

Dear Coach/Athlete

Enclosed you will find the meet schedule and information concerning the Emrey/ESU indoor meet on Friday January 6th, 2012. Since this is an open meet, your high school athletes are eligible to compete whether your school does or does not sponsor a team. In case of inclement weather, a decision will be made three hours before the meet. Please call the phone number listed below or check the website.

Best of luck with your season, and please contact me with any questions.

General Meet Information

1. **Location:** Koehler Field House is located on the campus of East Stroudsburg University. Leave Route 80 at Exit 308; proceed 1 block north to East Brown St. and turn right at the traffic signal. Continue on East Brown Street to the south edge of campus. Turn left on Smith Street at the tennis courts. The Field House is one block on the left.
2. **Facility:** 200 meter Eurotan surface. Six 30" lanes around the entire track. Five lanes for the hurdles. The shot put will be thrown off a plywood circle. The high jump will be on wood floor and pole vault is conducted on the rubberized part of the infield. **Our long/ triple jump pit is behind the sprint starting line; the runway is the same surface as the track.**
3. **Dressing Facilities:** Lockers and showers are available. Bring your own towels and lock. Valuables should be secured.
4. **Equipment:** Bring your own shot and PV poles. **BLOCKS WILL BE PROVIDED FOR FINALS ONLY!**
5. **Shoes: No spikes!! Hard plastic spike plates are permitted. If an athlete is caught wearing spikes they will be DQ'd!**
6. **Entry Fee:** \$3.00 *per event per individual* for high school and open events. \$ 8.00 per relay \$1.00 *per event per individual* for youth events. **Team Entries:** \$125per team per meet (\$250 for both boys and girls). Make checks payable to East Stroudsburg University.
7. **Entry Procedure:** Event cards will be used. **All entries will be handled on the day of the meet.** Please fill out **3x5 index** cards prior to the meet (list event, name, school and estimated **Performance**). To speed things up there will be a **Maximum** entry of **five (5)per school per running event**
four (4) per school per field event
three (3) for the relays and 200m.
Due to large numbers in LJ/TJ/SP will have a MINIMUM measurement (1st attempt will be measured and the rest of your attempts must be a minimum measurement).
8. **Awards:** *Medals* for the first five places in each event for high school and first three open events. *Ribbons* for the first three places in youth events. Relay Medals for top 3 places.
9. For further information, contact Joe Koch at (570) 422-3054 or jkoch@po-box.esu.edu
10. Coaches will be asked to count laps for their own athletes in the 3200 meters. We'll keep track of the top six.
11. We ask that you **DON'T ARRIVE UNTIL 60 MINUTES BEFORE START** because there will be practices going on. **Doors will be opened at 4pm.**
12. Our concession stand will be open... T-Shirts will be sold
13. Results will be posted on bleachers after results are announced. Due to large numbers of entries they will NOT be posted on the website.

UPCOMING EVENTS: DETAILS AVAILABLE ON OUR WEBSITE www.esu.edu

4TH Annual Field Event Clinic (No PV) Dec. 27, 28, 29, 2011

3rd Annual Spring Field Event Tune-Up Sat. March 3, 2012

6th annual Outdoor HS Invite Fri. April 13, 2012

Speed/ Track & Field Camp July 8-11, 2012. Advanced Hurdles and Jumps Camp July 22-25, 2012

Cross Country Camp July 29- Aug. 2 2012

Emrey/ESU Warrior Classic (Friday, January 6, 5:00 PM)

Schedule

Field Events

5:00 PM	HS Boy's/Open Pole Vault
	HS Girl's/Open Pole Vault
	HS Boy's/Open High Jump
	HS Girl's/Open High Jump
	HS Boy's/Open Shot Put Top 6 to finals – Min. measure 32' (4 per school)
	HS Girl's/Open Shot Put -Top 6 to finals – Min. measure 28' (4 per school)
	HS Girl's/Open Long Jump (3 jumps only) – Min. measure 14' (4 per school)
	HS Boy's/Open Long Jump (3 jumps only) – Min. measure 17' (4 per school)
	HS Girl's/Open Triple Jump (3 jumps only) – Min. measure 27' (4 per School)
	HS Boy's/Open Triple Jump (3jumps only) – Min. measure 33' (4 per school)

Running Events (Order of events...events will follow one after another.)

5:00 PM	HS Girl's/Open Women	3200m
	HS Boy's/Open Men	3200m
	HS Girl's/Open Women	55m Hurdles-Final on Time
	HS Boy's/Open Men	55m Hurdles-Final on Time
	HS Girl's/Open Women	55m-Trials
	HS Boy's/Open Men	55m-Trials
	HS Girl's/Open Women/Youth	1600m
	HS Boy's/Open Men	1600m
	HS Girl's/Open Women	55m-Finals
	HS Boy's/Open Men	55m-Finals
	HS Girl's/Open Women	400m
	HS Boy's/Open Men	400m
	HS Girl's/Open Women	800m
	HS Boy's/Open Men	800m
	HS Girl's/Open Women	200-Final on time (3 per school)
	HS Boy's/Open Men	200-Final on time (3 per school)
	HS Girl's/Open Women	4 x 200 Relay
	HS Boy's/Open Men	4 x 200 Relay
	HS Girl's/Open Women	4 x 400 m Relay
	HS Boy's/Open Men	4 x 400 m Relay

Notes

- Youth events will be contested separately or in slow heat of the event.
- LJ/TJ...3 Jumps to all athletes...No finals...minimum measurements (1 attempt will be Measured)
- All running distances are meters.
- Age Group: Open 19 yrs and above
 High School 9-12 grades
 Youth 7th + 8th grades/5th+6th grades/4th grade + under
- Entries are done on the day of the meet...Please fill out a **3x5 card** with event, name, school, and estimated performance and bring it with you to the meet.
- Final on time for all running events with more than one heat.

Please note: This is a participatory meet but we will follow the rule of not holding up a field event for an athlete competing in another event. Coaches- Please plan your athletes' events accordingly. We will move this meet along. Event officials can be flexible with-in flight in the Horizontal Jumps. In the HJ-PV athletes will jump at the height of the bar when they return to the event.