

# SUMMER 2016 GERMANTOWN ACADEMY



# ALL-COMERS TRACK & FIELD MEETS ([www.gatrack.org](http://www.gatrack.org))

**Tuesday Evenings June 14, June 21, July 5, July 12**  
(No Meet on June 28<sup>th</sup>)

“A friendly All-Comers Meet Series which celebrates the community of ALL those interested in Track & Field, delivering impressive accuracy with a congenial experience for the athletes involved and for the officials handling the meet.”

~ Tom Taft, Meet Co-Director

**CAREY STADIUM & ATHLETIC COMPLEX**  
**340 MORRIS ROAD FORT WASHINGTON, PA 19034 (convenient to PA Turnpike Exit #339)**

**MEETS SANCTIONED BY USA TRACK & FIELD**

**\*ALL AGES WELCOME\***

BSS 100 six-lane 400m track and jump runways. Short spikes only (1/4" max). Two shot put circles, two high jump venues, two long jump/triple jump pits, and two pole vault pits (so wind will always be at vaulter's back). Shot Put and Discus thrown from concrete. Javelin thrown from grass. **FULLY AUTOMATIC TIMING.** *Seeding of heats/flights determined primarily by seed times/marks, with flexibility to suit athletes' preferences (e.g., if a daughter wants to compete in the same heat as her father).* Concessions available. All proceeds benefit Germantown Academy athletic facilities. *Meets generally will be held rain or shine, but if thunderstorms are forecast, please check the website for the meet's status before heading out to the meet.* **ENTRY FORM IS ON BACK OF THIS FLYER.** To save time (after your rush hour drive!), fill it out ahead of time and bring to meet.

**The latest meet series info, meet results, and directions to Carey Stadium will be posted at [www.gatrack.org](http://www.gatrack.org)**

**PERMANENT ID NUMBERS (formerly called 'Competitor Number'):** Every athlete is assigned a Permanent ID Number. The numbers speed up registration and allow meet personnel to compile and post results more quickly! If you have competed at a previous Germantown Academy All-Comers Meet (since mid-June of 2012), you can find your assigned ID Number on the list compiled at [www.gatrack.org](http://www.gatrack.org) or posted in the registration area. If you are attending a GA Meet for the first time, you can obtain an ID Number in advance by emailing Tom Taft at [tomtaft71@gmail.com](mailto:tomtaft71@gmail.com). This does not commit you to competing at any meet – it will just speed up your registration on meet day. Of course new athletes can obtain an ID Number in person on meet day, but should arrive as early as possible in order to complete the registration process comfortably before their first event. *Please put your ID Number on each "event card".*

**REGISTRATION:** Except for hurdlers, registration is *Day-of-Meet Only* (opens at 4:00 pm): \$10 for one event; \$5 each additional event; relays are free. **In order that the hurdle events run efficiently, ALL HURDLERS MUST PRE-REGISTER ONLINE AT [www.gatrack.org](http://www.gatrack.org) SUNDAY BEFORE MEET** (pay at the meet). **PLEASE NOTE: Registration will close 15 minutes before the scheduled start of the Mile RW, Sprint Hurdles, 100m, and High Jump.**

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## **SCHEDULE OF EVENTS**

**Track Events** (Heats run *Fast to Slow*)

**5:45pm: Mile Racewalk (unjudged). 6:00pm: Sprint Hurdles (80/100/110m).**

**Rolling starting times beginning at 6:15pm: 100m, Mile, 400m, Long Hurdles (400/300/200m), 800m, 200m, 3000m on June 14<sup>th</sup> and July 5<sup>th</sup>; 5000m on June 21<sup>st</sup> and July 12<sup>th</sup>, Relays (upon request and enough daylight to run safely).**

**Field Events** (Max 4 Throws/Jumps, except for HJ and PV; Competitors must supply their own implements)

**Throws: 5:30pm: 1<sup>st</sup> Flight Discus & 1<sup>st</sup> Flight Javelin (run concurrently). Followed by 2<sup>nd</sup> Flight Discus and 2<sup>nd</sup> Flight Javelin.**

