

**NORTH WARREN TRACK & FIELD CLUB**

10 Noe Road  
Blairstown, NJ 07825

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February 10, 2011

Dear Track & Field Club Members (and Families):

**Congratulations again on another great performance at the 2/5/11 meet at Jersey City.** Results when available, will be posted on our web site, [www.northwarrentrack.org](http://www.northwarrentrack.org). **Our final meet of the season is scheduled for Sunday (2/19) at 8:00 am.** The UAGTCA Championship Meet will take place at Lehigh University in Bethlehem, PA. The deadline for registration is midnight on Thursday, 2/16, so if you plan to attend, please see Coach Loughlin or email Coach Walker at [info@northwarrentrack.org](mailto:info@northwarrentrack.org) on or before 2/16. Information is as follows:

Event: *UAGTCA Championship - Lehigh University (Rauch Center, Goodman Campus), Bethlehem, PA – 2/19/12*

Time: Meet starts at 8:00 am. **We will be leaving NWR at 6:00 am.** We will return at the end of the meet. Since this is the last meet of the year, **we will stay until all of the NWR entrants have competed.** Meets this year have been taking 7-8 hours to complete, making our arrival time at NWR around 5 pm. If you would like to attend and take your athlete home, please have a **Travel Release** form completed and signed by the AD and bring it with you to the meet (available under Documents on our website).

Wear: Athletes should wear their uniforms to the meet under sweats. If you have not yet received a uniform, please see Coach Loughlin ASAP.

Bring: In a gym bag or back pack:

- Running sneakers or spikes (up to 1/8" spikes allowed for this meet)
- **Water/Gatorade, snacks and lunch**
- Dry shirt and/or shorts/pants for the ride home
- Small amount of cash (if concessions are available), IPOD, cell phone, pillow/blanket (for bus rides)

Links: [www.northwarrentrack.org](http://www.northwarrentrack.org) – Select *Meet Schedule*

**This is our final meet of the season. We encourage all Club athletes to attend, even if this is your first meet!** We also encourage our parents and fans to come cheer us on! *Please see other side for more information.*

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**UAGTCA Indoor Championships – Lehigh Univ. 2/19/12**

In order to assist the athletes and coaches with registration, you may fill out the form below and provide it to Coach Loughlin or Coach Walker. **You must submit/communicate your interest in attending the meet by the end of practice on Thursday, February 16 in order to attend.**

Athletes may enter up to 3 events at this meet (including the Relay). For reference, 400M is ¼ mile and will be a 2-lap race around the 200M indoor track. Relay teams are made up of 4 members, each running one lap (200M) around the track. Coaches will create the actual relay teams based on interest and athlete ability (note: for all events, athletes will compete against other athletes of similar age and/or grade). Coaches will have the final decision on event registration.

<u>Name</u>	<u>3000M</u>	<u>55M</u>	<u>800M</u>	<u>200M</u>	<u>400M</u>	<u>1500M</u>	<u>Relay</u>	<u>Shot Put</u>

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### **Additional Race Information: UAGTCA Indoor Championships 2/19/11 at Lehigh University**

#### **Event Running Order**

3000M Run, 55M Dash, 800M Run, 200M Dash, 400M Dash, 1500M Run,  
4 x 200M Relay (4 team members, each runs a 200M lap)

Shot Put (along with other field events) runs at the same time as the above events

As with our other meets, there are 5 age groups competing in this event. They are: Sub-Bantam, Bantam, Midget, Youth (our MS athletes) and High School. The above races are run by age division (girls, then boys) from youngest to oldest. Timing is based on the number of entrants for each race; therefore, there are no set start times for the above events.

#### **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).

**IF ATTENDING:** Meet begins at 8 am. There will be a waiting period between events as the younger age divisions compete. Attendees may want to bring a folding chair or blanket and lunch/snack. Please be aware of your surroundings as races and field events will be going on at several areas of the arena at once!! Please contact Coach Walker (908-362-8705) or [info@northwarrentrack.org](mailto:info@northwarrentrack.org) with any questions.