



SHORE A.C.



2021 Summer Track & Field Series

Dates: July 8th, July 15th, July 22nd, July 29th - **1st Event Starts at 6pm promptly**

Location: Mater Dei Prep High School, 538 Church Street, Middletown, NJ 07748

Price: \$15 per athlete (max 4 events) - Register online at vipertiming.com/reg21

Registration closes at 11am on race day!. **THERE IS NO ON SITE REGISTRATION.**

*****NEW - You must pre-register online*****

REGISTER ONLINE AT vipertiming.com/reg21

- Check-in/warmup starts at 5:00pm and ends at 5:45pm (1st call for event #1)
- Age groups are based on YEAR OF BIRTH. Make sure that your athletes know this.
 - 9 & Under (**2012 or later**), 10-12 (**2009-11**), 13-14 (**2007-08**)
 - 15-18 (**2001-04**), Open/Masters (**over 18 years old**)

<p style="text-align: center;">WEEK 1 - 7/8 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 100m Dash 2. 1600m Run 3. 400m Dash 4. 800m Run <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Shot put → Discus (following the shot) → Long Jump (open pit until 7:30pm) 	<p style="text-align: center;">WEEK 2 - 7/15 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 800m Run 2. 200m Dash 3. 1500m Run 4. 400m Dash <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Discus → Shot put (following the discus) → Triple Jump (open pit until 7:30pm)
<p style="text-align: center;">WEEK 3 - 7/22 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 1 Mile Run 2. 400m Dash 3. 800m Run 4. 100m Dash <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Shot put → Discus → Long Jump (open pit until 7:30pm) 	<p style="text-align: center;">WEEK 4 - 7/29 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 200m Dash 2. 3000m Run 3. 400m Dash 4. 800m Run <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Shot Put → Discus → Triple Jump (open pit until 7:30pm)