



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

2016 Eastern High School Challenge
Indoor Track & Field

Saturday, January 30

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 or club athletes. All relay members, including club, must be from the same high school.
- 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, money orders or cash 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). Entries and changes can be made up to the deadline, Tuesday January 26, 2016. Faxed, e-mailed or phone entries will not be accepted.
- Spikes:** Limited to 1/4 inch pyramid spikes or no spikes at all. This will be strictly enforced.
- 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.; 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 at the Durham Striders web site: (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. E-mail: dstmeets@durhamstriders.com Phone: 919-477-9445

2015 Eastern High School Challenge
Indoor Track & Field

Saturday, January 30

Entry Standards

| <u>Event</u> | <u>Men</u> | | <u>Women</u> | |
|-------------------|------------|---------------|--------------|--------------------------------|
| Pole Vault | 11'8" | Start 10'8" | 8'6" | Start 7'6" (20 max per gender) |
| High Jump | 5'10" | Start 5'8" | 4'10" | Start 4'8" |
| Shot Put | 42'0" | Measure 39'0" | 30'0" | Measure 28'0" |
| Long Jump | 20'0" | Measure 18'0" | 15'8" | Measure 14'0" |
| Triple Jump | 40'0" | Measure 36'0" | 32'0" | Measure 30'0" |
| 55 meter HH | 9.30 | | 10.5 | |
| 55 meter dash | 6.90 | | 8.0 | |
| 300 meter dash | 39.00 | | 46.0 | |
| 500 meter run | 1:14 | | 1:30 | |
| 1000 meter run | 2:54 | | 3:30 | |
| 1600 meter run | 4:55 | | 6:00 | |
| 3200 meter run | 10:40 | | 12:50 | |
| 4x200 meter relay | 1:35 | | 1:55 | |
| 4x400 meter relay | 3:46 | | 4:35 | |
| 4x800 meter relay | 9:20 | | 11:15 | |

Schedule of Events

Field Events:

9:30am Long Jump (Women pit# 1, Men pit# 2)
High Jump (Women followed by Men)
Shot Put (Men followed by Women)
Triple Jump (Follows Long Jump)
Pole Vault (Women followed by Men)

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)
4x200 meter relay (Coach declare by end of 55mh semis)
1600 meter run
500 meter run (Coach declare by end of 4x200m relay)
1000 meter run
300 meter dash (Coach declare by end of 500m)
3200 meter run
4x400 meter relay (Coach declare by end of 300m)

IMPORTANT HOTEL INFORMATION

**Welcome To The
2016 Eastern High School Challenge**

Chapel Hill, North Carolina



| PREFERRED HOTEL INFORMATION | HOTEL FEATURES | DISTANCE FROM TRACK / RATES |
|--|--|---|
| <u>Hampton Inn & Suites</u> 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: \$ 84.00 Group Code: EHC UNC Indoor: 3 miles |

For all team reservations

Please book reservations by January 15, 2016 to insure availability and rate. Ask for the Eastern HS Challenge Block.