



2009-10
RIT Open Indoor Track Series

Hosted by the Rochester Institute of Technology
 & the RIT River Road Running Club

Sunday, December 13, 2009 8:45 a.m. to 10:45 a.m. Doors open at 8:15 a.m.

Sunday, January 10, 2010 8:45 a.m. to 10:45 a.m. Doors open at 8:15 a.m.

Sunday, February 28, 2010 8:45 a.m. to 10:45 a.m. Doors open at 8:15 a.m.

Sunday, March 7, 2010 8:45 a.m. to 10:45 a.m. Doors open at 8:15 a.m.

All Meets at Rochester Institute of Technology Gordon Field House

ORDER OF EVENTS

Meet #1 Sunday, 12/13/09

8:15 a.m. Doors Open
 8:45 a.m. 3000m Run
 55m Hurdles
 400m Dash
 55m Dash
 1500m Run
 4 x 200m Relay
 Meet ends at 10:45 a.m.

Meet #2 Sunday, 01/10/10

8:15 a.m. Doors Open
 8:45 a.m. 2-Mile Run
 55m Hurdles
 600m Dash
 200m Dash
 Mile Run
 Medley relay (200-100-100-400)
 Meet ends at 10:45 a.m.

Meet #3 Sunday, 02/28/10

8:15 a.m. Doors Open
 8:45 a.m. 5000m Run
 55m Hurdles
 300m Dash
 1500m Run
 55m Dash
 1000m Run
 No Relay
 Meet ends at 10:45 a.m.

Meet #4 Sunday, March 7, 2009

8:15 a.m. Doors Open
 8:45 a.m. 3000m Run
 55m Hurdles
 500m Dash
 Mile Run
 55m Dash
 800m Run
 4 x 400m Relay
 Meet ends at 10:45 a.m.

MEET INFORMATION

- All races will be timed finals with the fastest section running first.
- We will time all competitors in every race using our Lynx Fully Automatic Timing System (F.A.T.)
- There will be NO FIELD EVENTS. We will only contest the running events listed on the program.
- Do NOT call RIT for meet information. All results and all information (including any cancellation due to weather) will be posted on our website: www.rochestersummertrack.com

Facility: The Gordon Field House at R.I.T. features a 200m Benyon BSS-1000 track surface. There are six 42” lanes on the 200m oval and eight 42” lanes on the straightaway. Starting blocks will be provided including one set of Moya blocks. You may use your own blocks if the spikes are 1/8” or less. 1/8” spiked shoes are allowed. The Clerk will check spikes at each race check-in. Bathrooms only will be available in the Gordon Field House.

No food/drink will be allowed on the track level of the Gordon Field House.

Location: Rochester Institute of Technology is located south of Rochester, NY. RIT’s Main Entrance is located on Jefferson Rd. (NY Rt. 252) between NY Rt. 383 (River Rd.) and NY Rt. 15 (W. Henrietta Rd.).

(For internet directions to RIT’s Main Entrance use: 1 Lomb Memorial Drive, Rochester, NY 14623)

From the NYS Thruway (I-90): Use exit 46 and proceed north onto I-390 expressway for 1.5 miles to exit 13 (Hylan Drive). Take a left onto Hylan Dr. and continue 1.0 mile north past Marketplace Mall to Jefferson Road (Rt. 252). Take a left at the light onto Rt. 252. Proceed west approx. 2.6 miles to the main campus entrance. Turn left at the light at the main campus entrance (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in “D” Lot next to the outdoor track. Gordon Field House is directly in front of you.

Entries: Day-of-Meet Entries only. Meet registration will begin when the doors open. All athletes must sign a waiver of liability. An on-line entry form/ waiver is available at www.rochestersummertrack.com
If you are under age 18 you will need a parent/guardian to sign your waiver.

Entry Fees: Everyone - \$10.00 per meet per athlete.

Free entry for all full-time RIT undergrad students. RIT students must show valid RIT ID card.

An athlete may compete in a maximum of 2 individual events and one relay event per meet.

All entry fees are non-refundable. Make checks payable to: RIT Track.

Timing: We will be using a Lynx Fully Automatic Timing System (FAT). All athletes in all events will be timed. Results will be posted at the meet and will be available on-line at www.rochestersummertrack.com

Awards: None.

Eligibility: These meets are open to all athletes ages 12+. Age as determined on the day of the meet.

USATF membership is **not required** for this meet. We do suggest that you become a USATF member for the many benefits, including insurance, and to support the sport of track & field and the local USATF Niagara Association. USATF memberships are available on-line at www.usatf.org/membership/

These meets are sanctioned by USATF.

Official Entry Form – 2009-10 RIT Open Indoor Track Series

Waiver of Liability

I know that competing in an Indoor Track meet is potentially a hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a meet official relative to my ability to safely complete my event(s). I assume all the risks associated with competing in this meet including, but not limited to: falls and contact with other participants, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Institute of Technology (RIT), the River Road Running Club and the USATF, their officials, representatives and successors from all claims or liabilities of any kind arising from my participation in this meet.

Print Name of Athlete _____ Age _____ Gender _____

Signature _____ Date: _____
(Parent/Guardian must sign if athlete is under 18)

Address _____

City/Town _____ State _____ Zip _____

E-mail address _____ Phone _____

Club/HS/College you represent _____

Note: If you do not indicate an affiliation, then you will be listed as unattached in the results. HS and College athletes should check with their Coach for eligibility concerns.

