Competing Schools: DeSales University  
Elizabethtown College  
Juniata College  
Messiah College  
Susquehanna University

Parking: Please 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).

Start Time: After the national anthem, the meet will start promptly at 3:00pm with the 4X100m/Women’s LJ/Men’s PV/Men’s SP/Women’s Hammer. **All officials and workers are to sign in at the Check-In tent by 2:30pm**, get equipment/score sheets, and proceed to their event area. Expect the meet to conclude around 6:30pm.

Staging Area: Upon arrival, have your teams set up in the gymnasium. Bathrooms are available throughout the circular hallway of our gymnasium. We plan to have the gymnasium available as a staging area for this meet and MACs. A speaker should be set up in the gymnasium for athletes to hear “first”, “second”, and “final calls” from the announcer down at the track.

Entries: Unlimited entries per event including relays. Upon arrival, coaches are to pay entry fee ($100.00 per gender or $200.00 per school) and turn in index cards for track events with the following information in this order:

1). Event by Gender  
2). Seed  
3). Athlete’s Name  
4). Name of School

Field event athletes are to turn in their index cards to the official 30 minutes prior to their event.

Scoring: Since there are five teams the track & field meet will be scored using NCAA rule 5-1-2 (10-8-6-4-2-1 for individual events and 10-8-6-4-2 for relay events).

Check-In Procedure: All competitors in the track events must report for check-in with the Clerk of the Course at the check-in table 20 minutes prior to their event (i.e., “first call” by the announcer). This table will be located in or near the tent behind the 100/110 starting area. Athletes will then get heat/lane assignments and a hip number to be placed on the left hip for the F.A.T. camera to read. All competitors in the field events must check-in with the official for the specific event 30 minutes prior to the event start time.

Surfaces: The track, all jumping approaches, and the javelin approach is constructed of an all-weather surface. Spikes are allowed up to ¼ inch. The shot put, discus, and hammer circles are brushed concrete and
located in the infield of the track. For safety purposes, no athletes, coaches, or spectators will be allowed in the roped off section of the grass infield.

Starting Blocks: Starting blocks will be supplied by Elizabethtown College.

Field Events: All marks for field events will be measured in metric and posted in the official results in metric and their imperial equivalence. In the long jump, triple jump, shot put, discus, javelin, and hammer each contestant will be allowed four attempts with no finals. Opening heights for the high jump and pole vault will be determined by the event official after all entries are received 30 minutes prior to the event.

Results: Ian Showalter—our SID will try to have one copy of results available for each school at the conclusion of the meet. Results will also be posted at www.etown.edu/sports.

Athletic Training: Mike Sweger and Tanya Miller are our Athletic Trainers and they will have a portable athletic training table set up outside the gymnasium along with ice/water. Please bring your own medical supplies.

Contact: Eric Bennett and Chris Straub—Meet Directors
(717) 361-1140 (T&F office)

Officials: F.A.T. Operator—Trey Jackson
Hy-Tek for Heats/Lane Assignments/Results—Ian Showalter
Announcer—Mike Dager
Clerk of the Course—TBA
Starter and Referee—Jim Frey
Finish Line Judge—Skip Roderick
SP/HJ Official—Clair Drescher
PV Official—Fred Smith
Hammer/Discus/Javelin Official—Dave Eavenson
LJ/TJ Official—Larry Godshall
Umpires for 4X100m Relay (Zone 1—Dale Fogelsanger), (Zone 2—Jon Cutchright), and (Zone 3—Al Weiner)
Jury of Appeals—Chris Straub, Marty Owens, Dale Fogelsanger, Jon Cutchright, and Al Weiner
Order of Events: All running events will be women first followed by men beginning at 3:00pm—

4X100m Relay
1500m
100HH/110HH
400m
100m
800m
400IH
200m
3000m
4X400m Relay

3:00pm Long Jump (Women 1st|Men 2nd)
followed by Triple Jump (Women 1st|Men 2nd)
Shot Put (Men 1st|Women 2nd)
Hammer Throw (Women 1st|Men 2nd)
followed by Discus Throw (Women 1st|Men 2nd)
followed by Javelin Throw (Women 1st|Men 2nd)
Pole Vault (Men 1st|Women 2nd)

5:00pm High Jump (Men 1st|Women 2nd)