

PENNSYLVANIA TRACK CLASSIC

Sponsored by PennTrackXC

Saturday, March 28, 2009 10:00 AM Great Valley HS

The PTFCA proudly announces the 25th annual Pennsylvania Track Classic. Over the past twenty-four 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 Great Valley'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: \$5.00 per individual event and \$20.00 per relay or \$100.00 per boys **OR** girls team. Entries are due via **Direct Athletics** Saturday, March 21 at 11:59 PM. Rejections **only** will be **sent by email** on Sunday, March 22 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 Great Valley. 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.

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 via Direct Athletics** by March 21 at 11:59 PM. Send/email/fax all hard copies of 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 PA schools whose coaches are members of the PTFCA. If you are not a member, you may join by adding the \$10.00 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

FIELD EVENTS

10:00 AM

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

1:00 PM

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	_____	_____



Coach who will officiate _____ Job _____

Entry fee: Ind. entries x \$5 _____
 Relays x \$20 _____
 Boys or Girls team \$100 _____
 2009 Membership x \$10 (if not already paid) _____

 Total entry = _____

Make checks payable to "PTFCA"

 School _____ Principal/AD signature _____
 Coach _____ Coach's phone _____
 Address _____

Coach's email _____

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