

SUGARLOAF MOUNTAIN ATHLETIC CLUB'S 28th Annual All-Comer **INDOOR TRACK MEETS**

SMITH COLLEGE INDOOR TRACK, NORTHAMPTON, MASS

2015 DATE: Sunday, January 18th

ENTRY FEE: \$ 6.00 (Kids 12 and under free)
Enter day of meet! No pre-registration!

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

5:30 p.m.Adults' High Jump	8:50 p.m.Kids' 400 meters
5:30 p.m.Kids' Mile Run	7:00 p.m.Adults' 400 meters
5:45 p.m.Adults' Mile Heats	7:20 p.m.Kids' 800 meters
5:45 p.m.Kids' Long Jump	7:30 p.m.Adults' 800 meters
6:10 p.m.Adults' Elite Mile	7:40 p.m.Kids' 200 meters
6:20 p.m.Kids' 55 meters	7:50 p.m.Adults' 200 meters
6:35 p.m.Adults' 55 meters	8:10 p.m.3000 meters
6:45 p.m.Adults' Long Jump	

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:

55 meters	6.1..... Kyle Williams
200 meters	22.66..... Alix Durand
400 meters	49.4..... Jamere Wilkins
800 meters	1:54.4..... Paul Lupi
	Erik Nedeau
Mile	4:12.0..... Sandu Rebenciu
3000 meters	8:24.8..... Rob Mitchell
Long Jump	22'-9.5" .. Jon Pronovost
High Jump	8'-8.5" Alex Niemiec

MEN

WOMEN

6.9..... Ime Akpan (Nigeria)
25.6..... Noelia Figuereo
56.91..... Sydnee Over
2:18.1..... Nicole Blood
5:02.8..... Sara Hallman
9:42.4..... Heather Gardiner
19'-3/4" ..Diana Ling (China)
5'-7" Jennifer Hawkes



SANCTIONED EVENT