

MONMOUTH

TRACK & FIELD

A NIGHT OF HAMMERING

WEDNESDAY JUNE 12TH AT 6PM

- Registration through email to Elissa Ingram at eingram@monmouth.edu
- Registration ends at noon on Tuesday June 11th, at noon.
- Limited entries per event.
- The Mile will run in heats going from slow to fast and will be hand-timed.
- The Hammer Throw will be the USATF-NJ Championship for this event.
- Entry fee: \$10 for the Mile & \$20 for Hammer.
- Waiver, payment, and number pickup begin at 5:00 pm.
Hammer and Mile both begin at 6:00 pm.
- \$100 cash prize to any Milers who break the existing Facility Record (4:00.96 for Men; 4:20.05 for Women)



400 CEDAR AVE, WEST LONG BRANCH, NJ 07764

KESSLER STADIUM

EVENTS

HAMMER THROW & 1 MILE