

VERY IMPORTANT UPDATES

1) **DEADLINES: USATF memberships/verifications and COMPLETED registration materials-FINAL DUE DATE: MAY 31st**

We have received notification from the North Caroling USATF Membership Chair to get USATF memberships and verifications into her as soon as possible but no later than June 1st. **To make sure that all of our kids are certified and can participate in the USATF track meets, we will need everyone's COMPLETED RGISTRATION MATERIALS.**

OPEN REGISTRATION ends for 5-6 through 11-12 on THURSDAY May 9th

MIDDLE and HIGH SCHOOL participating in their school programs have until MAY 23rd.

Get All USATF MEMBERSHIP MATERIALS in to Mrs. Holland or Mrs. Brown no later than MAY 31st!!!

After 3 June, parents will have to get them to the MEMBERSHIP CHAIR on their own and hope that she will accept them. .Please do NOT JEOPARDIZE your child's participation by ignoring this DEADLINE!!!!

The website either to RENEW or get a NEW MEMBERSHIP is:

<https://www.usatf.org/membership/application/index.asp>.

REMEMBER TO AFFILIATE WITH THE Durham Striders **if this is a NEW MEMBERSHIP.** OUR USATF CLUB number is 13-618. If you have had a USATF number in the past you only need to **RENEW!!!**

2) **FRIDAY NIGHTS at BURLINGTON: THIS FRIDAY/Burlington Cummings High School/200 N Mebane St., Burlington, NC 27217, START TIME: 6:30PM**

We will have a "dress rehearsal" track meet THIS FRIDAY evening at Burlington Cummings High School, in Burlington NC. The meet will begin at 6:30PM. We need all of the kids to be at the track by 6:00PM.

The kids need to dress out as if this is a real meet, in Durham Striders running shirts and navy running shorts. Walt has running shirts and shorts and a limited number of Durham Strider warm-ups in stock as of yesterday. No matter, please make sure that they have some type of warm-up on over their running apparel. Label ALL pieces of clothing. The kids will need water and nutritious snacks. We anticipate being at the track about 2 hours.

The kids will work on starts, running in their lanes, etc. We will run the straight hurdles, 100m, 400m, 800m and for 9-10 and up, there will be high jump, long jump and for those 13-14 and up triple jump practice.

Parents are advised to bring their own chairs if they do not wish to sit in the bleachers. Only coaches and those working the meet will be allowed on the track.

Directions to the track at Cummings High School are below.
Take I-85 South from Durham.
Take EXIT 150 (Haw River).

Make a RIGHT Turn at the exit and follow to NC-70. You will go over a set of railroad track and take the next LEFT Turn. This will be NC-70 which will become Church Street. Continue on Church Street into Burlington to North Mebane. You will see a shopping area (Cum Park Plaza) to the right as a marker. (Turn Left at the light onto Mebane Street, and then take a LEFT at the very next stop light (which will come up right away) Follow the street into the campus and go around to the back of the high school where you will see the football stadium.

3) IMPORTANT TEAM MEETING on THURSDAY at the track: 7:15PM

There will be an important team meeting on Thursday at the track to review details for the FRIDAY NIGHT at BURLINGTON MEET, and for the Charlotte Flights Developmental Meet/Saturday, May 4th/Johnson C Smith University.

Please plan to be there.

4) SATURDAY MORNINGS at BUEHLER:

BUEHLER TRAIL ON SATURDAY IS CANCELLED because we will be running on Friday Evening.

5) Parking alert:

**Please do not BLOCK any cars as you attempt to find a legitimate parking space!!!!
Please pick up your trash and help us keep the track clean!!!**