

**PHILADELPHIA MASTERS TRACK & FIELD  
ASSOCIATION  
2011-2012 INDOOR MEET SCHEDULE # 1**



**December 11, January 15, January 29**

**15-and-OLDER DEVELOPMENTAL MEETS at GLEN MILLS**

***MEET IS SANCTIONED by USATF***

**FULLY AUTOMATIC TIMING at GLEN MILLS**

***GLEN MILLS TRACK IS SPIKELESS and SOFT-SOLED SHOES ONLY!***

***NO FOOD OR BEVERAGE (OTHER THAN WATER) IS ALLOWED IN THE  
COMPETITION AREA AT THIS MEET***

***More specific meet info appears on the following page.***

**Note: Age-restriction**

Philly Masters restricts participation at these meets to ages 15-and-older. Youth athletes are encouraged to join either Mid Atlantic USATF or United Aged Group clubs that compete in the Philadelphia area.

**Note: 2012 MEETS**

Requested for Albright College, Widener University, and University of Delaware with date/details not yet available

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**DIRECTIONS to Glen Mills School:**

Take Route 476 (the "Blue Route") to Exit 5 Lima/Springfield and take Route 1 South (this is the Route 1 Media Bypass). This road will merge with Route 1; continue. You will pass Granite Run Mall on your right. Continue; you will pass the Franklin Mint on your left. At the third (when we last counted) traffic light after the Franklin Mint, make a right onto Stony Bank Road. Continue on Stony Bank Road for approximately 1.8 miles until you cannot go any further. Make a left. This is Glen Mills Road. Continue up the hill approximately ½-mile. The Glen Mills School main entrance is on the right directly across from the "Glen Mills School" sign at the top of the hill. Continue to the back of the campus; turn right and continue. The Hayes Recreation Center is at the end on the left. Enter Hayes only from the upper level.

Additional directions: [www.glenmillsschool.org](http://www.glenmillsschool.org) – click on "Contact Us", then "Directions".

# PHILADELPHIA MASTERS 15-AND-OLDER DEVELOPMENTAL MEETS

at

**GLEN MILLS SCHOOL, Glen Mills PA**

**December 11, 2011 -- January 15, 2012 – January 29, 2012**

**IMPORTANT – DUE TO REQUIREMENTS NEGOTIATED WITH GLEN MILLS SCHOOL:**

- **THE GLEN MILLS MEETS ARE LIMITED TO ENTRANTS 15-AND-OLDER ONLY;**
- **THERE WILL BE NO ACCESS TO THE GLEN MILLS CAMPUS BEFORE 7:30AM.**
- **DO NOT COME EARLY! ;**
- **WE ARE RESTRICTED TO THE FIELD HOUSE AND SURROUNDING PARKING AREA ONLY – NO OUTDOOR WARMUPS;**
- **ATHLETES/SPECTATORS UNDER 18 MUST BE ACCOMPANIED BY A COACH OR PARENT;**
- **NO ONE YOUNGER THAN 18 MAY DRIVE ON CAMPUS.**

**Registration:** Opens at **8:00 am** (no entry before 8:00 am); Events begin at **8:45am**.

• **Entry Fees:**

- Philadelphia Masters Members \$5 for one event; \$10 for unlimited number of events  
[Philadelphia Masters Membership – must be 18-or-older -- is \$20 and offers the reduced meet entry fees.]
- Non-members 19-and-older \$10 per event
- Non-members 15-18 \$5 per event (3 event maximum)
- Youth/H.S. Teams doing bulk registration \$5 per athlete for one event; \$10 for 2-3

**Events:** 55 m H, 55 m, 1-Mile Run, 400 m, 1-Mile Race Walk, 800 m, 200 m, 3000 m; Relays on request (time-permitting); Pole Vault, Shot Put, then High Jump, Long Jump, then Triple Jump; (No WT or SW).

**Track:** Unbanked 200 m urethane track; SPIKELESS TRACK with SOFT-SOLED SHOES ONLY!!!

**Track Event Heats:** determined by **seed time only** – not by age group or gender.

**Field Events Procedures:**

- LJ/TJ is “open pit”. The number of jumps/throws will be four (4). Shot Put competitors should bring their own implements in order to ensure the proper weight for their age/gender group. A scale will be provided for implement weigh in.
- HJ/PV will start with bar at its lowest required start setting, and then proceed upwards only.



**Website: [www.pmta.net](http://www.pmta.net)**