

The first indoor track & field meet at Clarks Summit University will take place on February 10th 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:** \$125.00 for boys team, \$125.00 for girls team, or \$200.00 for a boys & girls team.

Individuals: \$10.00 for 1 event. 2-events for \$15.00, 3-events for \$20.00. Relay: \$20.00/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 for this meet. You can find the meet on the pa.milesplit.com calendar or by using this link:

<https://pa.milesplit.com/meets/510270-csu-run-at-the-rec-1-2023#.Y5dkTFzMLcs>

Coaches please use this link to register your teams. ***We will still be taking open and youth entries.*** Individuals, open and youth athletes can register on the milesplit link above. **Registration closes at 7PM on Thursday, February 9th.** There will be separate middle school events for the 55m Dash, 55m Hurdles, 200m, High Jump & Shot put.

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 athletes. High jump and shot put will start at 5:00pm.

4x800m
55h (girls/boys)
55m
1600m
55h finals (boys/girls)
55m finals
400m
4x200m
800m
200m
3000m
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. Clarks Summit University will not be providing starting blocks or shots. Please bring your own blocks and shots or make plans to borrow them from another school if you wish to use them.

6. Food and T-shirts 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.

7. Only athletes and coaches will be allowed on the lower level where the track is located. Spectators must watch the meet from the balcony.

8. Coaches must count laps for 3000m. Lap sheets will be available for coaches.

9. Results will be posted on the Milesplit site. Live results will also be available through <http://www.wil-time.com/>

10. A first place prize for high school girls/boys will be awarded in each event.

11. Bathrooms are available on the upper level for spectators and on the lower level for athletes.

13. Please direct any questions to Frank Passetti 570-904-1769 or coachpassetti@ahsd.org

14. There is a \$3.00 admissions charge for all spectators.