

2020 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 2020 Birthday.
- MAXIMUM # OF EVENTS:** 12yrs. and Under = 3 Events 13-14yrs. = 4 Events
- ENTRY FEES:** For events marked (*):
\$6.00 per event for (NJ Strider Town Teams)
\$6.00 per event for NJ Strider Jr. Olympic Qualifier
\$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 May 31st 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 March 31, 2020. 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.
- 2020 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 19 to May 31.
There will be a \$5 charge for all replacement race numbers.
- ANIMALS:** No pets allowed.

COMPETITION: (*) NJ Strider Youth Development Meet DATE: April 19, 2020 Start-time: NOON
 SITE: **West Milford 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)
 7 800 Meter Racewalk (9-10)
 4x 100 Meter Relay (7-8) (9-10) (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 (9-10) (7-8)
 Finn Flier Javelin 450 gram (11-12)

COMPETITION: (*) NJ Strider Youth Development Meet DATE: April 26, 2020 Start-time: NOON
 SITE: **Hackensack 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 4x400 Meter Relay (7-8) (9-10) (11-12) (13-14) (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 1 kg. (13-14) (11-12)
 High Jump (9-10) (11-12) (13-14)
 Turbo Javelin 300 gram (9-10)
 Finn Flier Javelin 450 gram (11-12) (13-14)

COMPETITION: (*) NJ Strider Youth Development Meet DATE: May 3, 2020 Start-time: NOON
 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 1 kg. (11-12) (13-14)
 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 (9-10) (7-8)
 Finn Flier Javelin 450 gram (13-14)

COMPETITION: NJ Strider Qualifier DATE: May 17, 2020 Start-time: NOON
 SITE: **Rutherford Memorial Field** MEET DIRECTOR: FRANK COLLINS (845) 325-6553

NOTE: **NJS Teams ONLY.** Must have 2020 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) | 2 kg. = (7-8) | 6 lb. = (9-10) | (13-14G) (11-12) |
| | Discus 1 kg. | (11-12) | (13-14) | | |
| | High Jump | (9-10) | (11-12) | (13-14) | |
| | Turbo Javelin 300 gram | (9-10) | (7-8) | | |
| | Finn Flier Javelin 450 gram | | | (11-12) | (13-14) |

COMPETITION: (*) NJ Strider Youth Invitational DATE: May 31, 2020 Start-time: NOON
 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 | (Adults Only) | | | |
| 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 (1 Pit) | (11-12) | (13-14) | (7-8) | (9-10) |
| | followed by Triple Jump | | | | (13-14) |
| | Shot Put | 4 kg. = (13-14B) | 2 kg. = (7-8) | 6 lb. = (9-10) | (13-14G) (11-12) |
| | Discus 1 kg. | (11-12) | (13-14) | | |
| | High Jump | (9-10) | (11-12) | (13-14) | |
| | Turbo Javelin 300 gram | (9-10) | (7-8) | | |
| | Finn Flier Javelin 450 gram | | | (11-12) | (13-14) |

COMPETITION: USATF-NJ Junior Olympic Championships for (7-14 yrs) DATE: June 6-7
Plainfield (Hub Stein Field) See USATF web site: USATFNJ.org

COMPETITION: USATF-NJ Junior Olympic Championships for (15-18yrs) DATE: June 13-14
Peddie School Hightstown

COMPETITION: USATF National Outdoor Youth Athletics: Miramar, FL DATE: June 23-28

COMPETITION: USATF REGION 2 Junior Olympic Championships DATE: July 9-12
 Delaware

COMPETITION: USATF Hershey National Junior Olympics: Jacksonville, FL DATE: July 27 - Aug 2

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 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 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 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 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 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 WEST MILFORD - 70 Highlander Drive, West Milford, NJ 07480

From 208 North: Towards Oakland - 287 South to Exit 52 A/B onto NJ-23 North. Turn right onto Echo Lake Road. At the end, turn left onto Macopin Road. Turn right onto Highlander Drive (schools are at the bottom of the hill). Park at Macopin or the High School (large lot) and walk up to the track located behind Macopin Middle School. No on-street parking.

From NJ 17 North: Merge to I-287 North towards I-87. Continue onto I-87 N toward NY-17 North. Take Exit 15A onto NY-17 North towards Sloatsburg. Turn left onto Orange Turnpike. Keep right toward NY-17. Turn right onto Margaret King Avenue. Turn right onto Greenwood Lake Turnpike. Turn left onto Marshall Hill Road and keep left. Continue onto Union Valley Road. Take slight left onto Macopin Road. Turn left onto Highlander Drive. Park at Macopin or the High School (large lot) and walk up to the track located behind Macopin Middle School. No on-street parking.