

Saturday, March 6, 2010 10:00 AM Penn State University

Penn State University's Multi-Sport facility is a six lane 200 meter Mondo surface over banked boards with 8 lanes for the sprints and hurdles. This year, **absolute qualifying standards** have been set. If you make the standard and enter the event, you will be accepted. You may **NOT run both the 4 x 800m relay and the DM. You must choose.** Entry standards are listed as FAT. Any hand times will be adjusted accordingly (we will add .24). **Entry fees must be paid at the packet pick-up.** Athletes will be allowed to compete in four events. **Important! This is a NO SCRATCH MEET!** If accepted in an individual event, the athlete **MUST** compete or be scratched from the entire meet. Any violation of this rule will result in disqualification of the **ENTIRE TEAM** and return of all medals won. The meet will be run in metric distances. Standards are listed for metric distances only except for the field events and the mile run. **NOTE:** since there are now absolute standards, there are no longer guaranteed acceptances by winning any meet.

ENTRY FEES: \$5.00 per individual event per athlete. Relays are \$30.00 Also, the meet is open **ONLY** to PA teams whose coaches are members of the PTFCA. You must join by adding the \$10.00 membership fee to your entry form. **These fees will be collected at packet pick-up.** Please make check payable to "PTFCA". Entrance to the facility will be by competitor number or coaches pass. All others must pay admission.

Closing of entries:

All entries must be submitted via **Milesplit Online** (<http://pa.milesplit.us/meets/59309>) no later than 11:59 PM on Saturday, February 28.

Hard copies are also needed.

Send/email/fax/hand all hard copies to: Ron Lopresti

2001 Sterigere Street

Norristown, PA 19403 Home: (610) 631-5675 FAX (610) 631-0382.

Email is ronlop@msn.com

NOTE: If you Express Mail, please sign the form so that the entry can be left at the door!!

NO LATE ENTRIES WILL BE ACCEPTED! Hard copies are due the same time and day.

Packet Pick-up: Packet pick-up and payment of fees by **coaches only** will be at the **Courtyard by Marriott**, 1730 University Drive, State College, PA 16801 on Friday, March 5 between 3:00 PM and 8:00 PM or at the athlete's entrance at the MultiSport facility on Saturday, March 6 opening at 8:00 AM for **coaches only.** Coaches must distribute competitor's numbers **outside.** Athlete's numbers and coaches passes will be in the packet.

Relays: you may list up to **six** names for each relay. Relays **must** have names of competitors. They will receive numbers.

Only current winter performances may be used. No split times or last Spring's times/distances will be accepted. **No marks made in competition against college or post-HS age athletes will be accepted.** We will check all entries. All marks must be **verifiable.** Any falsification of entries will result in **automatic rejection** of the entry.

EQUIPMENT: Spikes of 1/4" or less will be permitted in all track and jumping events which are on Mondo surfaces. PTFCA will provide shots for competition. Shot Put will be thrown off of a board surface. Blocks will be provided by Penn State University. They will be the only ones permitted.

PRIZES: Awards will be given to the first eight places in all events. PTFCA watches will be awarded to first place while medals will go to second through eighth. Awards will be given to the top three teams for both boys and girls. Scoring: 10-8-6-5-4-3-2-1. There will be one division only. Awards will also be given to the top male and female Performers of the Meet.

EVENT	WOMEN'S STANDARDS	MEN'S STANDARDS
	All times are FAT. Hand times will be adjusted accordingly (we will add .24)	
	Flat track/banked or oversized	Flat track/banked or oversized
55m/60m hurdles	8.95/9.65	7.95/8.65
55m/60m dash	7.43/8.03	6.65/7.15
200m dash	26.83/26.43	23.46/23.06
400m dash	1:01.03/1:00.53	52.23/51.73
800m run	2:24.93/2:24.33	2:01.83/2:01.23
Mile run	5:23.93/5:23.23	4:32.93/4:32.23
3000m run	10:45.63/10:44.83	9:03.63/9:02.83
4 x 200m relay	1:50.23/1:48.63	1:35.17/1:33.57
4 x 400m relay	4:11.40/4:09.40	3:33.23/3:31.23
4 x 800m relay	9:58.78/9:56.38	8:22.06/8:19.66
Distance Medley (1200, 400, 800, 1600)	12:57.05/12:53.05	10:49.01/10:45.01
Shot Put	37'0"	51'0"
High Jump	5'2"	6'3"
Long Jump	17'0"	21'9"
Triple Jump	35'0"	43'3"
Pole Vault	10'6"	13'6"

NOTE: There are no more guidelines. These are absolute standards. If you achieve these, you will be accepted. **However, no marks made in competition against college or post-HS age athletes will be accepted.** You may NOT run BOTH the 4 x 800 and the Distance Medley. You must choose one or the other! Notice the different standards for **flat v. banked/oversized tracks and 55m v. 60m** for both hurdles and dash. **It is imperative to know WHERE the event was run and on what date.** This **MUST** be noted on your **direct athletics entry**. All marks must be **verifiable**.

ORDER OF EVENTS

10:00 AM: One event follows the other with no breaks in time. All events Girls then Boys.

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| 1. 60m Hurdles trials | 8. 60m Hurdles finals |
| 2. 60m Dash trials | 9. 60m Dash finals |
| 3. Mile run | 10. 800m run |
| 4. 60m Hurdles semis | 11. 200m dash |
| 5. 60m Dash semis | 12. 3000m run |
| 6. 400m Dash | 13. 800m relay |
| 7. PA HS T & F Hall of Fame Induction | 14. 3200m relay |
| | 15. Distance Medley relay |
| | 16. 1600m relay |

FIELD EVENTS: Begin promptly at 10:00 AM

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| Long Jump: Girls and Boys (2 pits) | Pole Vault: Girls and Boys (2 pits) |
| Shot Put: Girls then Boys | |
| Triple Jump: Will follow Long Jump (2 pits) | High Jump: After 60 m finals; Girls and Boys (2 pits) |

Special Note: This meet will run very quickly. Your athletes **must** clerk in when the event is called or they will be **scratched from the entire meet**. Clerking area for running events will be on the Astroturf. **NO ONE** is to be on the Mondo surfaces except those presently competing. **NO COACHES OR SPECTATORS** are allowed on the Mondo or near the finish line. **NOTE: No food, drink, or electronic devices** will be permitted in Penn State. There is a concession stand where food may be purchased and consumed. **Violators will be expelled from PSU.**
