

Chester County Track & Field Coaches Association
presents...
the Chester County Indoor Track and Field Championships
Tuesday, January 5, 2016
6:00 pm (facility opens at 5:30)
Haverford College

ENTRIES are open to all student-athletes of high schools (gr. 9-12) of Chester County. Acceptance of participation pends submission of PIAA school eligibility form and accompanying entry fees. All entries will be conducted online; check the online calendar page at penntackxc.com. **Schools may seed a maximum of two (2) participants per individual running event, but only one (1) participant for the 200m & one (1) for the 3000m; two (2) participants per individual field event; and one (1) relay team per relay event. Athletes may compete in a total of two (2) events (2 individual; 1 individual/1relay; 2 relays).**

ENTRY FEES: individual event -- \$25.00/athlete; relays -- \$60.00/relay; team fee (boys or girls) -- \$125.00

All entry fees must be received by **Monday, 12/21/15**. Make all checks payable to Henderson Trackxc.

Send entry fees to: Bill Lott

939 Baylowell Drive

West Chester, PA 19380

Any questions, contact Bill Lott at work (484-266-3431), home (610-738-8339), or via cell (484-947-4623).

EQUIPMENT: No Spikes or shoes that accept spikes! No tape or chalk marks on the long/triple jump runways; only tape provided by meet management may be used. The PIAA uniform rule will be in effect. The meet will provide the shot put to be used during competition; no others are permitted. No blocks will be used in the meet.

NOTE! No food, drink, radios of any kind are permitted in the competitive facility (this includes spectator stands). The university provides a concourse where food and drink may be consumed. Stay out of locker areas and other areas closed off to the meet by Haverford College.

PRIZES: Awards will be given to the first five overall places in each event. There will be one division only.

EVENTS: Event Schedule is as follows:

6:00pm – one event follows the other with no breaks in time

*Track events will run girls first, followed by boys

55 hurdles: final by time

55 dash: final by time

sprint medley (400-200-200-800)

200

400

800

mile

3000

distance medley (1200-400-800-1600)

4x800

4x200

4x400

shot put (boys then girls): 3 throws then finals

high jump (girls then boys)

long jump (coed with open pit)

triple jump (coed with open pit)

-3 jumps, no finals re: long/triple

COACHES: Each team must supply officials for the administration of the meet in order for their respective student-athletes to participate! Assignments will be posted at the seeding table. Remember, without your help we cannot run this meet. We are in the process of soliciting the services of extra officials; any and all help will prove invaluable in conducting this meet efficiently. If you know of anyone who would be of service, please contact Bill Lott.

Chester County Indoor Track & Field Championships

Participating School: _____

Participating Team: Girls Boys Both (please circle one)

Coach(es): _____ (Girls' coach) Home phone: _____
Email: _____

_____ (Boys' coach) Home phone: _____
Email: _____

Participation Fees: _____ #individuals x \$25.00= _____

_____ #relays x \$60.00= _____

Team Fee(s) (boys or girls) x \$125.00= _____

Total = _____