

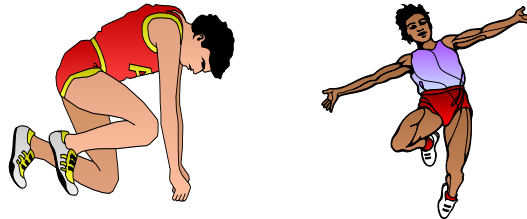
Amherst Recreation Department  
Track and Field Program  
PO Box 960  
Amherst, New Hampshire 03031

AMHERST RECREATION  
DEPARTMENT TRACK AND FIELD  
PROGRAM

PRELIMINARY  
JUNIOR OLYMPIC  
TRACK AND FIELD  
MEETS

SUNDAY, JUNE 9, 2013  
SUNDAY, JUNE 16, 2013

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 10:00 AM  
Events start at 11:00 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 lb	4 k	12 lbs
Shot - Girls	6 lb	6 lb	6 lb	4 k
Discus	1 k	1 k	1 k	1/1.6 k
Javelin	Turbo 300g	Turbo 300g	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	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, 2013

These meets serve 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 22 at Fitchburg State, Fitchburg, MA

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

## 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**  
**4 Cross Road**  
**Amherst, NH 03031**

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

[WWW.AMHERSTTRACK.ORG](http://WWW.AMHERSTTRACK.ORG)

**Dates:** Sunday June 9 and June 16

**Time:** Registration at 10:00 am  
Events start at 11:00 am

**Place:** Souhegan High School  
Amherst, NH

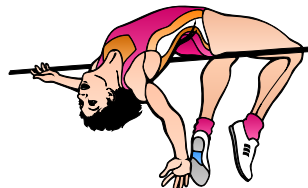
**Entry Fee:** \$7 per athlete  
\$4 Amherst T&F Team Members

**Awards:** USA Track and Field Junior  
Olympic ribbons to top 6 finishers  
in each event.

## ORDER OF EVENTS

**10:30 am** Coaches/Adult Turbo Jav  
**10:45 am** Coaches/Adult Mile (adults only)  
**11:00 - 12:30** Shot put, long jump, javelin (open  
for 90 min), High Jump  
**11:00 am** (Events follow in order)  
3000 meters  
800 RW  
100 meters  
1500 meters  
50 meters  
Hurdles  
400 meters  
4 X 100 relay  
800 meters  
200 meters  
4 X 400 relay  
**1:00 - 2:30** Discus, Triple Jump (open for 2  
hours)

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 9 - JUNE 16

(circle one)

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