



Durham Striders Track Club  
P.O. Box 15758  
Durham, NC 27704

**2014 Durham Striders High School Invitational**  
**Indoor Track & Field**

**Saturday, January 11**

*University of North Carolina's Dick Taylor Track – Eddie Smith Field House*

- Eligibility:** High School athletes from North Carolina. High School athletes from other states may enter as unattached athletes. North Carolina athletes must be entered by and represent their high schools.
- Entry Information:** Entry fees are \$10.00/event and \$20.00/relay, maximum of 4 entries per individual event and 2 relays per school. There are no additional fees for relay only athletes, but they must be entered in the meet. Late entries will be accepted, if feasible and approved by meet management. Late fees will be \$15 per event and \$30 per relay. These are entry fees, not participation fees. There will be no refunds for scratches after the entry deadline. Teams must pay fees at packet pick-up, do not mail. Unattached athletes must pay fees online.
- School checks, certified checks or money orders only. Personal checks will not be accepted; no refunds
- Make checks payable to:       Durham Striders
- Entry Process:** Enter On-line thru Coach O, ([www.coacho.com](http://www.coacho.com)). Entries and changes can be made up to the deadline, Monday January 6, 2014. Faxed, e-mailed or phone entries will not be accepted.
- Spikes:** Limited to 1/4 inch spikes or no spikes at all. This will be strictly enforced. Athletes will not be allowed to run with longer spikes.
- Facilities:** 200 meter Mondo track, FinishLynx FAT timing. No tape decks, radios or glass containers allowed in the facility. Concession stand will be on site.
- Admission Fee:** Adults: \$5.00 - Students: \$3.00 – Children 12 & under: Free. NC Coaches Association passes will be honored.
- Rules:** NCHSAA and NFHS rules will be strictly adhered to.
- Relays:** All relay members must be students from same high school. Alternates may be entered if athletes do not violate the high school event limitation, 4 maximum.
- Packet Pick-up:** Eddie Smith Field House at the track starting at 8:00 a.m. Saturday; Coaches' meeting at 8:30 a.m.
- Time Schedule:** The order of events is attached. The meet will follow a rolling schedule.
- Performance Limits:** Starting heights in (HJ & PV) and minimum measured in (LJ, TJ and SP). These are shown next to events on the schedule. The Pole Vault entries will be limited to 20 per gender. Refer to performance list for allowed entries.
- Results:** Performance list, complete and live results will be available on the Durham Striders web site: ([www.durhamstriders.com](http://www.durhamstriders.com)). Your team results can be picked up 30 minutes after your last event.
- Awards:** Top 3 will receive medals.
- Meet Host:** Durham Striders
- Meet Director:** Frank W. Davis, Jr. Email: [dstmeets@durhamstriders.com](mailto:dstmeets@durhamstriders.com)       Phone: 919-477-9445

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**Schedule of Events**

**Field Events:**

		<b><u>Women</u></b>	<b><u>Men</u></b>
9:30am	Long Jump	Measure 14'0"	18'0"
	High Jump (Women followed by Men)	Start 4'6"	5'10"
	Shot Put (Men followed by Women)	Measure 25'0"	35'0"
	Triple Jump	Measure 28'0"	36'0"
	Pole Vault (Women followed by Men)	Start 7'6"	10'8"
	(Pole Vault, 20 entries per gender)		

**Running Events:** (Rolling Schedule; women followed by men except where indicated)

9:30am 4x800 meter relay  
55 meter high hurdles (semis, Women followed by Men)  
55 meter dash (semis)  
55 meter high hurdles (finals, Men followed by Women)  
55 meter Dash (finals)  
1600 meter run  
500 meter run  
3200 meter run  
1000 meter run  
300 meter dash  
4x400 meter relay

***IMPORTANT HOTEL INFORMATION***

**Welcome To The  
Durham Striders H.S. Invitational**

**Chapel Hill, North Carolina**



<b>PREFERRED HOTEL INFORMATION</b>	<b>HOTEL FEATURES</b>	<b>DISTANCE FROM TRACK / RATES</b>
<b><u>Hampton Inn &amp; Suites</u></b> 6121 Farrington Road Chapel Hill, NC 27517 Team Reservations: 919-403-8700	Free hot breakfast, free local calls, free internet access, interior corridors, fitness room	Room rate: \$ 82.00 Group Code: DSI UNC Indoor: 3 miles

*For all team reservations*

**Please book reservations by January 1, 2014 to insure availability and rate. Ask for the Durham Striders Invitational Block.**