

2012 GREATER PHILADELPHIA RUNNERS PENTATHLON

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

SUNDAY AUGUST 12, 2012

8:00AM-NOON

GERMANTOWN ACADEMY

FORT WASHINGTON, PA 19034



Hosted by:

Greater Philadelphia Track Club
Sanctioned by USA Track & Field

Each runner will compete in 5 track races (3000m–200m–1500m–100m–400m/800m), with a minimum of 35 minutes recovery time in between. Athletes choose either the 400m or the 800m for their fifth event (400m and 800m heats will alternate). 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 race. 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 FinishLynx Timing System**, and officiated by certified USA Track & Field officials. Runners will be seeded based on their most recent Mile and 400m times. Open to all runners 14-and-older. **Due to the unique format of this meet, the Greater Philadelphia Runners 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: *Newly-Constructed* Carey Stadium & Athletic Complex – Germantown Academy (340 Morris Road, Fort Washington, PA 19034). Convenient to PA Turnpike Exit #339. Six-lane 400m track (BSS 100 surface). Short spikes only (¼" max).

Directions: www.germantownacademy.net/campus-life/athletics/directions-parking

AWARDS: Champion's Trophy to the Best All-Around Track Runner, Cash Awards (increased for 2012!) to the first five athletes (\$150, \$125, \$100, \$75, \$50), distinctive Completion Certificates to runners who finish all five events, plus random cash prizes. ***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 mailing in this registration form (along with check) or online at www.greaterphiladelphiatc.com Registration fee is \$35 if registered online or postmarked by Friday July 20th (\$45 after that date). Registration will close once entry limit is reached (54 runners) or by end of day Friday August 10, 2012. Confirmation on your entry and post-event results can be found at www.greaterphiladelphiatc.com Meet will start promptly at 8:00am **Rain or Shine**. Check-in will begin at 7:00am.

(Please print clearly)

Name _____ Date of Birth ___/___/___ Age on 8/12/12 ___ Gender (M/F) ___

Address _____ City _____ St _____ Zip _____

Phone _____ Email _____

Choose your 5TH event: ___ 400m or ___ 800m. For seeding purposes: Recent Mile time: _____ Recent 400m time: _____s

Entry Fee: \$35 (\$45 after July 20th). 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, 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. 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: _____