

**Middle Atlantic Conference**

**2009**

**Men's & Women's  
Outdoor Track & Field**



**Championships**

**Hosted by Elizabethtown College**

**2009 Middle Atlantic Conference Outdoor Track & Field Championships  
at Elizabethtown College (Thursday, April 30 - Saturday, May 2)**

**Contact Information:**

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Chris Straub, Director of Cross Country and Track & Field  
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**Important Dates and Deadlines:**

- Monday, April 27** Email entries using Hy-Tek Team Manager software to Jim Miller all day until **7:00pm** (Email address: [millerj@etown.edu](mailto:millerj@etown.edu)). Entries should also be faxed as an official backup to 717-361-1488. Entries will be accepted until 7:00pm. Any late entries will not be accepted. RSVP by April 27<sup>th</sup> for the coaches' dinner on Friday, May 1 to Eric Bennett. Also, RSVP with Lynda Hudzick if you plan to have your athletes eat dinner at our on-campus dining hall during the coaches' dinner on Friday night. Dinner details are located on the following page.
- Tuesday, April 28** Psych Sheets will be posted on the Elizabethtown College Track & Field Website at [www.etown.edu/sports](http://www.etown.edu/sports).
- Wednesday, April 29** Performance updates and scratches will be accepted via Email ONLY to [millerj@etown.edu](mailto:millerj@etown.edu) or fax to 717-361-1488 until **5:00 pm**. No changes of any kind will be accepted after this deadline. Seeding will take place immediately following this deadline and will be done using Hy-Tek Meet Manager. An official meet lineup will be posted on the Elizabethtown College Track & Field Website.
- Thursday, April 30** Coaches can pick up their official meet packets from the event check-in tent at **11:00am**. The first event on Thursday will be the Decathlon 100m at **1:00pm**. The Heptathlon 100HH will begin at **2:00pm**. The Women's 10,000m will begin at **6:30pm** with the Men's 10,000m to begin at **7:15pm**. The weigh-in and measurement of shot puts for Thursday's competition will be conducted in our equipment storage shed located at the main entrance of the track & field facility. **Weigh-ins for shot puts for Thursday's multi-events will begin promptly at 11:30am!**

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**Friday, May 1**

- 9:00am** Coaches can pick up their official meet packets, if they have yet to do so. Registration and check-in will take place in the tent behind the 100m/110m start. In case of inclement weather, we will move coach/athlete check-in inside to our gymnasium.
- Coffee, juice, and bagels will be available for coaches and officials in the Blue Jay Lounge, adjacent to Thompson Gymnasium. No other food services/hospitality area will be available for coaches during the event. Please plan accordingly.
- 9:30am** A coaches' meeting will be held to review points of emphasis. This meeting will take place in the Wenger Family Conference Room, adjacent to the Jay Walk in Thompson Gymnasium. Any athlete scratched from any track or field trial or final will be barred from the remainder of the championship meet. If an athlete is scratched from an event with trials, that event will be re-seeded and a new listing will be available and announced.
- The weigh-in and measurement for the field implements used in Friday's competition will be conducted in our equipment storage shed located at the main entrance of the track & field facility. Only those implements to be used in Friday's competition should be checked in at this time.
- 10:00am** The Decathlon 110HH is the first event of the day on Friday.
- 5:10pm** Conclusion of last event (Women's 200m Trials). While the coaches' dinner is being held, you might consider having your teams eat on-campus at our dining hall or bused to nearby Hoss's Steak & Sea House for dinner. The phone number for Hoss's is: 717-361-9402. The contact person and phone number for our dining hall is Lynda Hudzick @ 717-361-1158. Please call ahead and make appropriate plans for team dining on Friday night.
- 6:00pm** The coaches' dinner will be held in the Wenger Family Conference Room. The dinner will cost \$15.00 per person and Eric Bennett will need an accurate count by Monday, April 27. Checks should be made out to: Elizabethtown College. Results from Thursday's and Friday's competition, along with heat sheets for Saturday's events, will be distributed at this time.

