



# 2015 RUNNERS' PENTATHLON TEAM COMPETITION

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

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



Presented by:  
**GREATER PHILADELPHIA  
TRACK CLUB**  
Sanctioned by USA Track & Field

Each team competes in 5 track races (in order: **3000m-200m-1500m-100m-400m/800m**). With an equal mix of sprints and distance events, sprinters and distance runners join forces **to determine the best all-around track team**. Teams consist of three runners (no alternates) that divide up the five races. Only one team member per race and every team member must enter at least one race. Each team will select a team captain to act as team contact and race assignor, choosing either the 400m or the 800m for the team's fifth race. Teams can be made up of runners of any age (14 y/o minimum) or gender. **Entry limit is 18 teams.** **Races will be timed using the fully automatic FinishLynx Timing System** and officiated by certified USA Track & Field officials. Any questions contact Kyle Mecklenborg at [krmeck@verizon.net](mailto:krmeck@verizon.net) or 215-393-1382.

**SCORING:** Age-Graded Scoring. WMA's 2006 age-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-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 team score of 400 points. This meet presents a rare opportunity for teams comprised of any combination of men and women, young and old, to compete directly against each other on a level playing field. For an 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](http://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](http://www.gatrack.org/directions.html).

**AWARDS:** Cash Awards to the top three teams (\$120, \$75, \$60). Top team will be engraved on the perpetual Team Champions' Trophy. All runners receive "Still Alive After Five" certificates, title sponsor carry bags, and are eligible for random prizes.

**REGISTRATION/RESULTS:** Registration is **PRE-ENTRY ONLY**. Enter by mailing in this registration form (along with check) or online at [www.greaterphiladelphiatc.com](http://www.greaterphiladelphiatc.com). Registration fee is \$50 per team if registered online or postmarked by Friday August 21<sup>st</sup> (\$60 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 (18 teams) or by end of day Wednesday August 26<sup>th</sup>. Confirmation on your team's entry and post-event results can be found at [www.greaterphiladelphiatc.com](http://www.greaterphiladelphiatc.com). Meet will start promptly at 8:30am **Rain or Shine**. Check-in will begin at 7:00am.

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**TEAM NAME** (please print clearly) \_\_\_\_\_

**Runner #1:** Team Captain \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth \_\_\_/\_\_\_/\_\_\_ Age on 8/30/15 \_\_\_ Gender (M/F) \_\_\_

**Runner #2:** Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Age on 8/30/15 \_\_\_ Gender (M/F) \_\_\_

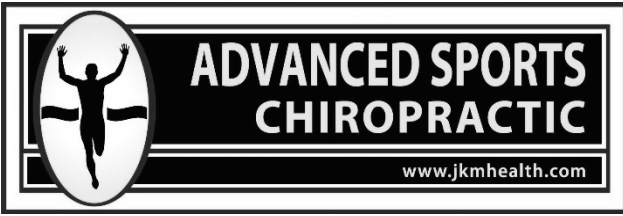
**Runner #3:** Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_ Age on 8/30/15 \_\_\_ Gender (M/F) \_\_\_

**Assign one runner to each of 5 races by filling in #1, #2, or #3 and runner's Seed Time (ST):** 3000 (#\_\_\_; ST: \_\_\_\_\_), 200 (#\_\_\_; ST: \_\_\_\_\_s), 1500 (#\_\_\_; ST: \_\_\_\_\_), 100 (#\_\_\_; ST: \_\_\_\_\_s), **Choose:** 400 (#\_\_\_; ST: \_\_\_\_\_) **or** 800 (#\_\_\_; ST: \_\_\_\_\_). We understand roster/assignments may change after your team has registered. **Team Captain will confirm roster/assignments no later than Wednesday before the meet (no changes after that date).** All team members will be required to sign waiver.

**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](http://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.

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