



**USATF NJ OPEN & MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIP**  
**USATF MASTERS EAST REGION TRACK & FIELD CHAMPIONSHIP**  
**USATF NJ PENTATHLON CHAMPIONSHIP**  
**SATURDAY, 6/11/22 & 6/12/22**  
**PEDDIE SCHOOL, HIGHTSTOWN, NJ**

**ORDER OF TRACK EVENTS / ESTIMATED START TIMES**

|      |  |                  |
|------|--|------------------|
| 6/11 | 10,000 Run                               | 8:30am           |
|      | 5000m Race Walk (M & W O/M)              | 9:30am           |
|      | 5000 Run                                 | 10:15am          |
|      | M/B Pentathlon 200m & 1500M              | 12:30pm & 2:30pm |
| 6/12 |  |                  |
|      | 200H (30") 300H (30") 400H (30" 33" 36") | 9:30am           |
|      | 100m-1 <sup>st</sup> round               | 10:30am          |
|      | 1500m                                    | TBA              |
|      | 100m Finals (if needed)                  |                  |
|      | 110H, 100H, 80H                          | 12:00pm          |
|      | 110H/100H/80H Finals                     |                  |
|      | 400m                                     | TBA              |
|      | 800m                                     | TBA              |
|      | 200m                                     | TBA              |
|      | 4x800, 4x100, 4x400, (O/M)               | TBA              |

**USATF MEMBERSHIP IS REQUIRED TO COMPETE**

Entries: \$30/1<sup>st</sup> event; \$15 each additional event  
**PENTATHLON ENTRY FEE \$50 (MAIL IN ONLY Individual entry)**

Online Registration closes on 6/10/22 @ 11:59pm.

<https://newjersey.usatf.org>

**NO RACE DAY ENTRIES FOR INDIVIDUAL EVENTS**

Relays: \$30 – Relay registration day of meet – CLOSE 1:30pm  
 On-site Bib pick up: 6/11 7:30am, 6/12 8:00am at Peddie School

Age Groups:

Open: Male 19+ and Female 19+

Masters: 5-year age groups 25+

Awards

Medals-Top 3 USATF NJ athletes in each age group in each event

Medals-Top 3 Masters East Region athletes in each age group in each event

Medals to Non-USATF NJ athletes if in top 3 of age group in an event.

Patch to 1<sup>st</sup> NJ Age Group Winners – only 1 patch per person

For more information contact: [managingdirector@usatf.newjersey.org](mailto:managingdirector@usatf.newjersey.org)

**Order of Field Events:**

|      |  |                   |
|------|--|-------------------|
| 6/11 | Pole Vault (O/M) (15-18)   | 9:00am            |
| 6/11 | <b>Pentathlon 9:30am Start Time- Order of Events- LJ, Javelin,200, Discus,1500 (30 minutes between events)</b> |                   |
| 6/12 | Javelin(O/M) (15-18)   | 9:00am            |
|      | Discus(O/M) (15-18)  | 10:00am           |
|      | Shot Put   | 10:00am           |
|      | Long Jump  | 11:00am           |
|      | Triple Jump  | Follows Long Jump |
|      | High Jump  | 1:00pm            |

**Directions to Peddie School: [www.peddie.org](http://www.peddie.org)**

**Approximate start times to be posted 6/10/22 --- Arrive at least one hour prior to event**

F.A.T. for all races. Implement weights for the appropriate age/gender group. Hurdle heights & implement weights according to the USATF Masters rules. No 27" hurdles though. Running events contested women followed by men (oldest to youngest), unless otherwise notified. Age groups will be combined in some events if warranted. Pole Vault and High Jump bar will not be lowered after event begins. If you miss your call, you forfeit that start of attempt.