

**SUMMER 2017
GERMANTOWN
ACADEMY**



**ALL-COMERS
DISTANCE MEET**
(www.gatrack.org)

**Tuesday Evening June 13
6:00PM – 9:15PM**

EVENTS (in order): Mile, 5000m, 800m, 3000m, Distance Medley Relay, 10,000m

FULLY AUTOMATIC TIMING

RUNNERS OF ALL AGES WELCOME

CAREY STADIUM & ATHLETIC COMPLEX

340 MORRIS ROAD, FORT WASHINGTON, PA 19034 (convenient to PA Turnpike Exit #339)

MEET SANCTIONED BY USA TRACK & FIELD

BSS 100 six-lane 400m track. Short spikes only (1/4" max). Seeding of heats determined primarily by seed time, with flexibility to suit runners' preferences (e.g., if a daughter wants to compete in the same heat as her father). Meets generally will be held rain or shine, but if thunderstorms are forecast, please check the website for the meet's status before heading out to the meet. ENTRY FORM IS ON BACK OF THIS FLYER. To save time (after your rush hour drive!), fill it out ahead of time and bring to meet.

The latest Distance Meet info, meet results, and directions to Carey Stadium will be posted at www.gatrack.org

PERMANENT ID NUMBERS (formerly called 'Competitor Number'): *Every athlete is assigned a Permanent ID Number. The numbers speed up registration and allow meet personnel to compile and post results more quickly! If you have competed at a previous Germantown Academy All-Comers Meet (since mid-June of 2012), you can find your assigned ID Number on the list compiled at www.gatrack.org or posted in the registration area. If you are attending a GA Meet for the first time, you can obtain an ID Number in advance by emailing Tom Taft at tomtaft71@gmail.com – include your full name and birthdate! This does not commit you to competing at this meet – it will just speed up your registration on meet day. Of course new athletes can obtain an ID Number in person on meet day, but should arrive as early as possible in order to complete the registration process comfortably before their first event. Please put your ID Number on each "event card".*

REGISTRATION: Registration is *Day-of-Meet Only* (opens at 4:00 pm): Entry fee is \$20 (unlimited racing).

SCHEDULE OF EVENTS

(Heats run *Fast to Slow*)

6:00pm Mile

6:30pm 5000m

7:00pm 800m

7:25pm 3000m

7:55pm Distance Medley Relay (1200m,400m,800m,1600m)

8:20pm 10,000m

CONTACT: Meet Directors: Tom Taft, tomtaft71@gmail.com, 215-778-6968

Kyle Mecklenborg, krmeck@verizon.net, 215-393-1382

[Turn over for MEET ENTRY FORM & info on our generous sponsor, *Advanced Sports Chiropractic*]

Don't forget our fun 5K XC Race at GA August 1st at 6:30! See race link at www.gatrack.org



A sports injury clinic focusing on the treatment and prevention of athletic-related injuries. Visit our sponsor page at www.gatrack.org for further info.

ENTRY FORM

GERMANTOWN ACADEMY DISTANCE MEET June 13, 2017

If you have competed in previous GA Meets (since mid-June of 2012), you can find your Permanent ID Number (formerly 'Competitor Number') listed at www.gatrack.org or on the lists provided in the registration area. *If you have never competed at a GA Meet, you may obtain an ID Number in advance by emailing Tom Taft (include your full name and birthdate!) at tomtaft71@gmail.com*, or be assigned an ID Number the day of the meet by spending extra time at registration. The ID Numbers allow us to compile & post accurate results more quickly!

(Please print clearly)

NAME: _____

PERMANENT ID NUMBER: _____ *Please put this number on each "event card". Thank you!*

Please be sure we have your current email: _____

If you do not already have a Permanent ID number, please fill out this information:

PHONE: (____) _____ **Date of Birth (mm/dd/yyyy):** _____ **Gender (M/F)** _____

If your Club Affiliation has changed, enter here: CLUB AFFILIATION: _____

MEET ENTRY FEE: \$20 (unlimited racing). MAKE CHECKS PAYABLE TO: GERMANTOWN ACADEMY.

INDIVIDUAL EVENTS ENTERED: _____, _____, _____,

_____, _____. *Fill out separate declaration form for the Distance Medley Relay.*

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Waiver: In consideration of your accepting my entry in this meet, I waive my right to sue Germantown Academy, 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. I acknowledge that my entry fee is nonrefundable, and that my failure to comply with the rules of competition as set by USATF will result in my disqualification. This waiver binds my heirs, administrators, and assigns, as well as me. I issue permission to use my name and/or image for publicity in print or video.

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