



2015 RUNNERS' PENTATHLON

(3000m-200m-1500m-100m-400m/800m)



Presented by:
**GREATER PHILADELPHIA
TRACK CLUB**

SUNDAY AUGUST 30, 2015
8:30AM-1:00PM
GERMANTOWN ACADEMY
FORT WASHINGTON, PA 19034

Sanctioned by *USA Track & Field*

Each runner competes in 5 track races (**3000m-200m-1500m-100m-400m/800m**), with a minimum of 30 minutes recovery time between races. Athletes choose either the 400m or the 800m for their fifth event (400m and 800m heats will alternate). With an equal mix of sprints and distance events (order as above), this challenging (but fun!) competition pits sprinter against distance runner to **determine the best all-around track runner**. This pentathlon builds camaraderie like no other contest as competitors huddle together trying to recover prior to the next race. There is no requirement that you *must* do all 5 races, but you will have more fun if you do! **Races will be timed using the fully automatic FinishLynx Timing System**, and officiated by certified *USA Track & Field* officials. To ensure approximately the same recovery time between races for all participants, runners will be seeded in the same overall order for each race no matter the distance, based on a blended seed time which gives equal weight to their most recent Mile and 400m times. Open to all runners 14-and-older. Due to the unique format of this meet, **entry limit is 54 runners**. Any questions contact Kyle Mecklenborg at krmeck@verizon.net or 215-393-1382.

SCORING: Age-Graded Scoring. WMA's 2006 age & gender-graded tables (the latest for track racing) 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-graded percentage of 80% in each of the five races = a total score of 400 points. This meet presents a rare opportunity for 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: Carey Stadium at 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.gatrack.org/directions.html.

AWARDS: Cash Awards to the top five athletes (\$150, \$125, \$100, \$75, \$50). Top runner's name will be engraved on the perpetual Champions' Trophy. **Participants with college eligibility will be ineligible for cash awards**. All runners receive "Still Alive After Five" certificates, title sponsor carry bags, and are eligible for random prizes. With age & gender-graded scoring, there will be no separate age group or gender awards. Awards Ceremony will follow meet.

REGISTRATION/RESULTS: Registration is **PRE-ENTRY ONLY**. Enter by mailing in this registration form (along with check) or online at www.greaterphiladelphiatic.com. Registration fee is \$35 if registered online or postmarked by Friday August 21st (\$45 after that date). Check payable to: Greater Philadelphia Track Club. Mail bottom of form and check to: Chuck Shields 1500 Ferndale Avenue Abington, PA 19001. Registration will close once entry limit is reached (54 runners) or by end of day Wednesday August 26th. Confirmation on your entry and post-event results can be found at www.greaterphiladelphiatic.com. Meet will start promptly at 8:30am **Rain or Shine**. Check-in will begin at 7:00am.

(Please print clearly)

Name _____ Date of Birth ____/____/____ Age on 8/30/15 ____ Gender (M/F) ____

Address _____ City _____ St _____ Zip _____

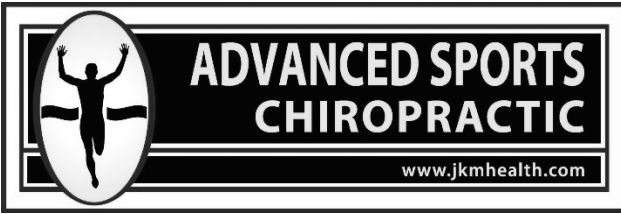
Phone _____ Email _____

Choose your 5th event: ____ 400m or ____ 800m. For seeding purposes: Recent Mile time: _____ Recent 400m time: _____

Waiver: In consideration of your accepting my entry in this meet, I wave 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 entry fee is nonrefundable, and that my failure to comply with the rules of competition as set by USATF will result in my disqualification. I issue permission to use my name/image for publicity in print/video. I also issue permission for the release of my email address to Advanced Sports Chiropractic, the meet's title sponsor.

Signed (if under 18, parent/guardian): _____ Date: _____

[OUR GENEROUS SPONSORS ARE LISTED ON REVERSE SIDE]



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TITLE SPONSOR:



Advanced Sports Chiropractic (www.jkmhealth.com) is a sports injury clinic focusing on the treatment and prevention of injuries related to endurance sports. Using techniques on the cutting edge of medical science, they have experience with IT band syndrome, plantar fasciitis, hamstring injuries, runner's knee, Achilles injuries, bursitis and many other conditions. Advanced Sports Chiropractic has treated runners of all ages and abilities, including Catherine Ndereba, 4-time Boston Marathon Champion. Their staff will attend the pentathlon and offer complimentary stretching, muscle/soft tissue work, chiropractic, injury evaluations, etc. to the runners throughout the meet.
