

**2017 Big Eight 3A Track & Field
Championships
(High School Meet)**

**Wednesday May 3
Durham County Memorial Stadium
Durham, NC**

- Eligibility:** Open to all the Big Eight 3A schools
- Entry Process** Entries and changes can only be made on-line via nc.milesplit.com Calendar. Entries will not be accepted after the deadline of Monday, May 1, 11:59 p.m. A maximum of 3 entries per event, per school will be allowed. Use only verifiable performances that are recorded in MileSplit for entries. Seeding will be placed on the [Durham Striders web site](http://www.durhamstriders.com) on May 2. Click on live results.
- 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.
- Admissions:** \$5.00 for all spectators.
- Relays:** All four relay athletes plus alternates must be entered during entry process.
- Seeding:** Top eight times in the 100m dash and 100/110 meter hurdles will qualify for the finals. All other events will be seeded and run as time finals.
- Results:** Live results will be available on the Durham Striders web site after the completion of each event: (www.durhamstriders.com).
- Scoring:** Top seven (7) in all events will score. (10-8-6-4-3-2-1)
- Rules:** 2017 NFHS rules of competition will apply.
- Meet Host:** Southern Durham High School
- Meet Director:** Frank Davis (fdavis@durhamstriders.com)
919-451-9792

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Schedule of Events

Women followed by Men except where indicated

1:00 p.m. – Meeting for all head coaches in the press box at the top of the stadium

Field Events:

			Women	Men
1:30 p.m.	Long Jump			
	High Jump (Men followed by Women)	Starting Height	4'4"	5'4"
	Shot Put (Women followed by Men)			
	Discus (Men followed by Women)			
	Triple Jump (Follows Long Jump)			
	Pole Vault (Women followed by Men)	Starting Height	6'6"	9'6"

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

1:30 p.m.	4x800 meter relay
2:00	110m hurdles (Prelims)
2:15	100m hurdles (Prelims)
2:30	100m Dash Prelims)
3:00 p.m.	Announce Finalist for 100m and 100m/110m Hurdles

Finals:

3:30	100 meter hurdles
3:35	110 meter hurdles
3:40	100-meter Dash
3:50	4x200 meter relay
4:05	1600-meter run
4:25	4x100 meter relay
4:40	400-meter dash
5:05	300-meter hurdles
5:25	800-meter run
5:40	200-meter dash
6:05	3200-meter run
6:40	4x400 meter relay
6:55	Coaches Meeting

Awards: Team Championship

Meet may run up to 20 minutes ahead of schedule once finals begin

Meet Assignments

Meet assignments are tentative; adjustment will be made prior to the competition based on skill levels.

4x800m Relay – Exchange zone (N. Vance and Chapel Hill)

4x200m Relay – Exchange zone one and three (Southern and Northwood) Exchange zone two and four (Orange and Oxford Webb)

4x100m Relay – Exchange zone one (N. Vance) exchange zone two (Orange) exchange zone three (Oxford Webb)

4x400m Relay - Exchange zone (Chapel Hill and Southern Durham)

High Jump – Northern Vance/Cedar Ridge

Disc – Orange

Shot Put – Orange

Long Jump – Chapel Hill/Southern

Triple Jump – Orange/Southern

Pole Vault – TBD