



2011 DURHAM STRIDERS DEVELOPMENTAL MEET
DURHAM COUNTY MEMORIAL STADIUM
DURHAM, NC
Saturday, May 28, 2011

EVENTS OFFERED (Meters)

Events	Sub-Sub Bantam		Sub Bantam		Bantam		Midget		Youth		Intermediate		Young	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
100	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
1500	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
H Hurdles	-----	-----	-----	-----	-----	-----	X	X	X	X	X	X	X	X
4X100	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
LJ	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
TJ	-----	-----	-----	-----	-----	-----	-----	-----	X	X	X	X	X	X
HJ (Start)	-----	-----	-----	-----	(3'0)	(3'2")	(3'4")	(3'10")	(4'0)	(4'6")	(4'4")	(5'6")	(4'4")	(5'8")
Shot Put	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
Discus	-----	-----	-----	-----	-----	-----	X	X-	X	X	X	X	X	X
Mini Jav			X	X	X	X	X	X	-----	-----	-----	-----	-----	-----

X = EVENT OFFERED IN AGE DIVISION

USATF RULES AND EVENT LIMITS ARE USED, EXCEPT SUB-SUB BANTAMS (6&U), CAN ONLY PARTICIPATE IN TWO EVENTS, THE 100M AND 400M.

Age divisions are determined by year of birth.

Sub-Sub Bantam	6 & U	2005 and later
Sub Bantam	7 & 8	2003- 2004
Bantam	9 - 10	2001 - 2002
Midget	11 - 12	1999 - 2000
Youth	13 - 14	1997 - 1998
Intermediate	15 - 16	1995 - 1996
Young M/W	17 - 18	1993- 1994

In the Young Men/Women division, an athlete is considered 18 if his/her birthday falls on or after August 1, 2011.

RUNNING EVENTS: (ALL FINALS) (9:00 a.m. (Rolling Schedule)

1500 Meter Run
 80/100/110 Hurdles
 100 Meter Dash
 400 Meter Dash
 800 Meter Run
 4 x 100 Meter Relay

FIELD EVENTS: (9:00 a.m.)

Long Jump (Young Down)
 High Jump (Bantam Up)
 Triple Jump - Follows Long Jump
 Shot-put (Sub Bantam UP)
 Discus (Young Down)
 Mini Javelin (Sub Bantam Up)

In all field events, competitors will be allowed three (3) attempts ONLY.

Entries and changes can only be made *on-line* at http://coachoregistration.com/meet/entry/nc_durhamstriders/ or www.CoachO.com. The entry deadline is midnight, Thursday, May 26. If you are unfamiliar with CoachO.com on-line meet entry process, click the Help button on the Main Menu and read the topic *How to enter a meet*. Faxed, e-mailed, phone entries or changes will not be accepted except as stated below. Athletes will **NOT be allowed to enter at the meet. **There are no qualifying standards but, please enter seed performances to assure that your better athletes will compete in representative heats.****

- **NO ENTRY FEE- CONCESSION BOOTH WILL BE OPEN- RIBBONS TO THE TOP SIX.**

Meet Director: Frank W. Davis, Jr. E-mail: dstmeets@durhamstriders.com Web Site: www.durhamstriders.com