



TimingInc Youth, Open & Masters Indoor T&F Meet January 15, 2017

- Admission:** Spectator admission is \$7 for adults and \$4 for students 12 and older. Children under 12 are free. Spectators will be given wristbands that must be worn for re-entry.
- Eligibility:** JDL Youth Indoor T&F Meet is open to all athletes ages 6 through 18. Age divisions will be determined by year of birth. All athletes must compete Unattached or with a Club Team.
- Entry Deadline:** Entries are handled on a first come, first served basis. Online entries via www.Coacho.com will open on **Monday, December 26** and will close on **Wednesday, January 11 at 11:59 pm EST**. Go to the meet calendar and find this meet.
- Age Groups:** 8 & under; 9-10; 11-12; 13-14; 15-16; 17-29 (Open); 30+ (Masters)
- Entry Fee:** \$10 *per athlete per event* and \$20 *per relay*. Late entries for those failing to enter online by January 11 will be charged a *late fee of \$20 per athlete per event and \$40 per relay*. **Late entries will be accepted at the discretion of meet management and are not guaranteed.**
- There will be **No Refunds**. All athletes/teams must pay the registration fee online through Coacho.com before entry closing or your entries will be removed. Additional Coacho.com fees may apply.
- Entry Limits:** Athletes 12-under may compete in a maximum of 3 events. Athletes ages 13-16 may compete in a maximum of 4 events. 17+ unlimited events
- Spike Requirement:** Pyramid spikes or Christmas tree spikes only with maximum length of ¾". Any athletes reporting to the starting line with larger spikes or needle spikes will not be allowed to compete. This will be strictly enforced. All athletes must check their spikes with the clerk when they check in.
- Check-in Procedures:** Field event athletes must check-in to their field event sites no later than 15 minutes prior to their competition. For running events, this meet will use a **First Call/Final Call procedure**. All athletes must check-in at the clerks table when their **Age-Group/Event** is called. **Any athletes failing to check-in within that time frame will be scratched from that event. NO EXCEPTIONS!!** After checking in athletes will receive their hip numbers, heat and lane assignments. Athletes will be walked to the start of the race.
- Seeding/Heat Sheets:** Preliminary heat sheets will be distributed via email to coaches/athletes no later than Friday morning January 13, and will also be posted on the JDL Fast Track website under the Schedule tab.
- Trials/Finals in 60/60H:** In the 60m Dash and 60m Hurdles, separate trials and finals will ONLY be conducted if there are 9 or more athletes in the heats. If 8 or less athletes report to the start line, there will only be one round of competition. If only one round is contested, it will occur in the time slot allocated for FINALS.
- Open & Masters will be 1 round of finals ONLY.
- Implements:** Athletes will be responsible for providing their own implements.
- Field Events:** No "finals" in the Shot Put, Triple Jump, and Long Jump. Each participant will get four attempts.
- Timing:** Fully automatic timing will be performed by Timing Inc.

Results: Results will be posted at Coacho.com, JDL Fast Track's website and TimingInc.com.

Schedule: In all running events, the girls will go first followed by boys. Additionally, younger age divisions will precede the older divisions. **The meet will be run on a rolling schedule.**

9:00 AM 9:30 AM 10:15 AM
Track Opens Officials' Meeting Coaches' Meeting

<u>RUNNING EVENTS</u> Rolling Schedule		<u>FIELD EVENTS</u>		
Time	Event	Time	Event	Area
10:45 am	3000m	11:00 AM	High Jump – girls first	HJ Apron
	60mH semi		*M&W Open & Masters will follow	
	60m semi	11:00 AM	Weight Throw – genders will be mixed	Throws Cage
	400m			
	60mH finals	12:00 PM	Shot Put – boys first	Throws Cage
	60m finals		*M&W Open & Masters will follow	
	800m	11:00 AM	Boys Long Jump – followed by Triple Jump	LJ Runway "A"
	200m		*Men Open & Masters will follow	
	Mile	11:00 AM	Girls Long Jump – followed by Triple Jump	LJ Runway "B"
	4x200m Relay		*Women Open & Masters will follow	
		12:00 PM	Pole Vault – boys first	PV Runway "B"
			*M&W Open & Masters will follow	
		<i>There will be a 30-minute break between Youth & Open/Masters field events to allow for a break for officials.</i>		

Meet Contact Info:

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For additional information about the facility, rules or procedures, please visit the FAQ page on our website. A link to the FAQ page can be found at the top right-hand side of www.jdlfasttrack.com.

Hotel Sponsors:

Courtyard by Marriott (336-760-5777)
 1600 Westbrook Plaza Drive
 Winston-Salem, NC 27103
Winstonsalemcourtyard.com

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 1990 Hampton Inn Court
 Winston-Salem, NC 27103
Winstonsalemi40.hamptoninn.com

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 1015 Marriott Crossing Way
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