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**Saturday, May 2**

- 8:00am** Implement weigh-in will be held for the **hammer throw** only. The weigh-in and measurement for the field implements used in Saturday's competition will be conducted in our equipment storage shed located at the main entrance of the track & field facility
- 10:00am** Weigh-in and measurement for the **javelin throw**.
- 10:00am** The Men's long jump is the first event of the day on Saturday.
- 1:00pm** The Women's 4X100m Relay is the first track event of the day on Saturday. Blank cards for 4X100m and 4X400m relay lineups will be located in the official meet packet.
- 5:00pm** By the conclusion of the Men's 4X400 relay, all head coaches are to gather and cast an official ballot for the Men's and Women's Outstanding Track Athlete, Men's and Women's Outstanding Field Athlete, Coach of the Year, and Rookie of the Year. Each school will have one vote per gender. The official ballot will be located in the official meet packet.
- 5:30pm** An awards ceremony announcing results of ballots and team scores will be conducted by 5:30pm. One copy of results per school will be made available for all coaches immediately following the awards ceremony. Results will then be placed on the Elizabethtown College Track & Field Website at [www.ETown.edu/sports](http://www.ETown.edu/sports).

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**Overview of Meet Management Notes**

- Lodging**                      Holiday Inn Express: Elizabethtown: 717-367-4000  
  Conewago Manor Inn: Elizabethtown: 717-361-0826  
  Comfort Inn: Hershey: 717-566-2050  
  Days Inn: Hershey: 717-534-2162 \*(\$59.00/night.special rate for college athletics)  
  Spring Hill Suites: Hershey: 717-583-2222  
  Comfort Inn: Lancaster: 717-898-2431  
  Eden Resort Inn: Lancaster: 717-569-6444  
  Fairfield Inn: Lancaster: 717-581-1800  
  Hampton Inn: Lancaster: 717-299-1200  
  MainStay Suites: Lancaster: 717-285-2500  
  Red Roof Inn: Lancaster: 717-299-9700  
  Ramada Inn: Lancaster: 717-393-5499  
  Days Inn: Lancaster: 717-299-5700
- Dining**                              Concessions will be available throughout the duration of the event. Spectators, coaches, and athletes are encouraged to utilize the outdoor dining area reserved for this event. External dining establishments are listed below for any team dinners. It is suggested to call ahead to verify seating is available.  
  Black Gryphon: 54 Mt. Gretna Rd, Elizabethtown: 717-367-1859  
  Country Meadows: 81 Hershey Rd, Elizabethtown: 717-367-0346  
  Flavors Food: 45 N Market St, Elizabethtown: 717-361-2115  
  Gus's: 1050 W Main St, Mt Joy: 717-653-2140  
  Hennigan's: 1990 W Main St, Mt Joy: 717-653-9058  
  Hoss's Steak & Seafood: 840 N Hanover St, Elizabethtown: 717-361-9402  
  My Place: 95 Anchor Rd, Elizabethtown: 717-367-0401  
  Pizza Hut: 900 N Hanover St, Elizabethtown: 717-367-5111  
  Subway: 37 S Market St, Elizabethtown: 717-367-8585  
  T.J. Rockwell's: 800 Mt. Gretna Rd, Elizabethtown: 717-367-5544
- Parking**                              Signs will be placed to indicated available parking. Charter buses should drive up College Avenue adjacent to campus and turn right into campus through the brick pillars adjacent to Lake Placida. Drive past the Chapel and park charter buses in the parking lot next to the Baucher Meeting House (stone gray building on far side of the lake). We may need to move charter buses to an alternate location. Drivers will be given this information upon arrival, if necessary.
- Start Times**                        All officials and helpers are to sign-in at the check-in table 30-60 min. prior to the start of competition depending on your responsibilities. Here is an outline of the hours of competition for the three-day competition:  
  
  Thursday, April 30: 1:00pm-8:00pm  
  Friday, May 1: 10:00am-5:30pm  
  Saturday, May 2: 10:00am-5:30pm
- Admission to the Meet**      Admission to the meet is free for all spectators throughout the duration of the three-day event. Bleacher seating is available along the home stretch. Bleachers will also be placed on the infield for spectators to view the field events.

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**Overview of Meet Management Notes (continued...)**

