



FRIDAY, JULY 1, 2022

Hammer, 3,000M Steeplechase,
Community Mile Run and 10,000M

SATURDAY, JULY 2, 2022

5K Racewalk, 5K, H.S. Mile, 110H,
100M, 400, Masters 400, Masters
Mile, 4x100, OPEN Mile, 110H/100M
finals, 400M, 800M, Masters 800,
400H, 200, 4x800, Masters 4x800,
4x400, DMR

Javelin, Shot Put, Long Jump, Pole
Vault, High Jump, Discus and
Triple Jump



Presented to you by:

**Jersey Mike's &
The Shore Athletic Club**

2022 USATF NATIONAL CLUB TRACK & FIELD CHAMPIONSHIPS

&

*35TH ANNUAL NJ INTERNATIONAL
TRACK & FIELD MEET*

Monmouth University
West Long Branch, N.J.

PRELIMINARY TIME SCHEDULE

The event time schedule will be adjusted to reflect the actual entry fields shortly after the June 28th entry deadline. It will closely follow this format. Unless otherwise noted, all track events are run in sections as needed and results based on timed-final.

Registration is open until June 28th at:

www.shoreac.org/njinternational

2022 USATF National Club Championship
SCHEDULE OF EVENTS

And the 35th New Jersey International Track and Field Meet
UPDATED SCHEDULE as of June 30, 2022

Friday, July 1, 2022

TIME	TRACK EVENTS	FIELD EVENTS
3:30		Ira Wolfe Men's Hammer Throw
5:00	National Anthem and Introductions	
5:10	Horace Ashenfelter Memorial Women's 3000 Meter Steeplechase	
5:30	Horace Ashenfelter Memorial Men's 3000 Meter Steeplechase	Oneithea "Neni" Lewis Women's Hammer Throw
6:00	Dick Hill/Tom Zarra Memorial Women's & Men's 10,000 Meter Run	

Saturday, July 2, 2022

TIME	TRACK EVENTS	FIELD EVENTS
8:30	Elliott Denman Women's & Men's 5000 Meter Race Walk	
9:15	Dr. Norbert Sander Memorial Women's 5000 Meter Run	
9:45	Dr. Norbert Sander Memorial Men's 5000 Meter Run	
10:00		Barbara Friedrich Parcinski Women's Javelin Throw
10:25	Dawn Bowles-Fitch Women's 100 Meter Hurdles PRELIMS	
10:35	Renaldo Nehemiah Men's 110 Meters Hurdles PRELIMS	
10:50	Fred Thompson Memorial Women's 100 Meter Dash PRELIMS	
11:00	Frank Budd Memorial Men's 100 Meter Dash PRELIMS	Al Blozis Memorial Women's Shot Put
11:15	Dr. Matt Brown Masters Men's 100 Meter Dash*	
11:25	Dr. Matt Brown Masters Women's 100 Meter Dash*	
11:35	John Kuhi Masters 400 Meter Dash*	
11:50	Harry Nolan/George Sheehan Masters & Gone Running Community Mile*	
12:00		Mike Pascuzzo Men's High Jump
12:00		Bob Roggy Memorial Men's Javelin Throw
12:00		Herbert Douglas Jr. Women's & Men's Long Jump (2 runways)
12:10	Women's 4x100 Meter Relay	
12:15	Men's 4x100 Meter Relay	
12:30	Chrissy D'Alessandro-Shaheen Memorial Women's Elite Mile	
12:45	Dr. John F. Connors Men's Elite Mile	
1:00		Al Blozis Memorial Men's Shot Put
1:10	Renaldo Nehemiah Men's 110 Meter Hurdles FINAL	
1:20	Dawn Bowles-Fitch Women's 100 Meter Hurdles FINAL	
1:30	Fred Thompson Memorial Women's 100 Meter Dash FINAL	
1:35	Frank Budd Memorial Men's 100 Meter Dash FINAL	
1:45	Aliann Pompey Women's 400 Meter Dash	
1:55	Andrew Valmon Men's 400 Meter Dash	
2:00		Art Swarts Women's Discus Throw
2:05	Joetta Clark Diggs Women's 800 Meter Run	
2:10	Rich Kenah Men's 800 Meter Run	
2:20	Masters Women's 800 Meter Run	
2:25	Art Smith Masters Men's 800 Meter Run*	
2:30		Norm Tate Women's & Men's Triple Jump (2 runways)
2:45	Women's 400 Meter Hurdles	
2:55	Quentin Wheeler Men's 400 Meter Hurdles	
3:00		Mike Pascuzzo Women's High Jump
3:05	Andy Stanfield Memorial Women's 200 Meter Dash	
3:15	Andy Stanfield Memorial Men's 200 Meter Dash	Art Swarts Men's Discus Throw
3:30	Women's 4x800 Meter Relay	
3:45	Men's 4x800 Meter Relay	
3:55	Masters 4x800 Meter Relay*	
4:05	Women's 4x400 Meter Relay	
4:15	Men's 4x400 Meter Relay	
4:25	Women's Distance Medley Relay	
4:40	Men's Distance Medley Relay	



* - Events marked with a * are not scored events in the Club Championships

This schedule has been updated as of June 30th

PLEASE NOTE: This schedule will be adjusted after entries close on June 28th



Over \$9,000
to top teams
& individuals

Registration is open
until June 28th
at
www.shoreac.org/njinternational

Event Details

HIGHLIGHTS

Over \$9,000 in cash awards to top athletes and teams

Free Long Branch beach access with competitor bib

New state of the art track and field facility

Monmouth University dorm and apartment rentals available for athletes. See below

Meet t-shirt and participant bag to the first 400 entrants

Discount to athletes by local merchants and the unique coastal based tourism attractions of Monmouth County

Live results at shoreac.org!

RATES

COMPETITION FEE

\$25 per entrant
\$15 per second entry
\$15 community mile
\$40 relay

ACCOMMODATIONS

\$62 single room
\$116 double room
\$140 triple room

ENTRY + LODGING DEADLINE JUNE 28th

PRIZE MONEY

MEN'S AND WOMEN'S TEAMS

1st - \$1,000
2nd - \$750
3rd - \$500

TOP 3 MEN AND WOMEN*

1st - \$500
2nd - \$250
3rd - \$100

*Top overall individual performances based on World Athletic scoring tables.

Prize money for individual events are as follows:

\$2,000 in prize money in the Men's Mile + **\$1,000** in prize money in the Women's Mile

\$1,000 in total prize money in the men's and women's high jump
(**\$300** for 1st, **\$100** for 2nd and **\$100** for 3rd)

\$600 in total prize money in the men's and women's shot put

\$300 in total prize money in the men's and women's hammer

CONTACTS

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