



## 2016 DURHAM STRIDERS AGE GROUP INVITATIONAL



### Indoor Track & Field Meet

Saturday, January 23

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

**Eligibility:** Open to any athlete that falls within the age divisions listed below. The maximum event entry limit is three for athletes 12 and under and four for 13-14. Athletes must be entered as Unattached or with a Club; cannot be entered under a High School.

**Age Divisions:** Age divisions are determined by year of birth, i.e., their age on Dec. 31, 2016.

| <u>Age Division</u> | <u>Year of Birth</u> |
|---------------------|----------------------|
| 8 & Under           | 2008 and later       |
| 9 – 10              | 2006 – 2007          |
| 11 – 12             | 2004 – 2005          |
| 13 – 14             | 2002 – 2003          |

**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, Tuesday, January 19, 2016. Faxed, e-mailed or phone entries will not be accepted.

*There are no qualifying standards, but please enter seed performances to assure that your athletes will compete in representative heats.*

**Deadline:** Athletes must be entered by 11:59 p.m. January 19.

**Fees:** \$8.00 per individual event \$20 per relay event

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.*

**Admission Fee:** Spectator admission is \$5.00, children under 6, free.

**Packet Pick-up:** Eddie Smith Field House at the track starting at 8:30 a.m.; Coaches' meeting at 9:30 a.m.

**Results:** Performance list, complete and live results will be available at the Durham Striders web site: ([www.durhamstriders.com](http://www.durhamstriders.com)).

**Relays:** A maximum of 2 relay teams, 'A' and 'B', per event per age division will be allowed. Four (4) members and two (2) alternates may be entered per relay.

**Awards:** The top three finishers in each event will receive medals.

**Equipment:** Athletes must use the starting blocks provided by the meet. Throwers must provide their own implement.

**Rules:** USATF rules of competition will apply.

- Protest:** All protests must be filed at the protest table by the coach or the individual competitor, if not competing for a club. A parent may file for an unattached runner. A **CASH** fee of \$25.00 must be submitted when filing a protest. The money will be returned if the protest is upheld.
- Facilities:** 200 meter Mondo track, FinishLynx FAT timing. No tape decks, radios or glass containers allowed in the facility. Concessions will be available on site. Spikes are limited to 1/4-inch pyramid spikes or no spikes at all. This will be strictly enforced.
- Host:** Durham Striders Youth Association
- Meet Director:** Frank W. Davis, Jr. ([dstmeets@durhamstriders.com](mailto:dstmeets@durhamstriders.com))

**EVENTS OFFERED (Meters)**

| Events        | 8&U   |       | 9-10   |        | 11-12 |        | 13-14  |        |
|---------------|-------|-------|--------|--------|-------|--------|--------|--------|
|               | Girls | Boys  | Girls  | Boys   | Girls | Boys   | Girls  | Boys   |
| 55            | X     | X     | X      | X      | X     | X      | X      | X      |
| 200           | X     | X     | X      | X      | X     | X      | X      | X      |
| 400           | X     | X     | X      | X      | X     | X      | X      | X      |
| 800           | X     | X     | X      | X      | X     | X      | X      | X      |
| 1500          | X     | X     | X      | X      | X     | X      | X      | X      |
| 55 Hurdles--  | ----- | ----- | -----  | ----   | X     | X      | X      | X      |
| 4X400         | X     | X     | X      | X      | X     | X      | X      | X      |
| LJ            | X     | X     | X      | X      | X     | X      | X      | X      |
| TJ            | ----- | ----- | -----  | -----  | ----- | -----  | X      | X      |
| HJ (Start)--- | ----- | ----- | (0.90) | (0.96) | (1.0) | (1.16) | (1.20) | (1.40) |
| Shot Put      | X     | X     | X      | X      | X     | X      | X      | X      |

X = EVENT OFFERED IN AGE DIVISION

**SCHEDULE OF EVENTS**

**RUNNING EVENTS: (ALL FINALS) (10:00 a.m. (Rolling Schedule)**

- 55Meter Hurdles (Prelims)
- 55 Meter Dash (Prelims)
- 55 Meter Hurdles (Finals)
- 55 Meter (Finals)
- 400 Meter Dash
- 800 Meter Run
- 200 Meter Dash
- 1500 Meter Run
- 4 x 400 Meter Relay

**FIELD EVENTS: (10:00 a.m.)**

- Long Jump (13-14 Down)
- High Jump (9-10 Up)
- Triple Jump - Follows Long Jump
- Shot-put (8&U Up)

**Shotput, Triple Jump and Long Jump, competitors will ONLY be allowed four (4) attempts.**

***IMPORTANT HOTEL INFORMATION***

**Welcome To The  
2016 Durham Striders Age Group Invitational**

**Chapel Hill, North Carolina**



| <b>PREFERRED HOTEL INFORMATION</b>   | <b>HOTEL FEATURES</b>  | <b>DISTANCE FROM TRACK / RATES</b>                                 |
|--|--|--|
| <a href="#"><u>Hampton Inn &amp; Suites</u></a><br>6121 Farrington Road<br>Chapel Hill, NC 27517<br>Team Reservations:<br>919-403-8700 | Free hot breakfast, free local calls, free internet access, interior corridors, fitness room | Room rate:<br>\$84.00<br>Group Code: DUS<br>UNC Indoor:<br>3 miles |

***For all team reservations***

**Please book reservations by January 8, 2016 to insure availability and rate. Ask for the Durham Striders Age Group Invitational Block.**