



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

2013 North Carolina High School Opener
Indoor Track & Field

Saturday, January 5

University of North Carolina's Dick Taylor Track – Eddie Smith Field House

- Eligibility:** High School athletes from North Carolina and Virginia.
- Entry Information:** Entry fee is \$7.00/event and \$20.00/relay, maximum of 3 entries per individual event per school. There is no additional fee for relay only athletes, but they must be entered in the meet. *This is an entry fee, not a participation fee. There will be no refunds for scratches after the entry deadline. Entry will not be processed unless entry fee is received by deadline.*
- Entry Process:** Enter On-line thru Coach O, (www.coacho.com). Entries and changes can be made up to the deadline, Wednesday, January 2, 2013. Faxed, e-mailed or phone entries will not be accepted. Fees must be received, not postmarked, by Thursday, January 3, 2013.
- Mail entry fees to: Durham Striders
PO Box 15758
Durham, NC 27704
- School checks, certified checks or money orders only. *Personal checks will not be accepted; no refunds*
- 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:** 200 meter Mondo track, FinishLynx FAT timing. No tape decks, radios or glass containers allowed in the facility.
- 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. Saturday; 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.
- 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.
- Meet Host:** Southern Durham High School
- Meet Director:** Frank W. Davis, Jr. (dstmeets@durhamstriders.com)

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Schedule of Events

Field Events:

		<u>Women</u>	<u>Men</u>
9:00am	Long Jump	Measure 14'0"	18'0"
	High Jump (Women followed by Men)	Start 4'6"	5'10"
	Shot Put (Men followed by Women)	Measure 25'0"	35'0"
	Triple Jump	Measure 28'0"	36'0"
	Pole Vault (Women followed by Men)	Start 7'0"	10'6"

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

9:00am 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)
1600 meter run
500 meter run
3200 meter run
1000 meter run
300 meter dash
4x400 meter relay

IMPORTANT HOTEL INFORMATION

**Welcome To The
Durham Striders H.S. Invitational**

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: \$ 82.00 Group Code: DSI UNC Indoor: 3 miles

For all team reservations

Please book reservations by December 20, 2012 to insure availability and rate. Ask for Durham Striders Block.