

PTFCA INDOOR TRACK CARNIVAL

Saturday, February 13, 2010 10:00 AM Lehigh University

The Pennsylvania Track and Field Coaches Association proudly announces its 20th annual Indoor Track Carnival. This event will be held at Lehigh University's 200 meter, 6 lane oval and promises to be a spectacular event for all levels of competition. This year's meet will be run at metric distances except for the field events and the Mile run.

This year we will limit the number of competitors in each event to shorten the length of the meet. We will accept the top 36 entrants in the 60 dash, 60 hurdles, 200, 400, 800, mile, 4 x 200, 4 x 400, and 4 x 800. The 3000 meter run and the Distance Medley will be limited to the top 15 entrants. In the field events, the PV starting heights will be 8' and 10', high jump will be 4'6" and 5'6" and we will not measure long jumps less than 14' or 18' and shot puts less than 26' or 38' (girls/boys) so do NOT enter lesser competitors in the field events. An alternates list will also be included insuring maximum participation. Each team will be allowed only **one** competitor per event. Competitors will be allowed to compete in four events. Seeding will be by committee whose decision is final. No substitution of competitors will be allowed. Also, **no food, drinks, or electronic devices (radios, cell phones, etc.)** will be allowed as per Lehigh's instructions. There will be a concession area where food can be purchased. **All food must be consumed in this area.** Violation of these rules will result in the expulsion of the offending person or team from Lehigh.

Entry Fee: \$5 per individual per event, \$20 per relay or \$100 per boys or girls team. Rejections **only** will be **sent via email** on Sunday, February 1, following a seeding meeting. "Last marks in" as well as an alternates list will also be sent. **NO ENTRY FEES WILL BE RETURNED** in the event of rejection.

Awards: Medals will be awarded to the top five competitors in each event. No team score will be kept.

Equipment: Spikes of .25" or less will be allowed for all track and field events except for the Shot Put. Blocks will be provided by Lehigh. PTFCA shots will be used by all competitors. Relay teams will provide their own batons.

Timing/uniforms: FinishLynx fully automatic timing. Each competitor **must** wear their official school uniform. The decision of the meet referee concerning uniforms will be final. PIAA and National Federation rules will be in effect.

Important: Each team will be required to provide one person to help officiate the meet. Please list that person's name and his/her preferred job on the entry. All teams **must clean-up** their area before leaving. Entry forms must be **typed or printed legibly**.

Closing of entries: Entries must be submitted via **MileSplit Online** (<http://pa.milesplit.us/meets/59069>) by Saturday, February 6, 2010 at 11:59 PM. **Hard copies** are due to Ron Lopresti the same date and time. Checks are to be made payable to **"PTFCA"**. Please send/email/fax/hand all entries to:

Ron Lopresti, President PTFCA
2001 Sterigere Street
Norristown, PA 19403
Home: (610) 631-5675 FAX (610) 631-0382
Email: ronlop@msn.com

Special note: This meet is open only to PA schools who are members of the PTFCA. If you are not a member, you may join by adding the \$10.00 annual dues to your entry if you are not entering the State Meet. If you plan on paying for your memberships at the State Meet, there is no need to pay this now.

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Order of Events: All events will run one after the other. Athletes **must clerk in** when the event is called or be scratched. **No substitution** of athletes will be permitted.

Field events: Begin promptly at **10:00 AM**.

Long Jump: Girls then Boys

Pole Vault: Girls then Boys

Shot Put: Girls then Boys

High Jump: Boys then Girls

Note: Starting heights HJ girls: **4'6"**; boys **5'6"**; PV girls **8'0"**; boys **10'0"**

Track events: Begin promptly at **10:30 AM**. First call will be at 10:00 AM. All track events will be **girls then boys**.

60m Hurdles trials: (Top 6 **times** to finals)

60m Dash trials: (Top 6 **times** to finals)

Mile run

400 meter dash

60 meter hurdles: finals

60 meter dash: finals

800 meter run

200 meter dash

3000 meter run

4 x 200 meter relay

4 x 800 meter relay

Distance Medley (1200m, 400m, 800m, 1600m)

4 x 400 meter relay

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Please **type or print legibly!**

Event	Name	Time/distance
60m hurdles	_____	_____
60m dash	_____	_____
200m dash	_____	_____
400m dash	_____	_____
800m run	_____	_____
Mile run	_____	_____
3000m run	_____	_____
4 x 200m relay		_____
4 x 400m relay		_____
Distance Medley (1200, 400, 800, 1600)		_____
4 x 800m relay		_____
Long Jump	_____	_____
Pole Vault	_____	_____
High Jump	_____	_____
Shot Put	_____	_____

Entry Fees: Number of individual events _____ x \$5 = _____

Number of relays _____ x \$20 = _____

OR Team (Boys or Girls) \$100 = _____

2009 memberships _____ x \$10.00 = _____

Total entry fee (Payable to PTFCA) _____

Official _____ Preferred job _____

School _____ Coach _____

School Address _____ Coach's home phone _____

_____ Coach's email _____
