

FAST CAMP, INC.

**Indoor Track & Field Youth Developmental Meet
Regan Fieldhouse, Seton Hall University
Saturday, December 26, 2009**

Start Time - Running & field events start at 9 AM.

Order of Running Events - youngest to oldest; girls then boys

4x200
400
1600m
55m*
55H
800m

(Shot Put, High Jump)

*55m finals only; both straight-aways may be used.

Ages for the meet

Sub Bantam: Born 2001 or later

Bantam: Born 2000 - 1999

Midget: Born 1998 - 1997

Youth: Born 1996 - 1995

High School: Born 1994 - 1991

Awards – Ribbons to top 3 in each division of each event.

**PRE-ENTRIES ONLY - REGISTRATION ONLINE ONLY AT WWW.COACHO.COM
Entries and fees must be received by Monday, 11:59 PM, December 21, 2009**

Entry Fees

\$6.00 per event; \$16 per relay; Maximum of 3 events per athlete including relay.

NO refunds will be given for any reason.

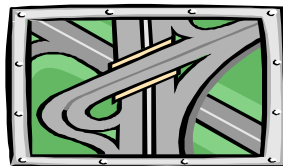
Access to facility starts at 8am; coaches meeting at 8:30am, first events at 9am. Please check in when event is called.

NOTE: Up to 1/8" SPIKES WILL BE ALLOWED.

Questions: Should be directed via email to:

John Marshall : Marshajo@shu.edu and

Jason-Lamont Jackson: Jacksoja@shu.edu



See next page for directions...

DIRECTIONS: FROM 280 WEST: Take to the Clinton Street Exit. Follow access road (Freeway Drive) to South Harrison Street (seventh traffic light). Turn left onto South Harrison Street and follow for approx. 2 miles. Bear left at the yield sign onto Center Street and follow to the end. The University's main gate is across the intersection. **FROM THE GEORGE WASHINGTON BRIDGE:** take the NJ Turnpike South to Exit 15W. Then follow directions for Route 280 West. **FROM CONNECTICUT:** Take Route 84 West into New York State until Route 84 ends. Take 684 South toward White Plains/Tappan Zee Bridge. Take 287 West over Tappan Zee Bridge. Take exit 14A, Garden State Parkway South, to Exit 145. Follow directions for Route 280 West. **FROM NEW YORK CITY:** Go through either the Lincoln or Holland Tunnel. Take the NJ Turnpike to Exit 15W. Take Follow directions for Route 280 West. **FROM NORTH JERSEY:** Take the Garden State Parkway to Exit 145. Follow directions for Route 280 West. **FROM SOUTH JERSEY:** Take the Garden State Parkway to Exit 144. Go to second light and make a left onto South Orange Ave. Go approximately 2 miles. The University's main gate will be on the left. **FROM PENNSYLVANIA:** Take the PA Turnpike East to the NJ Turnpike North. Go to Exit 11 (Garden State Parkway). Take the Garden State Parkway to Exit 145. Follow directions for Route 280 West. **FROM WEST JERSEY ROUTE 78 EAST:** Take Route 78 East. At the split for express or local exits take "Local Exits" to exit 49B, 124 East & Maplewood. Follow road (Springfield Ave.) to first jug handle (Valley Street - The Oranges). Take jug handle onto Valley Street. Go eight traffic lights and turn right onto South Orange Ave. The University is one mile on your right. **FROM WEST JERSEY ROUTE 80).** Take Route 80 East to Route 280 East. Take Exit 11 (Center Street) and turn right at third light onto South Center Street. Go two traffic lights to South Orange Avenue. The University's main gate is located at this junction. **FROM NEWARK AIRPORT (78 WEST)** Follow signs for 78 West. Take 78 West to the Millburn Exit (50B). Turn right off exit ramp on to Vauxhaul Road, and go through two traffic lights (one immediately after your right turn). At third traffic light turn right onto Valley Street. Follow Valley Street about 3-4 miles. You will go through six traffic lights. At seventh traffic light (South Orange Avenue, major intersection) turn right. Follow South Orange Avenue approx. 3/4 of a mile. You will pass the campus on your right before you get to the entrance.