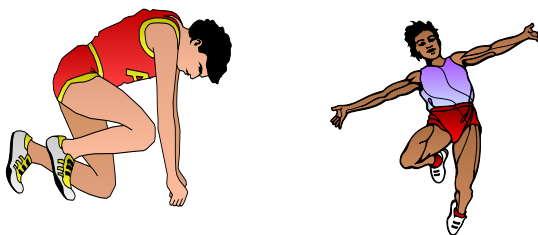


Amherst Recreation Department
Track and Field Program
4 Cross Road
Amherst, New Hampshire 03031

AMHERST TRACK AND FIELD PROGRAM

YOUTH TRACK AND FIELD DEVELOPMENTAL MEET

SUNDAY, JUNE 12, 2016
SOUHEGAN HIGH SCHOOL
412 Boston Post Road Amherst, 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, 2016

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 18 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

The meet will be held on a new all weather surface identical to the Fitchburg State University track.

Rest rooms available but no changing facilities.

Sanctioned by USA Track & Field

PRE-ENTRY DEADLINES

Thursday June 9 for June 12 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

ONLINE INFORMATION AND ENTRIES

Date: Sunday June 12

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

Place: Souhegan High School
412 Boston Post Rd., Amherst, NH

Entry Fee: \$7 per athlete pre entry - by June 9
\$15 per athlete day of the meet

Concessions: Full concessions available on site

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)

Pre-Entries (by June 9) - \$7/athlete
Day of the Meet Entry - \$15/athlete

Athlete's Name: _____

Birth Date: _____ T&F Age: _____ Gender: M F
As of 12/31/2016

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