

# SUGARLOAF MOUNTAIN ATHLETIC CLUB'S 23rd Annual All-Comer INDOOR TRACK MEETS

SMITH COLLEGE INDOOR TRACK, NORTHAMPTON, MASS

**2010 DATES:** January 10th, January 17th, January 24th  
(Sunday evenings)

**ENTRY FEE:** \$ 5.00 (Kids 12 and under free)

Enter day of meet! No pre-registration!

**SCHEDULE OF EVENTS:** (Note: start times are subject to change)

5:00 p.m. ___Adults' High Jump	8:30 p.m. ___Adults' 400 meters
5:00 p.m. ___Kids' Long Jump	8:50 p.m. ___Kids' 55 meters
5:00 p.m. ___Adults' 4 x 200 relay	7:10 p.m. ___Adults' 55 meters
5:30 p.m. ___Kids' Mile Run	7:30 p.m. ___Kids' 800 meters
5:40 p.m. ___Adults' Mile Heats	7:40 p.m. ___Adults' 800 meters
6:00 p.m. ___Adults' Long Jump	7:50 p.m. ___Kids' 200 meters
6:10 p.m. ___Adults' Elite Mile	8:00 p.m. ___Adults' 200 meters
6:20 p.m. ___Kids' 400 meters	8:10 p.m. ___3000 meters

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**PRIZES:** Certificates to overall male and female winners in each event

**MORE INFO.:** These meets are open to competitors of all ages and abilities. Adults will be seeded in each running event by their projected time, with the heats being run from the slowest to the fastest. Kids will be seeded by their age. The Smith College Indoor Track is an unbanked 200 meter oval with a tartan rubber surface. No food or drink is allowed in the track area. The meets are made possible by the generosity of the Smith College Athletic Department, the Sugarloaf Mountain Athletic Club and all the volunteers. For more info, contact Meet Director Bill Durkee at (413)-586-0687. Check out the SMAC web site at [www.sugarloafmac.org](http://www.sugarloafmac.org) for extensive information on the club.



## MEET RECORDS:

### MEN

55 meters	6.1..... Kyle Williams
200 meters	22.5..... Alex Anderson
400 meters	49.4..... Jamere Wilkins
800 meters	1:54.4.... Paul Lupi
	Erik Nedean
Mile	4:12.0.... Sandu Rebenciu
3000 meters	8:24.8.... Rob Mitchell
4 x 200m Relay	1:36.9.... Hartford All-Stars
Long Jump	22'-9.5" .. Jon Pronovost
High Jump	6'-8"..... Chuck Berkeley
	Omarl Braswell

### WOMEN

6.8..... Ime Akpan (Nigeria)
25.9..... Camille Gooden
58.8..... Rachel D'Amora
2:18.1.... Nicole Blood
5:02.8.... Sara Hallman
9:42.4.... Heather Gardiner
1:55.4.... Y-Speed
19'-3/4" ..Diana Ling (China)
5'-7"..... Jennifer Hawkes

