# SUGARLOAF MOUNTAIN ATHLETIC CLUB'S 25th Annual All-Comer

## SMITH COLLEGE INDOOR TRACK, NORTHAMPTON, MASS

2012 DATES: January 15th, January 22nd

(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 5:00 p.m, .....Kids' Long Jump 5:00 p.m. .....Adults' 4 x 200 relay 5:30 p.m. ....Kids' Mile Run 5:40 p.m. .....Adults' Mile Heats 6:00 p.m. .....Adults' Long Jump 6:10 p.m. .....Adults' Elite Mile

6:20 p.m. .....Kids' 400 meters

6:30 p.m. .....Adults' 400 meters 6:50 p.m. .....Kids' 55 meters 7:10 p.m. .....Adults' 55 meters 7:30 p.m. .....Kids' 800 meters 7:40 p.m. .....Adults' 800 meters 7:50 p.m. ....Kids' 200 meters 8:00 p.m. .....Adults' 200 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 eval 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 infe. 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:

# 55 meters 200 meters 400 meters 800 meters

Mile

3000 meters 4 x 200m Relay Long Jump

High Jump

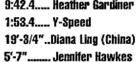
#### MEN

6.1 Kyle Williams
22.5 Alex Anderson
49.4 Jamere Wilkins
1:54.4 Paul Lupi
Erik Nedeau
4:12.0 Sandu Rebenciuo
8:24.8 Rob Mitchell
1:32.15 AIC AII-Stars
22'-9.5" Jon Pronovost
6'-9" Chuck Renkeley

Omari Braswell

## WOMEN 6.9..... Ime Akpan (Nigeria)

25.9 Camille Gooden
58.6 Rachel D'Amora
2:16.1 Nicole Blood
5:02.8 Sara Hallman
9:42.4 Heather Gardiner
1:53.4 Y-Speed
AND DIEM DISTRIBUTED





SANCTIONED EVENT