups 25 +

Awards

Medals-Top 3 USATF Mid Atlantic athletes in each age group/ event
Medals to non-USATF Mid Atlantic athletes if in top 3 of age group/ event.

Team Scoring:

The winning Men's and Women's teams (for both open and masters) will be awarded a \$500 travel stipend and will be based on 5-3-2-1 place scoring per event, (individual and relays). Only Mid-Atlantic teams can score. There will not be scoring for Masters Steeplechase.

For more information contact: managingdirector@usatf.newjersey.org

Registration Link: Open & Masters

<https://www.simplyregister.net/register/?e=126086>

F.A.T. will be used. Implement weights for the appropriate age/gender group. Hurdle heights & implement weights according to the USATF Masters rules. No 27" hurdles though. Most running events contested younger to older women followed by men. Age groups will be combined in some events if entry warrants. Pole Vault and High Jump bar will not be lowered after event begins. If you miss your call, you forfeit that start of attempt.

THE FOLLOWING OPEN & MASTERS CHAMPIONSHIP EVENTS:

HAMMER, HIGH JUMP, POLE VAULT, 3K STEEPLECHASE

WILL BE HELD AT THE
ELLIOTT DENHAM INTERNATIONAL MEET, MONMOUTH UNIVERSITY, WEST LONG BRANCH
SUNDAY, 6/02/24
INTERNATIONAL MEET INFORMATION & REGISTRATION
[HTTPS: WWW.SHOREAC.ORG](https://www.shoreac.org)