

November 2015

Dear High School Track and Field Coach,

Albright College is hosting two indoor track and field meets for area high schools. The dates of the meets are Wednesday, January 13, 2016 and Tuesday, January 19, 2016 with the snow dates of January 14<sup>th</sup> for the Wednesday meet and January 21<sup>st</sup> for the Tuesday meet. In addition to the meets being hosted by Albright, the Philadelphia Masters Track and Field Association will be hosting an all-comers meet at Albright College on Sunday, February 7, 2016. Information for the Albright hosted meets are enclosed in this packet. Information for the Masters Meet can be found at [www.pmtf.net](http://www.pmtf.net).

**NOTE: Registration for the high school meets will be done through MileSplit and no entries will be permitted after the entry deadline. Entries are open from 12/31/15 to 1/8/16 for the January 13<sup>th</sup> meet and 1/9/16 to 1/15/16 for the January 19<sup>th</sup> meet. The link for instructions is [http://pa.milesplit.us/pages/Online Meet Reg Instructions](http://pa.milesplit.us/pages/Online%20Meet%20Reg%20Instructions).**

If you have any questions please feel free to contact me on my cell at 484-529-5252, or by e-mail at [debling@albright.edu](mailto:debling@albright.edu).

In the event of inclement weather please refer to the Albright College website, [www.albright.edu](http://www.albright.edu), athletics/track and field page in regard to the meet status. Entrance to the meet should occur at the building entrance next to the weight room.

I wish you the best of luck in your upcoming seasons and hope to see you at our meets.

Sincerely,

Coach Deneen Ebling

## Albright College Track and Field Shirk Invitational Track and Field Meets

**Location:** LifeSports Center, Albright College, Reading, PA

**Teams:** High School Boys and Girls teams and individuals competing for their high schools

**Entry fee:** \$240.00 per school or \$120.00 per gender, \$10.00 per athlete for teams with less than 11 athletes. Make checks payable to "Albright College." Payments may be mailed to Albright College PO Box 15234 Reading, PA 19612, Attn: Track & Field Coach. Payment may be made on the day of the meet. Payments made in advance will not be refunded if the meet is cancelled, due to inclement weather.

**Timing:** FAT

**Scoring:** non scoring meets

**Entries:** All teams are limited to three athletes per event, with the exception of two athletes in the long and triple jump and one team entry per relay. In the long jump each jumper will get 3 jumps and 1 jump will be measured. After the first measured jump the minimum measurement will be 14' for the girls and 18' for the boys.

**Track:** 4 lanes rubberized, 176 yards (10 laps to the mile), starting blocks will be provided. No spikes.

### Events:

#### Wednesday, January 13 and Tuesday, January 19, 2016

Field events to start at 4:00pm

Pole vault        G then B  
Shot Put         B then G  
High Jump        B then G  
Long Jump        open pit-see below  
Triple Jump       open pit –see below

Running events to start at 4:00pm

55m hurdle trials        G then B  
55m dash trials         G then B  
55m hurdle finals        B then G  
55m dash finals         G then B  
2 mile run                G then B  
400m dash                G then B  
800m run                 G then B  
200m dash                G then B  
1 mile run                G then B  
4x400m relay             G then B

Long Jump-open pit for boys and girls from 4-6pm.

Triple Jump-open pit for boys and girls from 6:30-8:30pm.

Albright College Track and Field  
Shirk Invitational Track and Field Meets

Please return this form one week prior to the meet.

Deneen Ebling  
Albright College  
P.O. Box 15234  
Reading, PA 19612  
Fax: (610) 921-7566

High School: \_\_\_\_\_

Coach: \_\_\_\_\_

Date of meet attending: \_\_\_\_\_

Approximate number of boys participating: \_\_\_\_\_

Approximate number of girls participating: \_\_\_\_\_

Contact phone and email: \_\_\_\_\_

Entries are required in advance. Registration for the meet will be open from 12/31/15 to 1/8/16 for the January 13<sup>th</sup> meet and 1/9/16 to 1/15/16 for the January 19<sup>th</sup> meet on MileSplit. Please note that if entries are not submitted by the entry deadline, athletes will not be permitted to enter the meet. No entries will be accepted the day of the meet, due to registration occurring through MileSplit. Thank you for your anticipated cooperation.