

# PENNSYLVANIA TRACK CLASSIC

Sponsored by **PennTrackXC**

Saturday, March 27, 2004 10:00 AM

Plymouth-Whitemarsh HS

The PTFCA proudly announces the 20<sup>th</sup> annual Pennsylvania Track Classic. Over the past nineteen years, this meet has kicked off the spring season and has become the finest meet in PA before the Districts with outstanding performances as our meet records show. This year's meet will be held on Plymouth-Whitemarsh's lightning fast eight lane oval with superb field event facilities. This meet will be highlighted on PennTrackXC thanks to the generous support of Don Rich.

This is a limited entry meet that will be limited to the number of entries listed on this sheet. The Classic will include 32 competitors in the 100, 200, 400, both hurdles, the 4 x 100, 4 x 400 and 4 x 800 relays, 24 competitors in the 800, 1600 and 15 competitors in the 3200, Distance Medley and all field events. An alternates list will also be included insuring maximum participation. Most alternates have actually competed on the day of the meet.

**ENTRY FEES:** \$3.00 per individual event and \$12.00 per relay or \$70.00 per boys **OR** girls team. Entries are due Wednesday, March 17. Acceptances/rejections will be mailed on Sunday, March 21 following a seeding meeting. **NO ENTRY FEES WILL BE RETURNED** in the event of rejection. Entrants will be seeded by committee whose decision will be final.

**EQUIPMENT:** Spikes of 1/4" only. Staring blocks will be provided by Plymouth-Whitemarsh. They will be the only ones permitted. Association shots will be provided. Competitors will use their own disci and javelins provided that they meet specifications. All poles must be marked by weight and PIAA Pole Vault verification forms must be turned in. There will be both girls and boys Pole Vault.

**PRIZES:** Medals will be awarded to the top five in each event. There will be awards to the top track and field performers, both male and female. **NO TEAM SCORE.**

**IMPORTANT:** Each team will be required to furnish one coach to help officiate the meet. Please list that coach and his/her preferred job on the entry. Entry forms must be printed or typed.

**CLOSING OF ENTRIES:** Entries must be **received** by March 17. Send all entries to: Ron Lopresti, 2001 Sterigere Street, Norristown, PA 19403. Phone: (610) 631-5675, FAX (610) 631-0382. Make check payable to **"PTFCA"**.

**SPECIAL NOTE:** This meet is open **only** to schools whose coaches are members of the PTFCA. If you are not a member, you may join by adding the \$7.00 membership dues to your entry. T-shirts will be available on sale at the meet.

## TENTATIVE TIME SCHEDULE

The following is the order of events and **tentative** time schedule. The meet will run **one event after the other**. We may run ahead of schedule so coaches and athletes must be aware of events. Athletes **must** clerk in when called or they will be scratched from the event. All running events will be female followed by male.

TIME	EVENT	HEATS
10:00	Distance Medley	1 each
10:30	100 meter dash trials	4 each
10:50	100/110 meter hurdles trials	4 each
11:15	200 meter dash trials	4 each
11:35	300 meter hurdles finals	4 each

### Lunch break: If time permits

12:30	4 x 800 Relay	2 each
1:15	100 meter dash finals	1 each
1:25	1600 meter run	2 each
1:45	4 x 100 meter relay	4 each
2:05	400 meter dash	4 each
2:35	100/110 meter hurdles finals	1 each
2:50	800 meter run	2 each
3:10	200 meter dash finals	1 each
3:20	3200 meter run	1 each
3:50	4 x 400 meter relay	4 each

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## FIELD EVENTS

10:00 AM

1:00 PM

Pole Vault - Girls  
 High Jump - Girls  
 Long Jump - Girls + Boys  
 Shot Put – Girls then Boys  
 Discus-Boys then Girls  
 Javelin - Girls then Boys

Pole Vault: Boys  
 High Jump - Boys  
 Triple Jump - Girls + Boys

# PENNSYLVANIA TRACK CLASSIC ENTRY

Name	Place/date done	Performance
100		
200		
400		
800		
1600		
3200		
100/110 H		
300 H		
HJ		
LJ		
TJ		
SP		
DISC		
JAV		
PV		
4 X 100		
4 X 400		
4 X 800		
DM		

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Coach who will officiate \_\_\_\_\_ Job \_\_\_\_\_

Entry fee:      Ind. entries x \$3 \_\_\_\_\_  
                      Relays x \$12 \_\_\_\_\_  
                      Boys or Girls team \$70 \_\_\_\_\_  
                      2004 Membership (if not already paid) \_\_\_\_\_  
  
                      Total entry = \_\_\_\_\_

**Make checks payable to "PTFCA"**

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School \_\_\_\_\_ Principal/AD signature \_\_\_\_\_

Coach \_\_\_\_\_ Coach's phone \_\_\_\_\_

Address \_\_\_\_\_

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In consideration of accepting this entry, you hereby absolve the PTFCA, Plymouth-Whitemarsh HS, the Meet Director, their agents and heirs of all responsibility for any injuries that may occur at the Pennsylvania Track Classic.

## Important notice

**For each athlete entered in an individual event, a 3 x 5 index card must be completed and enclosed with your entry. This card will appear as below. Relay cards need all information except names.**

**Girls 100 Meter dash**

**Mary Smith  
Hometown HS**

**12.5      Place/date done**