

2011 PHILADELPHIA TRACK PENTATHLON

(3000m – 200m – 1500m – 100m – 800m/400m)

SUNDAY AUGUST 7, 2011 8:00AM-NOON

GWYNEDD MERCY ACADEMY HIGH SCHOOL – GWYNEDD VALLEY, PA 19437

Hosted by [Greater Philadelphia Track Club](#) - Sanctioned by USA Track & Field

Each runner will compete in 5 track races, with a minimum of 35 minutes recovery time in between. With an equal mix of sprints and distance events (order as above), this challenging (but fun!) competition pits sprinter against distance runner to determine *the best all-around track runner*. This pentathlon builds camaraderie like no other contest as competitors huddle together trying to recover prior to the next demanding race. Athletes choose either the 800m or the 400m for their fifth event (800m heats will run first). There is no requirement that you *must* do all 5 races, but you will have more fun if you do! **Races will be timed using the fully automatic Finish Lynx Timing System**, and officiated by certified *USA Track & Field* officials. Runners will be seeded based on their most recent 400m time. Open to all runners 14-and-older. **Due to the unique format of this meet, the Philadelphia Track Pentathlon can accommodate only 54 runners.** Any questions contact Kyle Mecklenborg at krmeck@verizon.net or 215-393-1382.

SCORING: Age-Graded Scoring. The World Masters Association's 2006 age/gender-graded tables measure how close an athlete comes to the world standard for their age and gender. Points are tabulated for each race (the age/gender-graded percentage), and awards are based on the cumulative percentages for the five races. For example: An age/gender-graded percentage of 80% in each of the five races = a total score of 400 points. This meet presents a rare opportunity for men and women, young and old, to compete directly against each other "on a level playing field". For a complete explanation of age-grading, along with an age-graded calculator useful for strategy and training purposes, visit: www.samastersathletics.org.au/Age_graded_tables.pdf.

FACILITY: Larry Wilson Stadium – Gwynedd Mercy Academy High School (1345 Sumneytown Pike, Gwynedd Valley, PA 19437). Six-lane rubberized 400m track. Short spikes only (¼" max). **Directions:** Go to www.gmahs.org, click on "About GMA", then "MAP AND DIRECTIONS". When you enter the main entrance to Gwynedd Mercy Academy off Sumneytown Pike, please park in the lot immediately on your left. From the intersection of Rhododendron Drive & Gwynedd-Mercy Drive near the front of the high school, follow Rhododendron Drive approximately 300 yds. to the stadium. No athletes' cars are allowed on stadium grounds.

AWARDS: Champion's Trophy to the best all-around track runner, cash awards to the first four athletes (\$100, \$75, \$50, \$25), and award certificates to the top fifteen. ***Athletes with college eligibility will be ineligible for cash prizes.*** Because of the unique age&gender-graded scoring, there will be no age group or gender categories. The overall places from the total score of each athlete will determine the award winners. Awards ceremony will follow the meet.

REGISTRATION/RESULTS: Registration is **PRE-ENTRY ONLY**. Enter by sending in this registration form (along with check) or online at www.greaterphiladelphiatc.com. Registration fee is \$35 (\$40 after July 15th). Registration will close once entry limit is reached (54 runners) or by Friday August 5, 2011. Confirmation on your entry and post-event results can be found at www.greaterphiladelphiatc.com. Meet will start promptly at 8:00am. Check-in will begin at 7:00am.

(Please print clearly)

Name _____ Age (on 8/7/11) _____ Gender (M/F) _____

Address _____ City _____ St _____ Zip _____

Phone _____ Email _____

Choose your 5TH event: ___800m or ___400m Most recent 400m time: _____

Entry Fee: \$35 (\$40 after July 15th). Check payable to: Greater Philadelphia Track Club.

Mail bottom of form and check to: Chuck Shields 1500 Ferndale Avenue Abington, PA 19001

Waiver: In consideration of your accepting my entry in this meet, I wave my right to sue Greater Philadelphia Track Club, Gwynedd Mercy Academy H.S., and Ambler Olympic Club, 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 authorize meet personnel and their agents permission to request emergency medical treatment or care as necessary to insure my well-being. I acknowledge that my failure to comply with the rules of competition as set by USATF will result in my disqualification, and that my entry fee is nonrefundable. I issue permission to use my name/image for publicity in print/video.

Signed (if under 18, parent/guardian): _____ Date: _____