



## USATF Three Rivers Association 2011 Youth Meet Schedule

DATE	MEET	LOCATION
May 7	Preliminary Meet #1	Quaker Valley HS
May 14	Preliminary Meet #2	Thomas Jefferson HS
May 21	Preliminary Meet #3	California University PA
May 28	Preliminary Meet #4	Bethel Park HS
June 4	Preliminary Meet #5	East Allegheny HS
June 11	Preliminary Meet #6	Hempfield Area HS
June 11	Mt. Top Invitational <i>(NOTE: entry information below does not apply to Mt. Top Meet- follow information on entry form)</i>	Penn Cambria HS
June 18	Preliminary Meet #7	Penn Hills HS
June 25-26	TRA Championship	California University, California, PA
June 28-29	World Youth Trials	Doug Shaw Stadium; Myrtle Beach, SC
June 28-July 3	USATF Youth National	Doug Shaw Stadium; Myrtle Beach, SC
July 7 - July 12	Region 2 Championship	California University PA
July 26-31	USATF National Junior Olympics	Cessna Stadium Wichita State; Wichita, KS

### Entry Information for ALL Preliminary Meets:

- NO DAY OF MEET REGISTRATIONS
- Club entries must be in Team Manager
- Entry deadline is Wednesday 12:00 Noon for all meets
- Entry lists will be posted on Three Rivers website Wednesday afternoon
- Corrections/Changes deadline is 12:00 Noon Friday for all meets
- Corrections/Changes should be emailed to: [threeriversusatf@verizon.net](mailto:threeriversusatf@verizon.net)
- Meet is seeded 2:00 Friday - no changes or additions after this time

Entry for ALL Championship Meets is online thru Coach O

### VOLUNTEERS NEEDED FOR ALL MEETS

Three Rivers Association is host to the Region 2 Championship this year July 7 thru 10.

We will need volunteers for ALL 4 DAYS of the meet  
PLEASE COMPLETE OUR YOUTH MEET VOLUNTEER FORM  
or contact Liza Simmons - [simmons031@comcast.net](mailto:simmons031@comcast.net)

[www.usatf-threerivers.org](http://www.usatf-threerivers.org)

## FACILITY DIRECTIONS

### ***DIRECTIONS TO QUAKER VALLEY HS***

**From Pittsburgh:** Take the Ft. Duquesne Bridge towards Heinz Field and get on Rt. 65 North. Follow Rt. 65 approximately 12 miles (go under I-79 and past Sewickley, Pa.) and turn Right at the traffic light at the Quaker Village Shopping Center (Wendy's at intersection). Follow this road through the parking lot to the "T" intersection. This will be Beaver Rd. Turn left and drive approx. 200 yards and the school will be on your left. Turn left into the entry and follow the whole way around the school.

**From North:** Take I-79 South towards Pittsburgh to the Rt. 65 Emsworth-Sewickley Exit (just before the Ohio River). Follow Rt. 65 North approximately 5 miles (go past Sewickley, Pa.) and turn Right at the traffic light at the Quaker Village Shopping Center (Wendy's at intersection). Follow this road through the parking lot to the "T" intersection. This will be Beaver Rd. Turn left and drive approx. 200 yards and the school will be on your left. Turn left into the entry and follow the whole way around the school.

**From South:** Take I-79 North to the Rt. 65 Emsworth-Sewickley Exit (just over the Ohio River). Follow Rt. 65 North approximately 5 miles (go past Sewickley, Pa.) and turn Right at the traffic light at the Quaker Village Shopping Center (Wendy's at intersection). Follow this road through the parking lot to the "T" intersection. This will be Beaver Rd. Turn left and drive approx. 200 yards and the school will be on your left. Turn left into the entry and follow the whole way around the school.

**From East of Pittsburgh:** Take the Pa. Turnpike West to (Cranberry Exit) I-79. Follow I-79 South to the Rt. 65 Emsworth-Sewickley Exit (just before the Ohio River). Follow Rt. 65 North approximately 5 miles (go past Sewickley, Pa.) and turn Right at the traffic light at the Quaker Village Shopping Center (Wendy's at intersection). Follow this road through the parking lot to the "T" intersection. This will be Beaver Rd. Turn left and drive approx. 200 yards and the school will be on your left. Turn left into the entry and follow the whole way around the school.

