

# 2012 YMCA Winter Track & Field Series

Sponsored by the New York Road Runners

Park Slope Armory YMCA Sport Complex

USATF Sanctioned

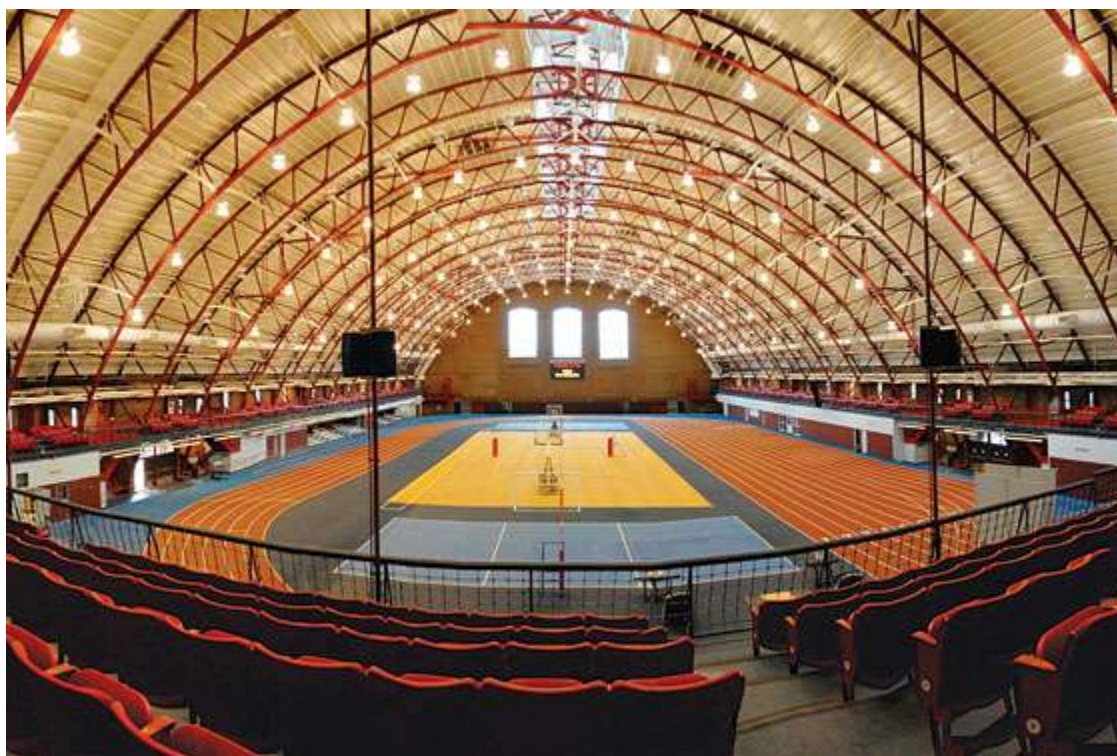
December 30, 2011

Dear Coach/Athlete,

I would like to formally invite you and your athletes to participate in the inaugural indoor track and field series held at the Park Slope Armory YMCA. The series is being hosted by the YMCA of Greater New York, through the generous sponsorship of the New York Road Runners. This developmental style series will offer two Youth and two Open/Master's level meets. The Park Slope Armory YMCA complex is a 200m flat Mondo track with 6 lanes on the oval and 8 on the infield. All entries must be submitted on [www.coacho.com](http://www.coacho.com). Please review the information, below. I hope you and your athletes are able to join us during the first open track and field events offered at the beautiful Brooklyn facility. If you have any questions, feel free to contact me at [midwoodtrack@aol.com](mailto:midwoodtrack@aol.com) or 917-363-6671.

