



2019 Summer Track & Field Series

Dates: July 1st, July 16th, July 23rd, July 30th - 1st Event Starts at 6pm promptly

Location: Ranney High School, 235 Hope Rd, Tinton Falls, NJ 07724

Price: Save time by registering online in advance. You will still pay at the meet when you pick up your competitor numbers.

*****Teams must pre-register*****

REGISTER ONLINE AT vipertiming.com/register

- **Check in 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 - 7/1 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 100m Dash 2. 1 Mile Run 3. 400m Dash 4. 4x400 Relay <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Shot put → Discus → High Jump → Long Jump (open pit until 7:30pm) 	<p style="text-align: center;">WEEK 2 - 7/16 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 200m Dash 2. 1500m Run 3. 600m Run 4. 4x100 Relay <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Shot put → Discus → High Jump → Triple Jump (open pit until 7:30pm)
<p style="text-align: center;">WEEK 3 - 7/23 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 100m Dash 2. 1 Mile Run 3. 300m Dash 4. 4x200 Relay <p style="text-align: center;"><u>FIELD EVENTS</u></p> <ul style="list-style-type: none"> → Shot put → Discus → High Jump → Long Jump (open pit until 7:30pm) 	<p style="text-align: center;">WEEK 4 - 7/30 <u>TRACK EVENTS</u></p> <ol style="list-style-type: none"> 1. 100m 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 → High Jump → Triple Jump (open pit until 7:30pm)



- USATF Sanctioned Meets
- Certified officials at each field event
- Volunteers to help measure at the field events are appreciated
- Please provide your own implements
- ★ Show up early ready to compete
- ★ Purchase & wear your competitor number (lost numbers must be replaced)
- ★ Sign Up for the track events you will compete in
- ★ Sign Up for field events at the competition area

Important Info: You only need to register one time - once in the system you just need to be issued a competitor number. You must pay for and wear your competitor number for each meet of the series. You are not allowed to compete without a number - no exceptions. A new competitor number will be issued for each week of the series. FAT timing for all running events. Results will be posted during the meet at vipertiming.com/live and after at vipertiming.com

- Check in starts at 5:00pm and ends at 5:45pm (1st call for event #1)
- At check in you must sign up for the events you wish to compete in.

Registration Prices:

Athletes 18-under

\$10 for each meet - unlimited events

Athletes 19-Up

\$15 per each meet - unlimited events

You must pick up a new competitor number each week



Online-registration is easy! Just go to vipertiming.com/register and add your name and info. It takes less than 3 minutes! Registration is only needed once.

**Teams MUST pre-register!
Meets will start on time.**

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