

SUGARLOAF MOUNTAIN ATHLETIC CLUB'S 24th Annual All-Comer **INDOOR TRACK MEETS**

SMITH COLLEGE INDOOR TRACK, NORTHAMPTON, MASS

2011 DATES: January 9th, January 16th, January 23rd
(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	6:30 p.m.Adults' 400 meters
5:00 p.m.Kids' Long Jump	6:50 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

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 for extensive information on the club.



MEET RECORDS:

MEN

WOMEN

55 meters	6.1..... Kyle Williams	6.9..... Ime Akpan (Nigeria)
200 meters	22.5..... Alex Anderson	25.9..... Camille Gooden
400 meters	49.4..... Jamere Wilkins	58.6..... Rachel D'Amora
800 meters	1:54.4.... Paul Lupi	2:16.1.... Nicole Blood
	Erik Nedeau	
Mile	4:12.0.... Sandu Rebenciuc	5:02.8.... Sara Hallman
3000 meters	8:24.8.... Rob Mitchell	9:42.4.... Heather Gardiner
4 x 200m Relay	1:35.9.... Hartford All-Stars	1:53.4.... Y-Speed
Long Jump	22'-9.5".. Jon Pronovost	19'-3/4" ..Diana Ling (China)
High Jump	6'-8" Chuck Berkeley	5'-7" Jennifer Hawkes
	Omari Braswell	