Sincerely,

Sean Rice  
Meet Director



Park Slope Armory YMCA Sports Complex  
361 15<sup>th</sup> Street  
Brooklyn, New York 11215

# Meet Series Information

## YMCA Youth Winter Series #1 (Ages 18 and Under)

Saturday-January 21, 2012-5:00pm-9:00pm

- Long Jump-Bantam-Young M/W
- 60m HH-Midget-Young M/W
- 4x200m Relay-Sub-Bantam-Young M/W
- 1500m-Sub-Bantam and Bantam ONLY
- 3000m-Midget-Young M/W ONLY
- 800m-Sub-Bantam-Young M/W
- 200m-Sub-Bantam-Young M/W
- 4x400m Relay-Sub-Bantam-Young M/W

### Notes:

- All events will be conducted girls first, followed by boys, youngest to oldest.
  - Event Limit: 2 Individual Events + 1 Relay OR 2 Relays + 1 Individual Event (3 Individual Events NOT permitted)
  - Medals to the top 5 individuals and top 3 relays in all divisions.
  - Divisions may be combined if fields allow.
  - No spikes or hard plates permitted in the facility. Shoes will be checked
  - Entry Fee \$8.00 for Individual/\$25 per relay.
  - Entry MUST be completed at [www.coacho.com](http://www.coacho.com). No day of meet entries.
  - FAT will be used
  - This is a USATF Sanctioned event. USATF memberships are NOT required.
- 

## YMCA Open/Master's Winter Series #1 (Ages 19 and Up)

Friday-February 3, 2012-6:00pm-10:00pm

- 60m HH
- 800m
- 60m
- 3000m
- 200m
- 4x400m Relay

### Notes:

- All events will be conducted Open Women, Master's Women, Open Men, Master's Men.
- Two Divisions: Open=19-29 years old and Master's=30 and Up.
- 3 Events
- Medals to the top 5 individuals and top 3 relays in all divisions.
- Divisions may be combined if fields allow.
- No spikes or hard plates permitted in the facility. Shoes will be checked
- Entry Fee \$25.00 per athlete
- Entry MUST be completed at [www.coacho.com](http://www.coacho.com). No day of meet entries.
- FAT will be used
- This is a USATF Sanctioned event. USATF memberships are NOT required

## YMCA Youth Winter Series #2 (Ages 18 and Under)

Saturday-February 18, 2012-5:00pm-9:00pm

- Long Jump-Bantam-Young M/W
- 60M-Sub-Bantam-Young M/W
- Sprint Medley Relay-Bantam-Young M/W (200/200/400/800)
- 1500m-Sub-Bantam-Young M/W
- 400m-Midget-Young M/W ONLY
- 200m-Sub-Bantam-Young M/W
- 4x400m Relay-Sub-Bantam-Young M/W

### Notes:

- All events will be conducted girls first, followed by boys.
  - Event Limit: 2 Individual Events + 1 Relay OR 2 Relays + 1 Individual Event (3 Individual Events NOT permitted)
  - Medals to the top 5 individuals and top 3 relays in all divisions.
  - Divisions may be combined if fields allow.
  - No spikes or hard plates permitted in the facility. Shoes will be checked
  - Entry Fee \$8.00 for Individual/\$25 per relay.
  - Entry MUST be completed at [www.coacho.com](http://www.coacho.com). No day of meet entries.
  - FAT will be used
  - This is a USATF Sanctioned event. USATF memberships are NOT required
- 

## YMCA Open/Master's Winter Series #1 (Ages 19 and Up)

Friday-February 24, 2012-6:00pm-10:00pm

- 60m HH
- 60m
- 5000m
- 400m
- 1000m
- 200m
- 4x800m Relay

### Notes:

- All events will be conducted Open Women, Master's Women, Open Men, Master's Men.
- Two Divisions: Open=19-29 years old and Master's=30 and Up.
- 3 Events
- Medals to the top 5 individuals and top 3 relays in all divisions.
- Divisions may be combined if fields allow.
- No spikes or hard plates permitted in the facility. Shoes will be checked
- Entry Fee \$25.00 per athlete
- Entry MUST be completed at [www.coacho.com](http://www.coacho.com). No day of meet entries.
- FAT will be used
- This is a USATF Sanctioned event. USATF memberships are NOT required