Day-of Meet entry only. \$10.00 per athlete per meet. Checks payable to: RIT Track.

There is no need to indicate which event(s) you are entering.
All events will report to the clerk-of-course and will be seeded when called.

Questions should be directed to:
Bill Quinlisk, Meet Director at billqxc@verizon.net

2009-10 RIT Open Indoor Track Series Event Information

- Fastest section will run first.
- Final placing will be determined by time.
- We will accommodate Women & Master athletes with separate sections of each event if the number of entrants allows.

Individual Running Events

Note: Gordon Field House has a 200m per lap flat floor track.

55m Hurdles: The top 8 entrants based on seed times submitted when reporting to the Clerk will be assigned to the first section. Other entrants will be assigned to later sections. There will be no finals. You will run once. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Final placing will be determined by time. Men will run either the 39" High School hurdle height or the 42" College/Open hurdle height. All women will run the 33" hurdle height.

Men: 55m, 42" or 39", 5 hurdles, 13.72m to 1st hurdle, 9.14m between hurdles, 4.72m to finish.

Women: 55m, 33", 5 hurdles, 13.00m to 1st hurdle, 8.50m between hurdles, 8m to finish.

We are unable to run 55m hurdles at any other height or spacing.

55m Dash: The top 8 entrants based on seed times submitted when reporting to the Clerk will be assigned to the first section. Other entrants will be assigned to later sections. There will be no finals. You will run once. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Final placing will be determined by time.

200m Dash: The top 6 entrants based on seed times submitted when reporting to the Clerk will be assigned to the first section. Other entrants will be assigned to later sections. There will be no finals. You will run once. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. You will use a staggered start and race in lanes the entire 200m distance. Final placing will be determined by time.

300m Dash: The top 6 entrants based on seed times submitted when reporting to the Clerk will be assigned to the first section. Other entrants will be assigned to later sections. There will be no finals. You will run once. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. You will use a staggered start and race in lanes the entire 300m distance. Final placing will be determined by time.

400m Dash: The top 6 entrants based on seed times submitted when reporting to the Clerk will be assigned to the first section. Other entrants will be assigned to later sections. There will be no finals. You will run once. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. You will use a staggered start and race in lanes for the first 2 turns (approx. 150m). At that point runners will be directed to break to the inside of the track for the rest of the race. Final placing will be determined by time.

500m Dash: The top 6 entrants based on seed times submitted when reporting to the Clerk will be assigned to the first section. Other entrants will be assigned to later sections. There will be no finals. You will run once. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. You will use a staggered start and race in lanes for the first 2 turns (approx. 150m). At that point runners will be directed to break to the inside of the track for the rest of the race. Final placing will be determined by time.

800m, 1000m, 1500m and Mile Run: Seeded sections as needed. Fast section will run first. We will try to keep the fast section limited to 10-12 athletes. All races will use a waterfall start. Final placing will be determined by time.

3000m, 2-Mile Run and 5000m: Seeded sections as needed. Fast section will run first. We will try to keep the fast section limited to 12-15 athletes. All races will use a waterfall start. Final placing will be determined by time.

Relay Running Events

4 x 200m Relay: Entry Cards, provided by meet management, must be submitted to the Clerk listing the assigned bib numbers of all four runners in their running order. The top 6 teams based on seed times submitted when reporting to the Clerk will be assigned to the first section. The fast section will run first. Other entrants will be assigned to later sections. Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Batons will be provided. You may use your own legal baton. In the 4 x 200m Relay we will use a 3-turn staggered start. Lead-off runner will run the entire 200m first leg in lane. The 2nd runner will continue in the same lane for one turn and then break for the inside at the top of the backstretch. The 3rd and 4th runners will receive the baton in the order of running.

Medley Relay (200-100-100-400m) Entry Cards, provided by meet management, must be submitted to the Clerk listing the assigned bib numbers of all four runners in their running order. The top 6 teams based on seed times submitted when reporting to the Clerk will be assigned to the first section. The fast section will run first. Other entrants will be assigned to later sections. Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Batons will be provided. You may use your own legal baton. In the Medley Relay we will use a 3-turn staggered start. Lead-off runners will run the entire 200m leg in lane. The 2nd runner will also run their entire 100m leg in lane. The 3rd runner receives the baton in lane and then breaks for the pole. The 4th runners will receive the baton in the order of running.

4 x 400m Relay Entry Cards, provided by meet management, must be submitted to the Clerk listing the assigned bib numbers of all four runners in their running order. The top 6 teams based on seed times submitted when reporting to the Clerk will be assigned to the first section. The fast section will run first. Other entrants will be assigned to later sections. Final placing will be determined by time. Blocks will be provided. You may use your own blocks if they have 1/8" spikes or less on the bottom. Batons will be provided. You may use your own legal baton. In the 4 x 400m Relay we will use a 2-turn staggered start. Lead-off runners will race in lanes for the first 2 turns (approx. 150m). At that point they will be directed to break to the inside of the track for the rest of the lead-off leg. The 2nd, 3rd and 4th runners will receive the baton in the order of running.