

USA Track and Field Mid-Atlantic Association 2012 Indoor Championship



Sunday, March 11, 2012

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Location and Directions

Widener University, Schwartz Athletic Center
One University Place
Chester, PA 19013

See page 2 for directions or visit: <http://www.widenerpride.com/sports/2008/8/4/GEN>

Age Division 2012

Age Group	Birth Year
• Sub-Bantam	2004+
• Bantam	2002-2003
• Midget	2000-2001
• Youth	1998-1999
• Intermediate	1996-1997
• Young Men/Women	1994-1995

Order of Events

Time

- packet pick up: 8:00 am-9:45 am
- Track Events begin promptly at 10:00 am
- Field Event will begin at 9:30 am

Track Events:

55m Hurdles (Midget-Young)	200m (Sub-Bantam-Young)
1500m (Sub-Bantam-Young)	400m (Sub-Bantam-Young)
55m Dash trials (Sub-Bantam-Young)	55m Dash Finals (Sub Bantam-Young)
800m (Sub-Bantam-Young)	4x200m Relay (Sub-Bantam-Young)

Field Events :

Long Jump (Sub-Bantam-Young)	Triple Jump (Intermediate-Young)
Shot Put (Sub-Bantam-Young)	
High Jump (Bantam- Young)	
Pole Vault (Youth-Young)	

Registration and cost

Registration deadline is Thu 3/8/12 @ 11:59pm

Track is only 160m not the standard 200m

ENTRIES AND PAYMENT ONLY ACCEPTED ONLINE. Coach O website:
http://coachoregistration.com/meet/entry/pa_midatlantic

Online registration: \$5.00/event; \$20.00/relay team

Maximum 3 events for Sub-bantam, Bantam, & Midget; Maximum 4 events for Youth, Intermediate, & Young.
NO REFUNDS-----ONLINE REGISTRATION ONLY-----NO DAY OF MEET ENTRYPTED

Volunteers

Two volunteers are requested for every 10 athletes entered. Please send name and contact information for volunteers by 3/9/12

Schedule subject to change based on number of entrants and time elapsed

Contact

Nelson Berrios, Youth Committee Chair
nberriosr@comcast.net, 484-955-0323
<http://www.mausatf.org/>

Awards

For each event and age group:
Medals for 1st-3rd place
Ribbons 4th-6th place

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Direction:

From Philadelphia

Take I-95 South to I-476 North and MacDade Boulevard. Turn west onto MacDade Boulevard. Follow the Widener University sign. MacDade Boulevard will become East 22nd Street. Turn left onto Providence Avenue, Route 320 South. Follow the Widener University sign. Turn left onto East 14th Street into the main entrance of the university. Go two blocks to Walnut Street and turn left. Go to 17th Street and turn right (first street after Kirkbride Hall). Continue straight through campus to athletic facilities.

From Western and Northern Pennsylvania

Follow the Pennsylvania Turnpike to Exit 20, I-476. Take I-476 South toward Chester to Exit 1 (MacDade Boulevard). Turn west onto MacDade Boulevard. Follow the Widener University sign. MacDade Boulevard will become East 22nd Street. Turn left onto Providence Avenue, Route 320 South. Follow the Widener University sign. Turn left onto East 14th Street. Go two blocks to Walnut Street and turn left. Go to 17th Street and turn right (first street after Kirkbride Hall). Continue straight through campus to athletic facilities.

From Delaware, Maryland and Washington DC

Take I-95 North to Exit 6 (Routes 320 and 352). At first traffic light, turn left over bridge. Bear right at the fork on other side of bridge. Go to first traffic light and turn right onto East 14th Street into the main entrance of the university. Go two blocks to Walnut Street and turn left. Go to 17th Street and turn right (first street after Kirkbride Hall). Continue straight through campus to athletic facilities.

From Harrisburg

Follow I-76 East (exiting the Pennsylvania Turnpike at Valley Forge) to Exit 331A (I-476 South). Follow I-476 South to Exit 1 (MacDade Boulevard). Go right off the exit onto MacDade Boulevard West and follow the signs for Widener University. After three traffic lights, MacDade Boulevard becomes East 22nd Street. At the fourth traffic light, turn left onto Providence Road, Route 320 South, and follow the Widener University sign. Turn left onto East 14th Street. Go two blocks to Walnut Street and turn left. Go to 17th Street and turn right (first street after Kirkbride Hall). Continue straight through campus to athletic facilities.

