

*2016 Durham County Track & Field
Championships
(High School Meet)*



**Saturday, April 23
Durham County Memorial Stadium
Durham, NC**

ELIGIBILITY: Open to all high school track teams located in Durham County

Entry Information: A maximum of 3 entries per event, per school.

Entry Process Entries and changes can only be made *on-line* at <http://coacho.com/> .
If you are unfamiliar with [CoachO](http://CoachO.com) on-line meet entry process, go to www.CoachO.com, click on Calendar and select meet. On-line meet entry will be available from March 14 until the deadline, April 18. A maximum of 3 entries per event, per school. Seeding will be placed on the [Durham Striders web site](http://www.durhamstriders.com) by April 20.

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: 400-meter all-weather track. FinishLynx timing by Durham Striders. Concession stands open during meet. No glass containers allowed in the stadium. Tents and/or umbrellas will be allowed in designated areas of the stadium only.

Awards: Medals for top three individuals, 1st place team awards.

Relays: Alternates must be entered during entry process on Coach O.

Packet Pick-up: At the track, starting at 8:00 am; Coaches' meeting at 8:30 am.

Time Schedule: The meet will follow a rolling schedule.

Perf. Limits: Starting heights in (HJ & PV) and minimum measured marks in (LJ, TJ and SP). These are shown on the "Schedule of Events"

Results: Live results will be available on the Durham Striders web site after the completion of each event: (www.durhamstriders.com).

Rules: 2016 NFHS rules of competition will apply.

Meet Host: Durham County Schools

Meet Director: Frank Davis (dstmeets@durhamstriders.com)

Meet Manager: Larry McDonald (Larry.McDonald@dpsnc.net)

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Schedule of Events

Field Events:

		<u>Women</u>	<u>Men</u>
9:00am	Long Jump	Measure 14'0"	18'0"
	High Jump (Women followed by Men)	Start 4'4"	5'4"
	Shot Put (Men followed by Women)	Measure 26'0"	38'0"
	Discus (Women followed by Men's)	Measure 80'0"	120'0"
	Triple Jump (Follows Long Jump)	Measure 30'0"	38'0"
	Pole Vault (Women followed by Men)	Start 6'6"	8'0"

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

10 am 4x800 meter relay
100 meter hurdles
110 meter hurdles (Prelims)
100-meter dash (Prelims)

Finals:

110 meter hurdles
100 meter hurdles
100-meter Dash
4x200 meter relay
1600-meter run
4x100 meter relay
400-meter dash
300-meter hurdles
800-meter run
200-meter dash
3200-meter run
4x400 meter relay

Awards: Team Championship