

2012 GREATER PHILADELPHIA RUNNERS PENTATHLON TEAM COMPETITION

(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 team will compete in 5 track races (**3000m-200m-1500m-100m-400m/800m**), with a minimum of 35 minutes between races. With an equal mix of sprints and distance events (order as above), sprinters and distance runners join forces to determine *the best all-around track team*. Teams will consist of three runners (no alternates) that between them will compete in the five races. Each team will select a team captain to act as the team contact and who will assign one runner to each race, choosing either the 400m or the 800m for the team's fifth race. Teams can be of any age (14 y/o minimum) or gender. Entry limit is twelve teams. **Races will be timed using the fully automatic FinishLynx Timing System**, and officiated by certified USA Track & Field officials. 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 team score of 400 points. This meet presents a rare opportunity for teams comprised of any combination of 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 (1/4" max).

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

AWARDS: Champion Team Trophy and \$100 Cash Award to the Best All-Around Track Team. Trophies to the 2nd and 3rd Place Teams. All participants will be eligible for random cash prizes (except those with college eligibility).

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 \$50 per team. Registration will close once entry limit is reached (12 teams) or by end of day Friday August 10, 2012. Confirmation on your team's 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.

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TEAM NAME _____

Runner #1: Team Captain _____ Phone _____ Email _____
Date of Birth ___/___/___ Age on 8/12/12 ___ Gender (M/F) ___

Runner #2: Name _____ Date of Birth ___/___/___ Age on 8/12/12 ___ Gender (M/F) ___

Runner #3: Name _____ Date of Birth ___/___/___ Age on 8/12/12 ___ Gender (M/F) ___

Assign one runner to each of 5 races by filling in #1, #2, or #3: 3000 ___ 200 ___ 1500 ___ 100 ___ Choose: 400 ___ or 800 ___.
We understand that team rosters and assignments may change between registration and meet date. Team Captains will confirm rosters and assignments prior to start of meet. Assignments may be changed during the meet on a limited basis (due to injury, etc).

Entry Fee: \$50. 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 waive 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: _____