



2011 New Balance Indoor Nationals Information Friday 03/11/11

Directions

- The New Balance Track & Field Center at the Armory
216 Fort Washington Avenue
New York, NY 10032
- I-95 South. As you approach the George Washington Bridge, get to the right as the highway splits. Take the 181st Street exit - the LAST EXIT BEFORE THE BRIDGE. Exit onto 181st Street and take a right at the light. Go up hill 3 blocks and take a right onto Fort Washington Avenue. Go 12 blocks. The Armory is on the left at 168th Street.
- Parking lot - 165th Street/Fort Washington Avenue
- Coach Doug will be arriving early Friday morning - hopefully right around 7am - and I'll be parking in the lot at 165th Street & Fort Washington Avenue. Some help with the poles would be appreciated :-)

Packets

- Pick them up at the Armory Lower Level on Thursday night between 3 and 9pm or after 8am Friday morning
- Packets are filed alphabetically by school name
- You MUST have a valid USATF card in order to pick up your packet (or you will have to fill out a waiver)
- Each coach gets one admission wristband per team
- Pole Vaulters do NOT have to wear their numbers

Competition Information

- Girls Emerging Elite: competition begins at 10am and the starting height is 3.12m/10'02.75" and goes up 15cm/6" each height. There are 38 girls entered
- Boys Emerging Elite: competition begins tentatively at 1pm and the starting height is 4.03m/13'02.50" and goes up 15cm/6" each height. There are 20 boys entered
- 1/4" or less spikes permitted - NO CHRISTMAS TREE SPIKES
- Warmups begin an hour before your event starts and all vaulters MUST be supervised by their respective coaches
- Coach Doug will have a tape measure & tape available

Poles being brought...		
Model	Specs	ID#
Lady Rocket	12' 140 18.9	2017
Lady Rocket	12' 145 17.9	2023
Altius	12'6 135 7.4	2600
Mystic	12'6 140 16.8	2601
Mystic	12'6 145 19.7	2602
Spirit	13'1 140 21.5/21.8	3111/3112
Spirit	13'1 145 20.7	3114
Spirit	13'1 155 18.6	3123
Spirit	14'1 155 19.3	4112
Pacer FX	14'1 160 18.6	4136
Mystic Carbon	14'7 150 21.8	4701
Spirit	14'7 155 23.0	4702
Spirit	14'7 160 22.4	4714
Spirit	15'1 160 19.8	5120
Spirit	15'1 165 18.5	5111

Athlete	Affiliation	USATF #	New Balance #
Jaci Briggs	Patriot Pole Vault	??? (I need it)	2130
Lindsey Folsom	Cony TC	??? (I need it)	679
Casey Teska	unattached	6111503202	2962
Greg Copeland	Patriot Pole Vault	6111560202	2131