



**SHORE ATHLETIC CLUB
ALL-COMERS TRACK & 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 8, 2008::::100-Meter Dash, 1-Mile Run, 400-Meter Run, 1-Mile Walk, 4x400 Relay, Long Jump, Shot Put, Discus Throw, Javelin Throw.

TUESDAY, JULY 15, 2008::::200-Meter Dash, 1500-Meter Run, 1-Mile Walk, 800-Meter Run, 4x100 Relay, Long Jump, Shot Put, Discus Throw, Javelin Throw.

TUESDAY, JULY 22, 2008::::100-Meter Dash, 1-Mile Run, 400-Meter Run, 1-Mile Walk, 4x200 Relay, Long Jump, Shot Put, Discus Throw, Javelin Throw.

TUESDAY, JULY 29, 2008::::100-Meter Dash, 1500-Meter Run, 600-Meter Run, 1-Mile Walk, 4x100 Relay, Short Sprint Medley Relay (200-100-100-400), Long Jump, Shot Put, Discus, 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-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 sweat suit, prepared to compete.

ENTRY FEES: \$3 per meet, \$10 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. Note this new procedure: Scoring will be based on first three meets in series only. T-shirts to all who compete in three or more meets. Presentations of trophies and T-shirts will 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