

AMHERST YOUTH TRACK & FIELD JAMBOREE

10:00 AM - SATURDAY, JUNE 5, 2010

www.amhersttrack.org

SOUHEGAN HIGH SCHOOL
 BOSTON POST ROAD
 AMHERST, NEW HAMPSHIRE



HOSTED BY AMHERST TRACK AND FIELD PROGRAM
 TOWN OF AMHERST RECREATION DEPARTMENT

Divisions - Youth (Ages 8 to 18)

5 Open/Masters Events - shotput, long jump, 100m, 400m, 1 Mile, 1500RW

Registration - 10:00 AM – Field Events - 11 AM Running Events - 11:30 AM.

Relays 4X100, 4X200, 4X400, Sprint Medley

Open Events: 1 Mile, 400m, 100m, 800/1500m RW, Shot, Discus, Long Jump, Triple Jump, Javelin

6 Medley Events

Field Events	8 & under	10 & under	11-12	13-14	15-18, Open, Masters
Long Jump	X	X	X	X	X
Triple Jump	X	X	X	X	X
High Jump		X	X	X	X
Shot - Girls	6 lb	6 lb	6 lb	6 lb	4 k
Shot - Boys	6 lb	6 lb	6 lb	4 k	12/16 lbs
Discus	1 k	1 k	1 k	1 k	1.6 k
Javelin	300g Turbo	300g Turbo	300g Turbo	600g	600g/800g

Track Events	8 & under	10 & under	11-12	13-14	15-18, Open, Masters
One Mile		X	X	X	X
4X100	X	X	X	X	X
4X200	X	X	X	X	X
Sprint Medley	X	X	X	X	X
800m RW	X	X	X	X	1500M
4X400		X	X	X	X
100 M	X	X	X	X	X
400 M	X	X	X	X	X

Six individual medley events - open to all age groups. Places are based on combined performance in three track & field events.

Track is 400 meters, 6 lanes, all weather. Spikes 6mm or less allowed. Rest rooms available - no changing facilities. This meet serves as a USATF Preliminary Junior Olympic Track and Field Meet. Age groups as of December 31, 2010

USATF NH Junior Olympic Preliminary Track and Field Meet on June 12th Souhegan High School

USATF-New England Junior Olympic Track and Field Meet on June 19-20th - Fitchburg State

Directions to 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

Mail Entries to:

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

For more information:

George Bower
 603-673-4454 (evenings only)
 or email to Track@AmherstTrack.org

AMHERST TRACK & FIELD JAMBOREE 10:00 AM - SATURDAY, JUNE 5, 2010

Date: SATURDAY, JUNE 5, 2010
Time: Registration at 10:00 am, Events start at 11:00 am
Place: Souhegan High School
Amherst, NH
Entry Fee: \$5 per athlete, \$4 USATF Members
\$7 day of meet
Awards: Top 5 finishers in each event.

ORDER OF EVENTS

11:00 - 1:00 Shot Put, Long Jump, High Jump
1:00 - 3:00 Discus, Triple Jump, Javelin
11:00 am (Events follow in order)
1 Mile
4X200
100M
800/1500 RW
400M
4X100
Sprint Medley (100, 100, 200, 400)
4X400

Open/Masters competition prior to youth event
Shot, Discus, Javelin, LJ, TJ - 4 attempts
Running event heats - oldest to youngest
All races are finals scored on time.

INDIVIDUAL MEDLEY

Individual places are based on combined performances in the following events:

Strong Arms - Shot, Discus, Javelin - Combined Distance

Leapers - Long, Triple and High Jump - Combined Distance + height

The Track - Mile, 100, 400 - Combined time

Sprint Special - 100, 400, LJ - Combined time minus LJ distance

Crazy Legs - Discus, TJ, 400 - Combined distance minus 400 time

All Round - Mile, LJ, Javelin - Mile time minus combined distance

ENTRY FORM (PLEASE PRINT)

AMHERST TRACK AND FIELD - SATURDAY, JUNE 5, 2010

Athlete's Name: _____ Sex: M / F Birth Date: _____ Age Group: _____

Address: _____ City: _____

State/Zip: _____ Email (for results): _____

Events (circle): 4X100 - 4X200 - 4X400 - Sprint Medley - 100M - 400M - 1 Mile - Shot - Discus - LJ - TJ - Javelin - High Jump - RW

Individual Medley Events (circle one) - Strong Arms - Leapers - The Track - Sprint Special - Crazy Legs - All Round

I am not on a relay team but please assign me to a team in the events I have listed.

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 Athlete

Signature of Parent/Guardian/Coach (If under 18)

Date: