

The third indoor track & field meet at Clarks Summit University will take place on February 14th at **5:00pm** at Clarks Summit University's Student Recreation Center. At the following link you will find a map of the campus that will help you know where to park and where the indoor track is located. <https://www.clarkssummitu.edu/about/campus-region/directions-campus-map/campus-map/>

Here is some important information regarding the meet:

1. **Cost**

Teams:

\$100.00 for boys team,

\$100.00 for girls team,

Individuals:

\$8.00/event.

\$20.00/relay team

If you are paying by check, please make checks out to Clarks Summit University.

2. **Registration**

We will be doing online registration through milesplit. You can find the meet on the pa.milesplit.com calendar or by using this link:

<https://pa.milesplit.com/meets/376203/info#.XfJ5VZNKjcs>

Coaches please use this link to register your teams. **We will still be taking open and youth entries.** Individuals, open and youth athletes can email entries to rob@runningahrens.com with the following information: Name, School, Event, Age Group (Youth, Varsity 9-12th grade, or Open), and Seed Time/Distance. **Registration closes at 8PM on Thursday, February 13th.**

3. **Order of Events**

Track Events start at 5:00pm. Events will be girls followed by boys. We may run boys and girls together for the 3000m depending on the number of entries. High jump and shot put will start at 5:00pm.

3000m

4x800m

55h (girls/boys)

55m

1600m

55h finals (boys/girls)

55m finals

400m

4x200m
800m
200m
4x400m
Shot Put
High Jump

If you would like to see us contest an event not listed above, please let us know. If we get enough interest we may be able to add it.

4. **Shoes**

NO SPIKES ARE ALLOWED ON THIS SURFACE! Spikes with a rubber spike plate (without spikes) are ok. This will be strictly enforced.

5. **Miscellaneous Notes**

- Clarks Summit University will not provide starting blocks or shots. Please bring your own blocks and shots or make plans to borrow them.
- Food will be available for purchase at the concession stand. No food or drink (other than water) is allowed in the lower area where the track is located. "Run at the Rec" technical T-shirts will also be available to purchase.
- Only athletes and coaches will be allowed on the lower level where the track is located. Spectators must watch the meet from the balcony.
- Coaches must count laps for 3000m. Lap sheets will be available for coaches.
- Results will be posted on the Milesplit site. Live results will also be available through <http://www.wil-time.com/>
- The meet will be streamed via Facebook Live. Follow the Clarks Summit University and Running Ahrens Facebook pages for access to the live stream.
- Bathrooms are available on the upper level for spectators and on the lower level for athletes.
- Please direct any questions to:
Rob Ahrens – 570-892-8797 / rob@runningahrens.com
Frank Judson – 570-585-9444 / fjudson@clarkssummitu.edu