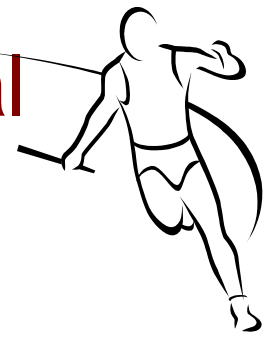


2011 North Plainfield Annual



Track & Field Meet

Sponsored by

North Plainfield Recreation

<http://www.np-recreation.com>

Saturday, June 4th, 2011, 9am-Noon

Lower Krausche Field (NPHS Track)

9:00 am Track Meet Start Time

(*Rain Date: Sunday, June 5th at 4-7pm)

REGISTRATION

Pre-registration: 6/3/11

Vermeule from 6:00-8:00 pm

Cost: \$5/participant

Registration on Day of Event: 6/4/11

NPHS Track at 8:00 am

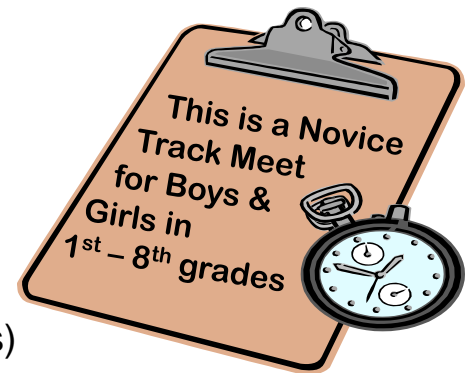
Cost: \$10/participant

EVENTS

- ✓ 50 M (Grades 1st-4th)
- ✓ 100 M (Grades 5th-8th)
- ✓ 400 M (Grades 1st-4th)
- ✓ 800 M (Grades 5th-8th)
- ✓ Shot Put (Grades 1st-8th)
- ✓ Long Jump (Grades 1st-8th)
- ✓ 4 x 100 Relays* (Grades 1st/2nd, 3rd/4th, 5th/6th, 7th/8th Teams)

Relay teams MUST BE PREREGISTERED

Awards will be given to 1st, 2nd, & 3rd place winners.



Don't forget to warm-up and stretch before events!

Concession Stand will be open

Volunteers

Jump in and help – be a Volunteer! This is a great way for you to encourage physical fitness.

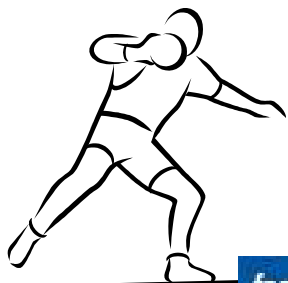
If you are willing to help with this event, send email in advance to np_recreation@yahoo.com or please check-in at the Registration Tent.

Contact Us

*In case of inclement weather, please check facebook or the hotline for up-to-date information:

(don't forget to refresh your screen)

REC Hotline: 908 756-2247, prompt 2.



facebook

North Plainfield Recreation Department & Parks Commission

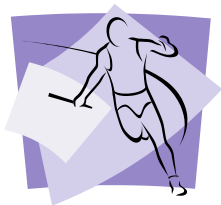


Descriptions of Track & Field Events and Fun Facts

Ready to run, jump or throw?

You don't have to be the fastest runner in the world to participate in our Track & Field Games. Participating in a track & field meet is a great way to get outside and have some fun with your family and friends. You'll also get the chance to meet new people, make new friends, and try something new.

Here are the track & field events you'll find at our Meet.



Track Events: Sprints, Runs & Relays



50 Meter Sprint

Distance on a regular track: 1/8 lap

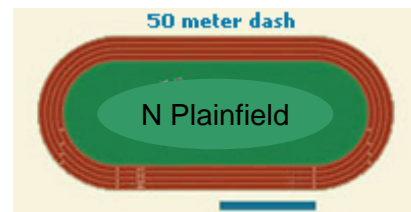
Fun fact: The Statue of Liberty is 50 meters tall.

How to prepare for this event:

Drill: Start at the end of your driveway and run as fast as you can to your house.

Walk back to the end of the driveway. Repeat 5 times.

Ask your parents to: Count your laps for you



100 Meter Sprint

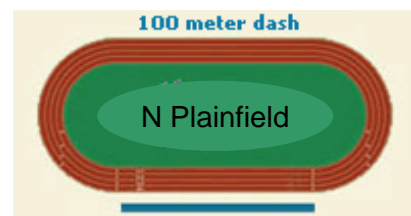
Distance on a regular track: 1/4 lap

Fun Fact: Florence Griffith Joyner/USA holds the women's world record in this event, set in 1988 at 10.49 seconds. Usain Bolt/Jamaica set the new record for Mens in 2009 at 9.58 seconds

How to prepare for this event:

Drill: Run the length of a soccer field as fast as you can, then turn and walk back. Repeat 4 times.

Ask your parents to: Help you find a soccer field.



400 Meter Run

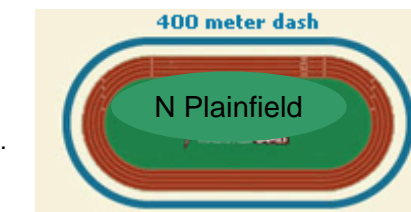
Distance on a regular track: 1 lap

Fun fact: The height of the Empire State Building is approximately 400 meters.

How to prepare for this event:

Drill: Jump rope for 5 minutes without stopping. Jog in place for 2 minutes. Rest for 1 minute. Repeat 5 times.

Ask your parents to: Help you keep track of your time.



800 Meter Run

Distance on a regular track: 2 laps

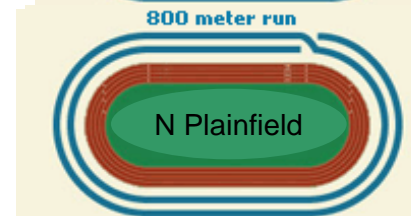
Fun fact: An average freefall during a sky dive is 800 meters.

How to prepare for this event:

Drill: Run around the bases of a baseball field as fast as you can 3 times. Walk around once.

Repeat 3 times.

Ask your parents to: Help you find a baseball field.



4 x 100 Meter Relay

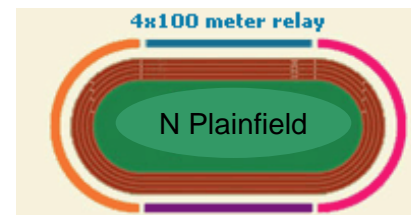
Distance on a regular track: Each participant runs 1/4 lap (see the 100 meter above)

Fun fact: A relay baton must be no shorter than 11 inches and no longer than 12 inches.

How to prepare for this event:

Drill: Practice passing a "baton" to another person without dropping it.

Ask your parents to: Save an old cardboard tube from a paper towel roll to use as a baton.



Field Events: Long Jump & Shot Put

Standing Long Jump

How it's done: Stand behind a straight line, bend knees, swing arms, and try to jump as far as possible.

Fun fact: Ray Ewry holds the world record in this event, set in 1904. He jumped 11.4 feet!

How to prepare for this event:

Drill: In your backyard or driveway, practice jumping forward as far as possible from a standing position.

Ask your parents to: Measure the distance of your jump.



Softball Throw (1st-4th) / Shot Put (5th-8th)

How it's done: From behind a straight line, throw a softball as far as you can. You may take a running or a standing start.

Fun fact: The game of softball was created in 1887 as an indoor version of baseball. Because the ball was soft, players could field the ball with their bare hands.

How to prepare for this event:

Drill: Using a sponge ball in your backyard, practice throwing as far as you can.

Ask your parents to: Measure the distance of your throw.