Staging Areas	Upon arrival each day, have your teams set up in Thompson Gymnasium. Bathrooms are available throughout the circular hallway of our gymnasium. The gymnasium will serve as a staging area for all athletes throughout the three days of competition in case of hot, cold, or rainy weather. Teams are encouraged to bring their own portable tents to place on the grass hillside between the gymnasium and the track & field complex if weather conditions are more ideal. A speaker system will be used to communicate with all athletes, coaches, and spectators both in the gymnasium and outside around the track & field complex.
Warm-up Areas	There are athletic fields above the track & field complex for your athletes to warm-up. In case of inclement weather, athletes could also warm-up inside Thompson Gymnasium.
Check-In by Athletes	All competitors in the track events must report for check-in with the Clerk of the Course at the check-in table 15 minutes prior to the event start time and receive their heat/lane assignment and hip number to be placed on their left hip for the F.A.T. camera to read. In favorable weather, the check-in table will be located behind the 100/110 starting area. In case of inclement weather, the check-in table will be moved into Thompson Gymnasium. All competitors in the field events must report for check-in with the field judges of their specific event 30 minutes prior to the event start time.
Access to Infield	For safety reasons, only competing athletes and event coaches will be allowed in the facility infield with the exception of infield bleacher seating for spectators. Credentials will be included in the coaches' packet to access field event venues. Access for the infield will be gained only through the entrance located adjacent to the steeplechase pit and behind the F.A.T. tent at the finish line.
Facility Details	The track, all jumps approaches, and the javelin approach are constructed of an all-weather synthetic surface. Spikes are allowed up to ¼ inch. The 8-lane track consists of 110m turns and 90m straight-a-ways with preferred lanes of 4-5-3-6-2-7-1-8. The shot put, discus, and hammer circles are brushed concrete. All field events are located on the interior of the track.
Starting Blocks	Starting blocks will be supplied by Elizabethtown College.
Track Events	All running events 800m and less will contest both trials and finals. Advancement to finals for races 400m or less will be determined by heat winners and next fastest times. Advancement to finals in the 800m will be determined by first 2 finishers in each heat and next fastest times. If more than 4 heats, advancement to finals in the 800m will be determined by heat winners and next fastest times. All running events over 800m will contest finals only. Events longer than 400m will use a waterfall start. Relays over 400m use a 3 turn stagger.
Field Events	All marks in field events will be measured in metric and posted in the official results in both metric and the imperial equivalence. In the long jump, triple jump, shot put, discus, javelin, and hammer, each contestant will be allowed three preliminary trials. The top nine competitors in the standings at the completion of the trials will qualify for the finals. Each finalist will then receive three additional attempts competing in reverse order of the standings. All marks, made in both the trials and finals, will count in determining the final results. Opening heights for the high jump and pole vault will be posted along with Psych Sheets on Tuesday, April 28.

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**Overview of Meet Management Notes (continued...)**

- Awards** Medals will be awarded to the top three finishers in each event and those athletes will be named to the All-Middle Atlantic Conference First Team. Second Team All-MAC certificates will be awarded to fourth through sixth place finishers. The certificates will be placed, along with a copy of meet results, in the final meet packet for each team.
- An awards ceremony takes place as soon as possible after the conclusion of each event for top 8 finishers. In the case of 10,000m run, the awards ceremony will be held at 11:30am on Friday, prior to start of the Men's Steeplechase. The head coach, or event coach of the winner's school, will present the awards. Athletes are to be dressed in appropriate school issued attire, with no hats, and should refrain from wearing unnecessary paraphernalia.
- Scoring** Team points are awarded to the top eight finishers on a 10-8-6-5-4-3-2-1 scale.
- Officials** T&F Central Penn Chapter of the P.I.A.A. as assigned by Ken Andrews and the MAC Office.
- Athletic Training** Mike Sweger and Tanya Miller are our certified Athletic Trainers. They will have water and ice available for all athletes. They will set up their portable training table on the grass hillside located between Thompson Gymnasium and the track & field complex. Please bring your own medical supplies. If you have any questions, feel free to call them at 717-361-1564.

## 2009 Middle Atlantic Conference Qualifying Standards

### Men's Events

### Women's Events

HT/Imperial	FAT/Metric		HT/Imperial	FAT/Metric
11.5	11.74	<b>100m</b>	13.9	14.14
23.5	23.74	<b>200m</b>	28.9	29.14
53.5	53.74	<b>400m</b>	1:07.0	1:07.24
2:04.0	2:04.24	<b>800m</b>	2:39.0	2:39.24
4:18.0	4:18.24	<b>1500m</b>	5:35.0	5:35.24
11:15.0	11:15.24	<b>3000m Steeplechase</b>	13:45.0	13:45.24
16:15.0	16:15.24	<b>5000m</b>	20:39.0	20:39.24
36:00.0	36:00.24	<b>10,000m</b>	46:00.0	46:00.24
16.3	16.54	<b>110/100m Hurdles</b>	18.5	18.74
1:00.0	1:00.24	<b>400m Hurdles</b>	1:20.0	1:20.24
Free Entry	--	<b>4X100m Relay</b>	Free Entry	--
Free Entry	--	<b>4X400m Relay</b>	Free Entry	--
6'0"	1.83m	<b>High Jump</b>	4'6"	1.38m
20'4"	6.20m	<b>Long Jump</b>	14'6"	4.42m
41'0"	12.50m	<b>Triple Jump</b>	31'0"	9.45m
11'6"	3.51m	<b>Pole Vault</b>	8'6"	2.60m
38'0"	11.59m	<b>Shot Put</b>	30'0"	9.15m
115'0"	35.06m	<b>Discus</b>	95'0"	28.96m
150'0"	45.72m	<b>Javelin</b>	90'0"	27.44m
105'0"	32.01m	<b>Hammer</b>	85'0"	25.91m
Free Entry	--	<b>Decathlon/Heptathlon</b>	Free Entry	--

An athlete may qualify for the Outdoor MAC Championships with a performance from the indoor track & field season.

