

2016 DURHAM STRIDERS AGE GROUP INVITATIONAL
(Revised)



Indoor Track & Field Meet

Saturday, February 6, 2016

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, four for 13-14 and High School. 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
15 – 18 (High School)	1998 – 2001 and 1997 if date of birth is after July 31, 2016

Entry Process: Enter On-line thru Coach O, (www.coacho.com). Entries and changes can be made up to the deadline, Tuesday, February 2, 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 midnight February 2.

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).

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)

EVENTS OFFERED (Meters)

Events	8&U		9-10		11-12		13-14		High School	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
55	X	X	X	X	X	X	X	X	X	X
200	X	X	X	X	X	X	X	X	X	X
400	X	X	X	X	X	X	X	X	X	X
800	X	X	X	X	X	X	X	X	X	X
1500	X	X	X	X	X	X	X	X	X	X
55 Hurdles--	-----	-----	-----	----	X	X	X	X	X	X
4X200	X	X	X	X	X	X	X	X	XX	X
LJ	X	X	X	X	X	X	X	X	X	X
TJ	-----	-----	-----	-----	-----	-----	X	X	X	X
HJ (Start)---	-----	-----	(0.90)	(0.96)	(1.0)	(1.16)	(1.20)	(1.40)	(1.42)	(1.72)
Shot Put	X	X	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 200 Meter Relay

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

- Long Jump (High School 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.