

Good evening Strider Nation:

We are writing to provide information on the Powerade State Games scheduled for this Saturday at Johnson C Smith University and a change in the way that the entries for this meet ONLY will occur.

The coaching staff met this afternoon after practice to review the progress of our athletes over the past 2 months, the forthcoming meets that will determine which athletes will be entered for the Jim Law Invitational (June 15-16), the mandatory USATF State qualifier (June 20-23) and the USATF Youth National Championships (June 26-30).

A few important common observations were raised by the coaching staff that have led to a change in the way that the entries will be made for the Powerade State Games:

- 1) **MANY** of the athletes have not achieved the kind of progress expected at this point in the season, despite increasingly tougher practices, and opportunities to run in "practice" meets, scrimmages, etc.
- 2) The Jim Law Invitational will be the **LAST** track meet to make the qualifying standards for the USATF Youth Outdoor National Championships to be held in Illinois June 26-30. The entry deadline for the meet is SUNDAY, June 16th the last day of the Jim Law).
- 3) **ALL USATF verified athletes, ~220 from the Durham Striders, will be entered in events (max of 3 events including relays for 11-12 and under/max of 4 events including relays for 13-14 and up) to the North Carolina USATF Association meet** to attempt to qualify as many of our athletes to the USATF Junior Olympic National Championships to be held at A&T State University in late July. The cost of these entries will be encumbered by the team.
- 4) Many parents have expressed their desire to have their athletes compete in as many events as possible for the Powerade State Games.

To this end, **for the Powerade State Games only, we will require that the parents pay the costs for entry into events at the meet. The entry costs are \$5/event. Parents will have the right to choose the events into which their children may be entered. The available events are listed below:**

**100m
200m
400m
800m
1500m
3000m
80/100/110m Hurdles
200/400m Hurdles**

**Long/Triple Jump
High Jump
Shotput/Discus
Javelin/Turbo-javelin**

Athletes from 7-8 (Sub-Bantam) through 11-12 (Midget) may participate in a MAXIMUM of 3 events. (max entry fee= \$15)

Athletes from 13-14 (Youth) through 17-18 (Young Men/Women) may participate in a MAXIMUM of 4 events. (max entry fee=\$20)

This will be the only meet where this kind of choice will be available and quite frankly may provide additional information to help guide us with the State USATF entries. It will certainly be the last meet to make the qualifying times/distances for the Jim Law Meet scheduled for the following weekend at UNC-Charlotte. Parents are advised to select events that their athletes have a REASONABLE chance to qualify for the Jim Law or the NC USATF JO Qualifier, and perhaps the USATF Youth Nationals. The qualifying standards are listed on the websites provided on the recent newsletter send this week.

The deadline to enter the Powerade State Games is Thursday night. Parents will be required to list their athlete(s) name(s), select the events, and pay their entry fee to Coach Tecla (Durham) or Coach Alayna (Burlington) IN CASH or CERTIFIED CHECK ONLY no later than the END OF PRACTICE on THURSDAY.

Please remember that there will be a Team meeting on Thursday at 7:00PM at Southern's track. Please plan to be there!!!