

**SUMMER 2017
GERMANTOWN
ACADEMY**



**ALL-COMERS
TRACK & FIELD
MEETS**
(www.gatrack.org)

Tuesday Evenings June 20, June 27, July 11

“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

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 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 – include your full name and birthdate! 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): \$15 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 NO LATER THAN SUNDAY BEFORE MEET** (pay at the meet).

PLEASE NOTE: *Registration will close 15 minutes before the scheduled start of the Sprint Hurdles, 100m, and High Jump.*

SCHEDULE OF EVENTS

Track Events (Heats run *Fast to Slow*) **5:45pm: Sprint Hurdles (80/100/110m).**

Rolling starting times beginning at 6:00pm: 100m, Mile (June 20 & July 11); 1500m (June 27), 400m, Long Hurdles (400/300/200m), 800m, 200m, 3000m (June 20 & July 11); 5000m (June 27), 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: 1st Flight Discus & 1st Flight Javelin (run concurrently). Followed by 2nd Flight Discus and 2nd Flight Javelin.

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

Jumps: 5:00pm: Flight 1 of Pole Vault – For vaulters with an opening height below 10ft (warm-ups from 4:30 to 5pm);

5:45pm: Flight 2 of Pole Vault -- For vaulters with an opening height 10ft or above (warm-ups from 5:15 to 5:45pm).

5:30pm: Long Jump (open pit until 7:30pm), Triple Jump (open pit from 7:45pm).

6:30pm: High Jump.

Contact: Meet Directors: Tom Taft, tomtaft71@gmail.com, 215-778-6968 Kyle Mecklenborg, krmeck@verizon.net, 215-393-1382

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

Don't forget our fun 5K XC Race at GA August 1st at 6:30! See race link at www.gatrack.org



A sports injury clinic focusing on the treatment and prevention of athletic-related injuries. Visit our sponsor page at www.gatrack.org for further info.

SUMMER 2017 ENTRYFORM

GERMANTOWN ACADEMY

ALL-COMERS TRACK & FIELD DEVELOPMENTAL MEETS

MEET DATE (please circle): June 20 June 27 July 11

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 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 (include your full name and birthdate!) at 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)

NAME: _____

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

Please be sure we have your current email: _____

If you do not already have a Permanent ID number, please fill out this information:

PHONE: (____) _____ Date of Birth (mm/dd/yyyy): _____ Gender (M/F) _____

If your Club Affiliation has changed, enter here: CLUB AFFILIATION: _____

MEET FEE SCHEDULE: \$15 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: _____ ST