

Field Events start at 4:00pm

4:00pm Pole Vault (G then B)
4:00pm Shot Put (B then G)
4:00pm High Jump (B then G)
4:00-6:00pm Long Jump (B – open pit)
4:00-6:00pm Long Jump (G – open pit)
6:30-8:30pm Triple Jump (B – open pit)
6:30-8:30pm Triple Jump (G – open pit)

Running Events start at 4:00pm

55m hurdles trials (G then B)
55 dash trials (G then B)
55m hurdles finals (B then G)
55 dash finals (G then B)
2 mile run (G then B)
400m dash (G then B)
800m run (G then B)
200m dash (G then B)
1 mile run (G then B)
4x400m relay (G then B)

Directions:

Website: <http://www.albright.edu/about/directions.html#8>

Location: Life Sports Center (indoor track facility)

DIRECTIONS FROM THE WEST VIA PA TURNPIKE: (PITTSBURGH)

Take the Pennsylvania Turnpike (76E) to Exit 286. (Reading-Ephrata, formerly exit 21)

Immediately after the exit, turn right onto 222 North.

Follow 222 North. You will go through some construction and then proceed on the new road into the Reading area. You will enter a commercial area where you will see the Berkshire Mall, a Home Depot, Wellesley Inn, etc. At this point there will be an exit for 222 North to Allentown. Do not exit, but continue straight ahead onto Route 12 East.

Follow 12 EAST approximately 2.5 miles to the 11th Street Exit. Continue down the exit ramp to your right and onto 11th Street. At the traffic light (about 2 blocks) turn left onto Rockland Street. Proceed to the next traffic light (2 blocks) and turn right onto 13th Street. At the first stop sign (2 blocks), turn left onto Bern Street and then make an immediate right into our parking lot. Come to the far end of the lot where there will be signs for Admission guests.