

Coaches' Guide
EPC/Colonial League Track & Field Championships
May 9 & 10, 2017
Memorial Stadium – East Stroudsburg South High School

- 1. Practice:**
 - Saturday, May 6, 2017, 1-4pm. Facility will be opened by ESS Coaching Staff.
 - 2. Arrival Time:**
 - Teams should plan to arrive at Memorial Stadium at 1:30pm.
 - 3. National Anthem:**
 - Will be sung at 2:15pm.
 - 4. Start Times:**
 - First event both days starts at 2:30pm (Long Jump)
 - 5. Team Tents:**
 - There will be two grass areas outside the stadium on both sides of the home bleachers dedicated for team tent setup. Overflow team tent setup will be the visiting team bleachers. Please note, we will not be responsible for any tents left set up overnight as they will be outside of the stadium fence.
 - 6. Weigh-Ins:**
 - Weigh-ins for Field Events will occur in and outside of our weight room.
 - 7. Entrance to the Track:**
 - One entrance to the track which will be near the check in tent as noted on the *Events and Team Setup Map*. All other gates to the track will be locked.
 - 8. Pole Vault and Long/Triple Jump:**
 - We will have bleachers set up outside the stadium fence for spectators to watch Pole Vault and Long/Triple Jump. Spectators must purchase a ticket for seating.
 - 9. Results:**
 - Results will be posted on the wall outside of the weight room near the outside concession stand.
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Team and Officials Directions and Parking

- 1. Address to Team and Official Parking:** 120 Walnut St., East Stroudsburg, PA 18301
- 2. Directions for Team and Officials Parking:**
 - Take Exit 308 off I-80. Turn RIGHT off of the exit onto Prospect Street for approximately .75 miles until you come to a STOP Sign.
 - At the STOP Sign, turn LEFT onto Analomink Street for approximately .1 miles to a STOP Sign.
 - At the STOP Sign, turn RIGHT onto North Courtland Street for approximately .25 miles to STOP Light.
 - At the STOP Light, turn left onto West Broad Street for approximately .25 miles.
 - At the 2nd STOP Sign turn RIGHT onto Walnut Street and follow until you drive into the Team and Officials Parking Lot.