

# THE COLONIAL CLASSIC

**Saturday, May 1, 2010 1:30 PM Plymouth-Whitemarsh HS**

The PTFCA in conjunction with Plymouth-Whitemarsh HS proudly announces the 16th Colonial Classic Track and Field meet. This meet is unique in that it will bring together a limited field for **individual events only**, no relays. Here is the chance to post those outstanding marks in individual events after running all those relay carnivals. The meet will be by limited entry, the top performances accepted. Entrance **does NOT guarantee acceptance. Rejections only** will be emailed. If you do not receive rejections, your athletes have been accepted. Medals will be awarded to the top five places in all events. **There will be no team score.** Also, all coaches will be required to help officiate. This meet will be open to any high school team athlete. The meet will be run by PIAA, National Federation and PTFCA rules.

\*\*\*\*\*  
**ENTRY FEES:** \$10.00 per individual per event, \$100 maximum per boys or girls team.

\*\*\*\*\*  
**CLOSING OF ENTRIES:** All entries must be **received** by Saturday, April 24. Send all entries to:

**Ron Lopresti**

**2001 Sterigere Street**

**Norristown, PA 19403 (610) 631-5675 FAX (610) 631-0382 ronlop@msn.com**

**No late entries will be accepted. No entries accepted without the entry form (see reverse). NO REFUNDS** will be sent for rejected athletes. Make checks payable to **"PTFCA"**. Entries **MUST** be entered also via **MileSplit Online** (<http://pa.milesplit.us/meets/56060>) by 11:59 PM on Saturday, April 24. All entries will be checked. Dates and places done must be provided. Falsified entries will be automatically rejected.

\*\*\*\*\*  
**EQUIPMENT:** Spikes of 1/4" or less will be permitted. PTFCA will designate shots to be used. Blocks will be provided by Plymouth-Whitemarsh HS. They will be the only ones permitted. Disci, javelins, poles will be the responsibility of the individual, provided that they meet specifications. FinishLynx FAT in all running events.

\*\*\*\*\*  
**ORDER OF EVENTS:** Field events will begin at 1:30 PM promptly. All running events will begin at 2:00 PM and will be girls followed by boys. There will be 32 accepted entrants in all running events except the 3200 meter run. 20 accepted in the 3200 and all field events but 15 in the pole vault. All events will be **a final on time**. Races will be seeded.

## **RUNNING EVENTS**

300 meter hurdles  
100 meter dash  
1600 meter run  
400 meter dash  
100/110 meter hurdles  
800 meter run  
200 meter dash  
3200 meter run

## **FIELD EVENTS**

High Jump - girls then boys  
Long Jump - Open pit both girls and boys  
(2 pits - 1:00 PM until 2:30 PM)  
Shot Put - Boys then girls  
Discus - Girls then boys  
Javelin - follows discus  
Pole Vault - Girls then boys  
Triple Jump - Open pit both girls and boys  
(2 pits - 3:00 PM until 4:30 PM)

\*\*\*\*\*  
**Don't miss this opportunity to compete in what is always a spectacular event on a brand new lightning fast facility. For more information, call Meet Director Ron Lopresti (610) 631-5675. See you at PWHS on May 1.**