### ***DIRECTIONS TO THOMAS JEFFERSON HS***

**GPS Address:** 310 Old Clairton Road, Jefferson Hills, PA 15025

**From North:** 79 South to 279 South, Veterans Bridge Exit (Stay in left lane on Veterans Bridge), Get onto Liberty Bridge (Stay in left lane on Liberty Bridge). Continue through tunnels (right lane). Follow signs for PA 51 South to Pleasant Hills. At the Cloverleaf, make a right turn onto Old Clairton Road. Go 2-1/2 miles on Old Clairton Road to High School. Thomas Jefferson High School on right side

**From South:** I-70 East until you reach PA 51 North. PA 51 North (approximately 15 miles). Left onto Elliot Road (Starlight Motel on right). Right at Stop Sign. Continue straight at next Stop Sign. Thomas Jefferson High School on left side. OR I-70 East or West to 43 Mon Valley Expressway. To PA 51 North (approximately 1 mile). Left onto Elliot Road (continue directions from above)

### ***DIRECTIONS TO BETHEL PARK HS STADIUM***

**From the East:** West on Parkway (376) - exit to Liberty Bridge; South through the Liberty Tunnel; Proceed straight at end of tunnel (Route 19 South); Follow 19 South past Galleria Mall to the intersection with Fort Couch Road (Fort Couch Road is on the North edge of South Hills Village Mall); Turn left onto Fort Couch Road and proceed to the 5th traffic light; Turn Left onto Bethel Church Road; Proceed to first traffic light; Turn Right at the light onto Church Road; Stadium Track is on the Left

**From West:** East on Parkway to 79 South; Exit at Bridgeville; turn right at light on exit ramp; turn right at 2nd traffic light after ramp onto Old Washington Road; Turn LEFT onto Boyce Road; follow Boyce to Rt 19; turn left onto Rt. 19North; turn RIGHT onto Ft. Couch Road (SO Hills Village) and follow directions above.

### ***DIRECTIONS TO EAST ALLEGHENY HS***

**GPS Address - HS -** 1150 Jacks Run Road, North Versailles, PA

**From Pittsburgh:** Follow to the Parkway East and go through the Squirrel Hill Tunnels. Follow the parkway to exit 10A, Forest Hills, Route 30 (there is also a sign that says East McKeesport). This exit will put you directly onto Route 30 East, which is Ardmore Blvd. in Forest Hills. Follow Route 30 approximately 6-7 miles to Route 48 (you will cross the Westinghouse Bridge, go past Great Valley Shopping Center, past Rite Aid, past Matt's Furniture Store). At the intersection of Route 30 and 48, there is an Exxon station to your right, a Denny's to your left, K-Mart on the far left corner. Turn **right** at this light and follow Route 48 approximately ¼ mile.

**From Rt 70/Rt 51:** Follow Route 51 North to Route 48 North. Travel on Route 48 approximately 10 miles. (Route 48 turns to the right after the Olympia Shopping Center in Versailles). After you cross Lincoln Way and pass Oak Park Mall on your right, go approximately 1.5 miles and East Allegheny High School is on your left. If you reach Route 30, you have gone too far.

**From Monroeville/Turnpike:** Take turnpike exit #6, Monroeville. Exit and get immediately in the left lane. Turn left at the light at Outback Steakhouse, Route 48 South. Take Route 48 South for approximately 5 miles. Continue on Route 48 South, crossing the intersection with Route 30 (Exxon, Denny's, and Burger King are on the corners). Continue on Route 48 South for about ¼ mile. East Allegheny School District is on the right. Follow our road up to the stop sign. At the stop sign, turn left into our parking area. The District Office is annexed to the right side of the High School building.

### ***DIRECTIONS TO HEMPFIELD AREA HS - Spartan Stadium & Press Box GPS Address: 4343 Route 136, Greensburg, PA 15601***

**From PA TrnPk:** Take Irwin Exit 67 onto Rt3. 30 East, continue about 7 miles. Take Rte 136 West Newton Exit. Make a right onto Rt. 136 and go about 2 miles. At the 4th red light Harrold Middle School is on the left and the Senior HS is on the right. Spartan Stadium is behind the HS.

**From 22 East:** Take PA 66 Turnpike South. Take Exit 4 and turn left onto Rt 136. At red light, HS & stadium are on left (approx 1mi.)

**From 70 East:** Take PA 66 Turnpike North. Take Exit 4 and turn right onto Rt. 136. At red light, HS & stadium on left (approx 1mi.)

### ***DIRECTIONS TO CALIFORNIA UNIVERSITY: Note: Stadium Facility is located OFF-CAMPUS***

I-70 to Exit 37A; Take PA-43 (toll) to Exit 32; Turn Right on Malden, go .7mi; Turn right onto PA-88, go .8 mi; stadium is on right