**Shot Put will be open circle from 7:00pm to 8:30pm.**

**Jumps: 5:00pm: Flight 1 of Pole Vault – Opening Height below 10ft (warm-ups from 4:30 to 5pm); Vaulters from Flight 1 clearing 9'6" will continue into Flight 2. 7:00pm: Flight 2 of Pole Vault -- Opening Height 10ft or above (warm-ups from 6:30 to 7pm).**

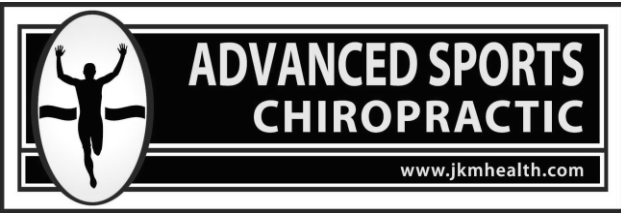
**6:00pm: Long Jump (open pit until 7:30pm), Triple Jump (open pit from 7:45pm). 7:00pm: High Jump.**

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**CONTACT:** Meet Directors: Tom Taft, [tomtaft71@gmail.com](mailto:tomtaft71@gmail.com), 215-778-6968 Kyle Mecklenborg, [krmeck@verizon.net](mailto:krmeck@verizon.net), 215-393-1382

**[Turn over for MEET ENTRY FORM & info on our generous sponsor, *Advanced Sports Chiropractic*]**

2016 Bonus Event! Check out the 5K XC race coming to GA August 2<sup>nd</sup> at 6:30. Our website has a page for the race!



*A sports injury clinic focusing on the treatment and prevention of athletic-related injuries. Visit our sponsor page at [www.gatrack.org](http://www.gatrack.org) for further info.*

## SUMMER 2016 ENTRYFORM

### GERMANTOWN ACADEMY

### ALL-COMERS TRACK & FIELD DEVELOPMENTAL MEETS

**MEET DATE (please circle): June 14 June 21 July 5 July 12**

If you have competed in previous GA Meets (since mid-June of 2012), you can find your Permanent ID Number (formerly 'Competitor Number') listed at [www.gatrack.org](http://www.gatrack.org) or on the lists provided in the registration area. If you have never competed at a GA Meet, you may obtain an ID Number in advance by emailing Tom Taft at [tomtaft71@gmail.com](mailto:tomtaft71@gmail.com), or be assigned an ID Number the day of the meet by spending extra time at registration. The ID Numbers allow us to compile & post accurate results more quickly!

(Please print clearly)

**PERMANENT ID NUMBER:** \_\_\_\_\_ *Please put this number on each "event card". Thank you!*

**NAME:** \_\_\_\_\_ **GENDER (M or F)** \_\_\_\_

**AGE ON MEET DATE:** \_\_\_\_

**PHONE:** (\_\_\_\_) \_\_\_\_\_ **DATE OF BIRTH (mm/dd/yyyy):** \_\_\_\_\_

**E-MAIL: (please print legibly!!)** \_\_\_\_\_

**CLUB AFFILIATION:** \_\_\_\_\_  Please check to indicate affiliation change

*Save Time! If you do not have a Permanent ID # (formerly Competitor #) email: [tomtaft71@gmail.com](mailto:tomtaft71@gmail.com) to obtain one!*

**MEET FEE SCHEDULE:** \$10 for one event; \$5 each additional event; relays are free.

**INDIVIDUAL EVENTS ENTERED:** \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_.

**TOTAL MEET FEES: \$** \_\_\_\_\_ **MAKE CHECKS PAYABLE TO: GERMANTOWN ACADEMY.**

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**Waiver:** In consideration of your accepting my entry in this meet, I waive my right to sue Germantown Academy, USA Track & Field, and any and all organizations and individuals associated with this meet for any injuries, damages, and losses I may sustain in connection with said meet. This waiver binds my heirs, administrators, and assigns, as well as me. I issue permission to use my name and/or image for publicity in print or video. **Limited Refunds:** Refunds are only given for events canceled or not completed due to weather or darkness.

**Signed** (if under 18, parent/guardian): \_\_\_\_\_ **Date:** \_\_\_\_\_