

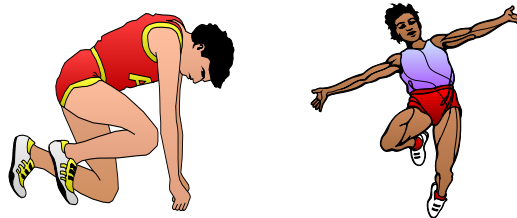
Amherst Recreation Department  
 Track and Field Program  
 PO Box 960  
 Amherst, New Hampshire 03031

**AMHERST RECREATION DEPARTMENT  
 TRACK AND FIELD PROGRAM**

**PRELIMINARY  
 JUNIOR OLYMPIC TRACK  
 AND FIELD MEET**

**SATURDAY, JUNE 12, 2010**

SOUHEGAN HIGH SCHOOL  
 BOSTON POST ROAD  
 AMHERST, NEW HAMPSHIRE



**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 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	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, 2010

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 19-20 at Fitchburg State, Fitchburg, MA . <http://www.usatfne.org/jo/index.html>

**Amherst T&F Jamboree - June 5 - 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](mailto:track@AmherstTrack.org)

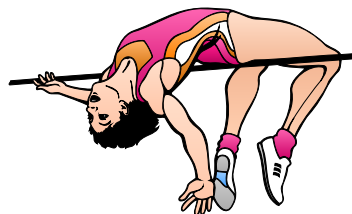
[WWW.AMHERSTTRACK.ORG](http://WWW.AMHERSTTRACK.ORG)

**Date:** Saturday, June 12  
**Time:** Registration at 9:00 am  
Events start at 10:00 am  
**Place:** Souhegan High School  
Amherst, NH  
**Entry Fee:** \$6 per athlete, \$5 USATF 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 12

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