

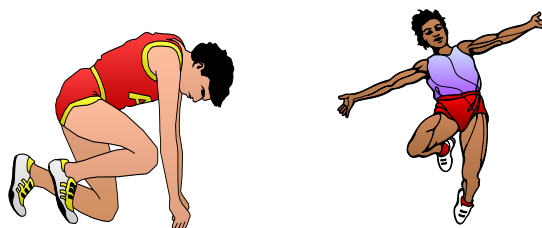
Amherst Recreation Department
Track and Field Program
PO Box 960
Amherst, New Hampshire 03031

**AMHERST RECREATION
DEPARTMENT TRACK AND FIELD
PROGRAM**

**PRELIMINARY
JUNIOR OLYMPIC
TRACK AND FIELD
MEET**

**SATURDAY, JUNE 11,
2011**

**SOUHEGAN HIGH SCHOOL
BOSTON POST ROAD
AMHERST, NH**



For boys and girls ages 8 to 18

Running/field events start at 10 AM.

Running Events: 50, 100, 200, 400, 800, 1500, 3000, 4X100, 4X400, Race Walk, 80/100/110 Hurdles

Field Events: Shot, Discus, Javelin, Long Jump, Triple Jump, High Jump

**Registration opens at 9:00 AM
Events start at 10:00 AM**

Field Events	10 & under	11-12	13-14	15-18
Long Jump	X	X	X	X
Triple Jump	X	X	X	X
High Jump	X	X	X	X
Shot - Boys	6 lb	6 l b	4 k	12 lbs
Shot - Girls	6 lb	6 l b	6 l b	4 k
Discus	1 k	1 k	1 k	1/1.6 k
Javelin	Turbo 300g	Turbo 300g	Turbo 600g	600g 800g

Track Events	10 & under	11-12	13-14	15-18
50 meters	X			
100 meters	X	X	X	X
200 meters	X	X	X	X
400 meters	X	X	X	X
800 meters	X	X	X	X
1500 meters	X	X	X	X
3000 meters		X	X	X
1500 RW	X	X	X	X
Hurdles		80	100	100/ 110
4 X 100	X	X	X	X
4 X 400		X	X	X

Track is 400 meters, 6 lanes, all weather. Spikes 6mm or less allowed.

Age groups as of December 31, 2011

This meet serves as a USATF Preliminary Junior Olympic Track and Field Meet and as a final tune-up before the USATF-New England Junior Olympic Track and Field Meet on June 18 at Fitchburg State, Fitchburg, MA

<http://www.usatfne.org/jo/index.html>

Amherst T&F Jamboree - June 4 - see web site for details

Directions

Souhegan High School - Boston Post Rd.,
Amherst, NH

From RT-101 - Take Rt-101A East toward Nashua. At the end of the ramp go right on Rt-101A East. Go 0.3 mi to the first signal and turn LEFT on Rt-122. Go 30 yds and take an immediate RIGHT on Stearns Rd. Go approx. 1 mile to the end and turn LEFT on Boston Post Road. Second RIGHT is the entrance to the high school. Track is in the rear.

From RT-3/FE Everett Turnpike - Take Exit 11. After toll booths, turn LEFT, heading WEST at signal (Continental Blvd) and proceed approx 3.75 mi to Rt-101A West. Turn RIGHT on Rt-101A and go to the second traffic signal and turn RIGHT on to Boston Post Road. After 50m bear right to stay on BPR. Go approx. 2.25 miles to the entrance to the Souhegan High School on the right. Track is in the rear. Use the main stadium entrance.

Rest rooms available but no changing facilities.

Sanctioned by USA Track & Field

Mail Entries to:

Amherst Track and Field Program
PO Box 960
Amherst, NH 03031

From more information call:
603-673-4454 (evenings only)
or email to track@AmherstTrack.org

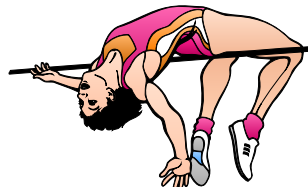
WWW.AMHERSTTRACK.ORG

Date: Saturday, June 11
Time: Registration at 9:00 am
Events start at 10:00 am
Place: Souhegan High School
Amherst, NH
Entry Fee: \$6 per athlete
\$4 Amherst T&F Team Members
\$8 day of meet
Awards: USA Track and Field Junior
Olympic ribbons to top 6 finishers
in each event.

ORDER OF EVENTS

10:00 - 12:00 Shot put, long jump, javelin (open for 2 hours), High Jump
11:30 am **Coaches/Adult Turbo Jav**
12:00 - 2:00 Discus, Triple Jump (open for 2 hours)
9:45 am **Coaches/Adult Mile (adults only)**
10:00 am **(Events follow in order)**
3000 meters
100 meters
1500 meters
50 meters
Hurdles
400 meters
4 X 100 relay
800 meters
1500 RW
200 meters
4 X 400 relay

No limit on number of events
Shot, discus, LJ and TJ - 3 attempts
Running events oldest to youngest, girls and boys.
All races are finals scored on time.



ENTRY FORM - JUNE 11

Athlete's Name: _____

Birth Date: _____

Address: _____

City: _____

State/Zip: _____

Events: _____

Waiver: In consideration of my entry being accepted, I hereby waive and release any and all rights and claims for damages I may have against the Town of Amherst, USATF-New England, and any and all other individuals or organizations associated with this meet, for any and all damages or injuries suffered as a result of my participation in this meet. I attest that I am physically fit and in sufficient condition for safe participation in the events in which I compete.

Signature of Parent/Guardian/Coach

Date: _____

Signature of Athlete