



USATF THREE RIVERS ASSOCIATION 2019 Developmental Meet #5

Place: Penn Hills HS Track, Penn Hills, PA – Penn Hills High School, 309 Collins Drive, Pittsburgh, PA 15235
Date: Saturday, June 1, 2019 - First Call: 8:45 AM Track & Field events start at: 9:00 AM
Packet Pick-up: 8:00-8:30 AM
Coaches Meeting: 8:30am

Entry Limits: \$9.00/Athlete – CASH, CLUB CHECK OR MO ONLY - PAYBLE TO PHETC - NO PERSONAL CHECKS

**Online Entry Only at - <https://www.athletic.net/TrackAndField/meet/373800/register>
Online Registration closes Friday May 31, 2019, 12:00 NOON**

Meet Director: Charles Carter– 412-430-0507 pheaglestrack@aol.com / www.pennhillseaglestrackclub.com

Awards: Medals 1st – 3rd place, ribbons 4th – 6th place
Relays – Ribbons for 1st – 3rd place

Limit 3 individual events ONLY plus relay

Age Groups: 8 & under; 9-10; 11-12; 13-14; 15-16; 17-18.

ORDER OF EVENTS: 3000M; 4x100 relay; 80M-100M-110M Hurdles; 100M Trials; 1500M;
100M Finals; 400M; 1500M/3000M RW, ****200/400 Hurdles****, 800; 200M Timed Finals, 4X400 relay
Pee wee race will be run at meet

Field events: oldest to youngest – as called
Long Jump, Triple Jump, High Jump, Javelin, Turbo Javelin, Aero Javelin, Shot, Discus (throws area is up top near high school building)

****Depending on athlete participation this event might be moved
will be decided at coaches meeting**

THROWS AREA: Limited seating – bring lawn chairs

NOTE: Parking available in upper lot and high school lot. NO PARKING IN LOWER LOT BY FRALIC CENTER OR TRACK OR ALONG VAL MARTIN DRIVE.

CONCESSION & RESTROOMS AVAILABLE

FOR ADMINISTRATIVE CLUB USE ONLY

NAME _____ GENDER _____ AGE DIVISION: _____

EVENTS:

1. _____ 2. _____ 3. _____ 4. _____
RELAY EVENT ONLY

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the [Events page](#)
- In the search bar, enter **USATF Three Rivers Developmental Meet #1**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the USATF Three Rivers Developmental Meet #1

- Locate **USATF Three Rivers Developmental Meet #1** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.