

NORTH WARREN TRACK & FIELD CLUB

10 Noe Road
Blairstown, NJ 07825



Dear Track & Field Club Members (and Families):

Your son or daughter has been selected to attend the 2012 Skylands Conference Championships to be held on January 28 at Lehigh University. Since this is a Championship High School meet, only selected high school athletes will be attending. Information for this meet is as follows:

Meet: *Skylands Conference Championships, Lehigh University, Rauch Fieldhouse, Bethlehem, PA – Saturday, 1/28/12 @8 am*

Events: NWR will be competing in 55M, 400M, 800M, 1600M, 3200M, SP. Coaches have selected and discussed the event(s) your athletes will be participating in for this meet.

Event Order: 55M Hurdles (Trial), 55M Dash (Trial), 55M Hurdles (Semis), 55M Dash (Semis), 3200M, 55M Hurdles (Finals), 55M Dash (Finals), 800M, 400M, 1600M, 4x400M Relay. Shot Put, Pole Vault and High Jump held simultaneously.

Time: Meet starts at 8 am. **We will be leaving NWR at 5:45 am by bus.** We anticipate the meet lasting until noon (*this is their best guess based upon past meets, but event schedule and timing is based on number of participants which varies from year to year*).

Wear: Athletes should wear their uniforms to the meet under sweats.

Bring: In a gym bag or back pack:

- Running sneakers or spike shoes (up to ¼" pyramid spikes).
- **Water/Gatorade, snack and lunch** (meet will last from 8 am to approx. noon)
- Dry shirt and/or shorts/pants for the ride home
- Small amount of cash (concessions may be available)
- Other items: IPOD, cell phone, pillow and/or blanket (for bus rides)

Links: www.northwarrentrack.org (Select *Meet Schedule*)

Directions to:

Lehigh University Rauch Center (123 Goodman Drive, Bethlehem, PA) on the Goodman Campus

From NWR, proceed on RT 94 S toward PA. Merge onto RT 46 E. Turn Right onto RT 519 N at the White Township Elementary School (towards P'burg). Turn left onto RT 22 E. Bear right onto RT 78 W. Take I-78 West to the Hellertown/Bethlehem exit 67 (formerly 21). Go straight at the end of the exit ramp across Route 412 onto Silvex Road (between Wendy's and Turkey Hill). Continue on Silvex Road through a short tunnel and under an overpass until you reach a "Y" in the road. Bear left. At the stop sign, go straight. There will be a blue sign directing you to Lehigh University/Goodman Stadium. Silvex Road will eventually become Apple Street. At the next intersection there will be a 4-way stop sign; continue straight. Follow the brown signs for Goodman Campus Stadium/Arena and Stadium Parking. You will pass Goodman Stadium on your left. At the next stop sign, the road will come to a "T." Make a left onto Mountain Drive South. Make your next left onto Goodman Drive. Stabler Arena (124 Goodman Drive) will be on your right. Rauch Center is located next to Stabler Arena (123 Goodman Drive).