

NORTH WARREN TRACK & FIELD CLUB

10 Noe Road
Blairstown, NJ 07825



Dear Track & Field Club Members (and Families):

This is a reminder that our first meet of the season is scheduled for Sunday 12/11 at 10 am. The USA Track & Field Developmental Meet will take place at the John Bennett Center in Toms River, NJ. The deadline for registration is midnight on Wednesday, 12/7, so if you plan to attend, **please fill out and submit the form below or speak to Coach Loughlin or Coach Walker by the end of practice on 12/7.** You can also email Coach Walker at *info@northwarrentrack.org* or text him at 908-591-9208 before the deadline. A coach will help you with your event selections (athletes can enter up to 3 events at this meet). Information for our first meet is as follows:

Meet: *USATF Developmental Meet at the John Bennett Center, Toms River, NJ – 12/11/11*

Events: 400M, 1600M, 55M, 800M, 4x200M Relay, Shot Put (55M Hurdles is also contested, but due to the limited practice time before this meet, we may only allow athletes with prior experience to enter)

Time: Meet starts at 10 am. **We will be leaving NWR at 7:00 am by bus.** We will return around 6:00 pm.

Wear: Athletes should wear their uniforms to the meet under sweats. We will be using the Cross-Country uniforms which will be distributed at practice.

Bring: In a gym bag or back pack:

- Running sneakers or spikes (up to 1/8" pyramid spikes allowed for this meet). **Spikes not required!**
- **Water/Gatorade, snack and lunch** (meet will last from 10 am to approx. 4 pm)
- Dry shirt and/or shorts/pants for the ride home
- Small amount of cash (if concessions are available or if we stop for food on the way home)
- Other items: IPOD, cell phone, pillow and/or blanket (for bus rides)

Links: www.usatfnj.org/youth/2011_2012_Youth_Indoor_Meets.pdf (meet info and directions)

DON'T FORGET SHIRT ORDERS ARE DUE BY THURSDAY, DECEMBER 8. You can print a form from our website.

USATF Developmental Meet 12/11/11 – Toms River, NJ

In order to assist the athletes and coaches with registration, you may fill out the form below and provide it to Coach Loughlin or Coach Walker. **You must submit/communicate your interest in attending the meet by the end of practice on Wednesday, December 7 in order to attend.** The deadline for registration is midnight on 12/7.

Athletes may enter up to 3 events at this meet (including the Relay). For reference, 400M is ¼ mile and will be a 2-lap race around the 200M indoor track. Relay teams are made up of 4 members, each running one lap (200M) around the track. Coaches will create the actual relay teams based on interest and athlete ability (note: for all events, athletes will compete against other athletes of similar age). Please note, coaches will have the final decision on event registration. We will post the event list on the last practice before the meet.

<u>Name</u>	<u>55M</u>	<u>400M</u>	<u>800M</u>	<u>1600M</u>	<u>4x200M Relay</u>	<u>Shot Put</u>
Ex. Coach Walker	X	X				X