

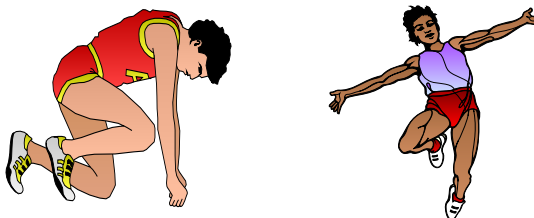
Amherst Recreation Department  
Track and Field Program  
4 Cross Road  
Amherst, New Hampshire 03031

## AMHERST TRACK AND FIELD PROGRAM

### YOUTH TRACK AND FIELD DEVELOPMENTAL MEETS

**SUNDAY, JUNE 7, 2015**  
SOUHEGAN HIGH SCHOOL  
446 Boston Post Road Amherst, NH

**SUNDAY, JUNE 14, 2015**  
MILFORD HIGH SCHOOL  
100 West Street Milford, NH



**For boys and girls ages 7 to 18**

**Running/field events start at 11 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	7-8	9-10	11-12	13-14	15-18
Long Jump	X	X	X	X	X
Triple Jump	X	X	X	X	X
High Jump		X	X	X	X
Shot - Boys	2k	6 lb	6 lb	4 k	12 lbs
Shot - Girls	2k	6 lb	6 lb	6 lb	4 k
Discus	1 k	1 k	1 k	1 k	1/1.6 k
Javelin	Turbo 300g	Turbo 300g	Turbo 300g	600g	600g 800g

Track Events	7-8	9-10	11-12	13-14	15-18
50 meters	X	X			
100 meters	X	X	X	X	X
200 meters	X	X	X	X	X
400 meters	X	X	X	X	X
800 meters	X	X	X	X	X
1500 meters	X	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	X
4 X 400	X	X	X	X	X

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

Age groups as of December 31, 2015

These meets serve as a USATF Junior Olympic Track and Field Developmental Meet and as a final tune-up before the USATF-New England Junior Olympic Track and Field Meet on June 20 at Fitchburg State, Fitchburg, MA

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

## Directions

### Souhegan High School

412 Boston Post Rd., Amherst, NH  
GPS 288904.47E 4744490.39N

### Milford High School

100 West Street, Milford, NH  
GPS 282559.25E 4745174.40N

Rest rooms available but no changing facilities.

Sanctioned by USA Track & Field

## PRE-ENTRY DEADLINES

Thursday June 4 for June 7 meet

Thursday June 11 for June 14 meet

## 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)

[ONLINE INFORMATION AND ENTRIES](#)

**Date: Sunday June 7 and June 14**

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

**Place:** June 7 - Souhegan High School  
June 14 - Milford High School

**Entry Fee:** June 7 - \$7 per athlete pre entry  
\$15 per athlete day of the meet  
June 14 - \$10 per athlete pre entry  
\$15 per athlete day of the meet

**Awards:** Ribbons to top 6 finishers in each event.

## ORDER OF EVENTS

**10:00 am Registration**  
**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 90 min)

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

(CIRCLE ONE DATE - submit SEPARATE entry forms for each meet)

**June 7 - \$7/athlete      June 14 - \$10/athlete**  
**Day of the Meet Entry - \$15/athlete**

Athlete's Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F  
As of 12/31/2015

Club/Team: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Events: \_\_\_\_\_

WAIVER - I understand that track and field is a potentially hazardous activity which could result in injury and death and that I should not participate unless I am medically able and properly trained. I assume all risks associated with my participation in this event, including but not limited to falls, contact with other competitors, the effects of weather, conditions of the running surface, all such risks being known and appreciated by me. I agree to abide by any decisions of the race officials relative to any aspect of my participation in this event. I understand that bicycles, skateboards, roller blades and similar devices are not allowed in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Amherst, the organizers of the event and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recording or other record of this event for any legitimate purpose.

\_\_\_\_\_  
Signature of Parent/Guardian/Coach

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Athlete