



SHORE ATHLETIC CLUB ALL-COMERS
TRACK AND FIELD MEETS
TUESDAY EVENINGS
AT OCEAN TOWNSHIP HIGH SCHOOL
WEST PARK AVENUE EAST OF ROUTE 35, OAKHURST, NJ.
SANCTIONED BY USA TRACK AND FIELD OF NEW JERSEY.
STAGED BY SHORE ATHLETIC CLUB.

DATES AND EVENTS: EACH MEET STARTS AT 6:15 PM.

TUESDAY, JULY 7, 2009 ::::

100-Meter Dash, 1-Mile Run, 400-Meter Run, 1-Mile Walk,
4x400 Relay, Long Jump, Shot Put, Discus Throw, Javelin Throw.

TUESDAY, JULY 14, 2009 ::::

200-Meter Dash, 1500-Meter Run, 1-Mile Walk, 800-Meter Run,
4x100 Relay, Long Jump, Shot Put, Discus Throw, Javelin Throw.

TUESDAY, JULY 21, 2009 ::::

100-Meter Dash, 1-Mile Run, 400-Meter Run, 1-Mile Walk,
4x200 Relay, Long Jump, Shot Put, Discus Throw, Javelin Throw.

TUESDAY, JULY 28, 2009 ::::

200-Meter Dash, 1500-Meter Run, 600-Meter Run, 1-Mile Walk, Long Jump,
Short Sprint Medley Relay (200-100-100-400), Shot Put, Discus Throw, Javelin
Throw.

NOTES: Fast polyurethane red-rubber all-weather track. All events will
be staged in men's and women's open, boys and girls 9-and -under, 10-11,
12-14, 15-18, and men's and women's Masters 40-49, 50-59, 60-69 and
70-and-up divisions. Relay teams to be made up at each meet. No advance
entries. Registration desk opens 5:45 p.m. each meet. Program may be adjusted.
Please come in sweatsuit, prepared to compete.

ENTRY FEES: Athletes 18-Under: \$3 per meet, \$10 all four meets, unlimited events.

Athletes 19-And-Up: \$5 per meet, \$15 all four meets, unlimited events.

AWARDS: Special trophies to top 25 male and top 25 female point-scorers
over-all (5-3-2-1 points basis.) No relay points. Scoring based on first three meets
only.

T-shirts to all who compete in 3 or more meets, Presentations to be made at final
meet.

THESE ARE DESIGNED as fun meets, The object is to provide enjoyable,
healthful competition in The Great Olympic Sport of Track and Field. All are most
cordially invited to compete and take part. Volunteer officials are sincerely invited.

FOR MORE INFORMATION: 732-222-9080, Elliottden@aol.com.