

PHILADELPHIA MASTERS TRACK & FIELD ASSOCIATION

Mid-Atlantic USATF

All-Comers Track and Field Meets

WINTER 2003-2004

- **Sunday December 14, 2003:** 9:00 AM Indoor developmental meet at Haverford College (Haverford, PA). Events: 55H, 55, Mile, 400, Mile RW, 800, 200, 3000, LJ, HJ, TJ, SP. No Pole-Vault. **Fees:** Phila. Masters Members: \$4, 3, 1; Non-Members: \$6, 4, 4. No spikes or shoes that can hold spikes. No food or drink in the facility. No entry before 8:30 AM. Entry is day of meet.
- **Sunday January 4, 2004:** 9:30 AM Indoor developmental meet at Swarthmore College (Swarthmore, PA). Events: 55H, 55, Mile, 500, Mile RW, 800, 300, 3000, LJ, HJ, TJ, SP, PV. **Fees:** Phila. Masters Members: \$4, 3, 1; Non-Members: \$6, 4, 4. Pin (1/8") spikes only. No food or drink in the facility. No entry before 9:00 AM. Entry is day of meet.
- **Sunday January 18, 2004:** This is not a Philadelphia Masters meet but there will be an open indoor meet at the University of Delaware (Newark, DE). 12 PM: LJ, TJ, WT, SP, HJ, PV. 12:30 PM: 60H, 60, Mile, 400, Mile RW, 800, 200, 3000, 4 x 400 relay. Field House doors open at 10:30 AM. Entry is day of meet. Further info contact Jim Fisher at jfisher@UDel.Edu
- **Sunday February 15, 2004:** Indoor developmental meet at Albright College (13th & Bern Sts.) Reading, PA. 8:00 AM: WT, then SP. Competitors should bring their own implements. 9:30 AM: Track and remaining field events — 55H, 55, Mile, 400, Mile RW, 880 yards, 200, 2 Mile, PV, HJ, LJ, TJ. **Fees:** Phila. Masters Members: \$4, 3, 1; Non-Members: \$6, 4, 4. No spikes or shoes that can hold spikes. Entry is day of meet.
- **Saturday March 13, 2004:** 4:00 PM **MID-ATLANTIC USATF OPEN AND MASTERS INDOOR CHAMPIONSHIP** at Haverford College. Meet managed by Philadelphia Masters Track and Field Association. Events: 55H, 55, Mile, 400, 3000 RW, 800, 200, 3000, LJ, HJ, TJ, SP. No Pole-Vault. Automatic timing will be used for track events. No spikes or shoes that can hold spikes. No food or drink in the facility. No entry before 3:30 PM. Age group awards. Pre-entry available. USATF membership required and available at meet.

Except for Championship Meet: 1. Track heats will be determined by **seed time** — not by age group or gender. 2. Discount rates will be available to Youth Teams (coach plus 5 or more athletes) who provide an adult to help at meet — inquire at registration.

Directions:

To **Haverford College** (indoor track meets Dec. 14, 2003 and March 13, 2004):

From Route 476, take Exit 13 and proceed east on Route 30 (Lancaster Ave.) for about 3.5 miles. Turn right onto College Lane. From City Line Avenue, take Route 30 (Lancaster Ave.) for about 3 miles. Turn left onto College Lane. Take College Lane into center of campus and bear left. You will pass the field house on your right prior to reaching parking lot on the left. There is a walkway from the far end of the parking lot to the field house.

To **Swarthmore College** (indoor track meet Jan. 4, 2004):

From route 95 south of the Philadelphia airport, go north on Route 476. From Exit 3 of Route 476, head east (right if traveling north on 476; left if traveling south on 476) for about 1 mile. At the Springfield Mall, turn right (south) on route 320. Follow 320 for about 1 mile into the town of Swarthmore. After passing under railroad tracks, take hairpin left turn to proceed back over route 320 and into college campus on your right. The Lamb Miller Field House will be on your left.

To **Albright College** (indoor track meet Feb. 15, 2004):

From Philadelphia: Take Rt. 422W past the Pottstown exits. 5 miles before Reading follow the 422W / Interstate 176 Morgantown / Reading sign (left 2 lanes). Stay on this bypass approximately 3 miles to the Rt. 12E (Pricetown) exit. Follow Rt. 12E for about 2.5 miles to the 11th St. exit. Continue down the ramp to your right and onto 11th Street. At the 1st traffic light turn left onto Rockland Street. Proceed to the next traffic light and turn right onto 13th Street. At the 1st stop sign (2 blocks) the entrance to the LifeSports Center will be on your right. The track is on the 3rd floor.

From PA east-west Turnpike: From Exit 298 (Morgantown) take Interstate 176 north to Route 422W. Stay on this bypass approximately 2 miles to Rt. 12E (Pricetown) exit. Follow above directions.

Who to contact:

Kyle Mecklenborg: krmeck@erols.com or 215-393-1382; Tom Yunker: Phillymasters@comcast.net

Throwing events: Ray Feick, ffeick@aol.com or 610-754-6007; Sprinting events: Gary Arend, arendg@msn.com