

**PHILADELPHIA MASTERS TRACK & FIELD
ASSOCIATION
2011-2012 INDOOR MEET SCHEDULE #2**



February 12, 2012

**ALL-COMERS MEET AT ALBRIGHT COLLEGE, READING, PA
All Ages Welcome**

ALL MEETS SANCTIONED BY USA TRACK & FIELD – Hand-timing at Albright

ALBRIGHT IS SPIKELESS!! SOFT-SOLED SHOES ONLY!!

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

IMPORTANT:

- **THE ALBRIGHT COLLEGE MEET IS OPEN TO ALL AGES;**
- **THERE WILL BE NO ACCESS TO ALBRIGHT'S INDOOR VENUE BEFORE 7:30AM;**
- **DO NOT COME EARLY! ;**
- **ATHLETES/SPECTATORS UNDER 18 MUST BE ACCOMPANIED BY A COACH OR PARENT.**

More specific meet info appears on the following page.

Note: NO Age-restriction

- Philly Masters offers this meet as an “All Ages Welcome” meet. Athletes/spectators under 18 must be accompanied by a coach or parent.
- Youth athletes are encouraged to join either Mid Atlantic USATF or United Aged Group clubs that compete in the Philadelphia area.

Note: 2012 MEETS

Meets at Glen Mills School scheduled for 12-11-11, 1-15-12, and 1-29-12

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

Registration: Opens at **8:00am or sooner** (No entry before 7:30 am).

- **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

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Events:

- **8:30 am: Throws** - Weight Throw, followed by Super Weight, followed by Shot Put. Throws 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.**
- **9:30 am: Track events:** 55mH, 55m, 1-Mile Run, 400m, 1- Mile Race Walk, 800m, 200m, and 2-Mile Run.
- **9:30 am: Remaining Field Events:** Pole Vault then High Jump and Long Jump then Triple Jump.

Track: Unbanked 176 yd rubberized track. SPIKELESS TRACK!!! 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 will be four (4).
- WT/SW/SP The number of throws will be four (4).
- HJ/PV will start with bar at its lowest required start setting and then proceed upwards only.

Directions to Albright College: From the east-west PA Turnpike, take Exit 298 (Morgantown) and take Interstate 176 north to Route 422W. Stay on the 422W bypass approximately 5 miles to the Rt. 12E (Pricetown) exit. Follow Rt. 12E for about 3 miles to the 11th St. exit. Continue down the ramp to your right and onto 11th Street. At the 1st traffic light turn left onto Rockland Street. Proceed to the next traffic light and turn right onto 13th Street. At the 1st stop sign (2 blocks) the entrance to the Life Sports Center will be on your right. The track is on the 3rd floor.

Additional directions: www.albright.edu/about/directions.html

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