If an institution does not have a qualifier in a specific event, and an athlete has contested in the event during the regular season, this will constitute as a single qualifier for that event.

A qualifier in the 5000m is automatically qualified in the 10,000m. Otherwise, an athlete must meet the 10,000m standard in a meet. An athlete may not compete in the 10,000m without having met the criteria.

## 2009 Middle Atlantic Conference Multi-Events Time Schedule

### Decathlon (Men)

### Heptathlon (Women)

#### Thursday, April 30

1:00pm      100m  
followed by   Long Jump  
                 Shot Put  
                 High Jump  
                 400m

2:00pm      100m Hurdles  
followed by   High Jump  
                 Shot Put  
                 200m

#### Friday, May 1

10:00am      110m Hurdles  
followed by   Discus  
                 Pole Vault  
                 Javelin  
                 1500m

10:15am      Long Jump  
followed by   Javelin  
                 800m

At the conclusion of an event in the Decathlon and Heptathlon, there will be 30 minutes before the start of the next event.

## 2009 Middle Atlantic Conference Time Schedule

### TRACK EVENTS

### FIELD EVENTS

#### Thursday, April 30

6:30pm	Women's 10,000m	Finals
7:15pm	Men's 10,000m	Finals

#### Friday, May 1

10:30am	Women's Pole Vault	Finals
11:00am	Men's High Jump	Finals
11:45am	Men's 3000m Steeplechase	Finals
12:00pm	Women's 3000m Steeplechase	Finals
12:00pm	Men's Discus	Trials/Finals
12:00pm	Women's Shot Put	Trials/Finals
12:20pm	Men's 4X100 Relay	Trials
12:30pm	Women's Triple Jump	Trials/Finals
12:35pm	Women's 4X100 Relay	Trials
12:50pm	Men's 110m Hurdles	Trials
1:10pm	Women's 100m Hurdles	Trials
1:30pm	Men's 400m	Trials
1:50pm	Women's 400m	Trials
2:00pm	Women's High Jump	Finals
2:20pm	Men's 100m	Trials
2:30pm	Men's Shot Put	Trials/Finals
2:30pm	Men's Triple Jump	Trials/Finals
2:30pm	Women's Discus	Trials/Finals
2:40pm	Women's 100m	Trials
3:10pm	Men's 800m	Trials
3:30pm	Women's 800m	Trials
3:50pm	Men's 400m Hurdles	Trials
4:10pm	Women's 400m Hurdles	Trials
4:30pm	Men's 200m	Trials
4:50pm	Women's 200m	Trials

## 2009 Middle Atlantic Conference Time Schedule

### TRACK EVENTS

### FIELD EVENTS

#### Saturday, May 2

10:00am	Men's Long Jump	Trials/Finals
10:00am	Women's Hammer	Trials/Finals
11:30am	Women's Long jump	Trials/Finals
11:45am	Men's Hammer	Trials/Finals
1:00pm	Men's Pole Vault	Finals
1:00pm Women's 4X100m Relay		Finals
1:10pm Men's 4X100m Relay		Finals
1:20pm Women's 1500m		Finals
1:30pm	Women's Javelin	Trials/Finals
1:35pm Men's 1500m		Finals
1:50pm Women's 100m Hurdles		Finals
2:00pm Men's 110m Hurdles		Finals
2:10pm Women's 400m		Finals
2:20pm Men's 400m		Finals
2:30pm Women's 100m		Finals
2:40pm Men's 100m		Finals
2:50pm Women's 800m		Finals
3:00pm	Men's Javelin	Trials/Finals
3:00pm Men's 800m		Finals
3:10pm Women's 400m Hurdles		Finals
3:20pm Men's 400m Hurdles		Finals
3:30pm Women's 200m		Finals
3:40pm Men's 200m		Finals
3:50pm Women's 5000m		Finals
4:15pm Men's 5000m		Finals
4:35pm Women's 4X400m Relay		Finals
4:50pm Men's 4X400m Relay		Finals
5:30pm	<b>RESULTS AND AWARDS CEREMONY</b>	