

**MLTC Meet #1 - 1/22/10**  
**GaREAT Sports Complex, Geneva OH**

This is an open non-scoring meet that can be used to obtain qualifying marks for both the OATCCC and TSTCA championships meets. Eligibility for those meets can be found at their own websites.

**Registration:**

- All entries will be done on-line at <http://oh.milesplit.us/meets/63121/>.
- Entry deadline is at noon on Thursday, 1/21/10. There will be no late registration.
- Entry fees are \$5/event (limit of 4 including relays) and \$20/relay
- There are no refunds for events scratched after the entry deadline. You are paying for your final entries.
- Entries will be honored on a first-come, first-served basis. GaREAT reserves the right to close entries for any and all events based on pre-registration applications and facility limitations.

**Time:**

- Athletes can sign-in to the meet between 4:00 pm and 7:00 pm. Note that the meet is run on a rolling schedule. If you show up too late to check-in for your event, there will be no refunds or entries into alternate events.
- Field events begin at 5:30 pm. Running events begin at 6:30 pm.

**Entry Lists:**

- Final entry lists will be posted at [www.GaREAT.org](http://www.GaREAT.org) on the Thursday before the meet.
- Running events will be seeded based on entry times. Please be realistic with your entry marks. Please email Rick Marinelli ([rmarinelli@gareat.org](mailto:rmarinelli@gareat.org)) if there are mistakes with seed times on the posted entry lists.
- Athletes without a seed time will be placed in the slowest heat or will be assigned a lane at the meet manager's discretion.
- Pole vault will be seeded into sections. Other field events will be seeded into flights.

**Admission:**

**\$6 - adults**  
**\$3 - students (K-12) & seniors,**  
**Free - children under 5 & active military**

**Results:**

We will have complete results posted as the event finishes.

**Event Details:**

- Spikes - No spikes longer than ¼" pyramids will be permitted. An official will be checking all spikes. You may be disqualified from the event if you check-in for the event with longer spikes.
- Starting Blocks - Blocks will be available for all running events up to 400m
- Throwing Implements - GaREAT will provide all throwing implements.
- Times - Each athlete will receive Finish Lynx fully-automatic timing to the hundredth of a second in each race they run.
- Field Event Warm-up - There will be a 30 minute warm-up prior to the start of the event and a 10 minute warm-up between flights.
- Pole Vault Poles - please bring in your pole through doors at the southeast end of the building AFTER you have signed in.

**Check-in for Running Events:**

We will announce preliminary check-in times in order to avoid running heats with open lanes. Please be alert and listen for these announcements even if you are in another event. You will need to complete this preliminary check-in as well as check-in at the table prior to your event to get your hip numbers and will need to check-in with the clerk of the course. Failure to do this can result in being scratched from the event. Please pay attention and help us run an efficient meet for all.

**Scratching:**

If you decide to scratch from an event after signing in to the meet, please notify the clerk of the course as soon as you know this so that we may condense heats whenever possible.

**Location:**

GaREAT Sports Complex, 1822 S. Broadway, Geneva OH 44041 (The complex is easily visible from the SR534 and I-90 interchange.)

The indoor track is in a 240,000 sq ft world-class, state-of-the-art facility with 75' ceiling height, eight lane 300 meter Beynon Synthetic Track Surface, 2 - 150 meter straight-aways (one 10 lanes, one 8 lanes), 2 long jump pits, 2 high jump, 2 pole vault pits, and 3 throwing areas. The facility features Daktronics displays and scoreboard to assist spectators and athletes in following the action.