

GENERAL MEET INFORMATION

Admission:	Spectator admission is \$7 for adults and \$5 for students 12 and older. Children under 12 are free.
Waiver of Liability:	Each institution and individual will be required to provide either a certificate of insurance or waiver of liability. The waiver of liability forms can be found at the top of the Schedule page at jdlfasttrack.com . Forms will be available to fill out at packet pick-up, but we urge schools and individuals to submit their documentation prior to the meet. Only one form is needed for the entire season.
Athletic Trainer:	JDL Fast Track will be providing a certified athletic trainer on-site during the competition. Schools not traveling with a trainer should send supplies, such as tape and pre-wrap, as the on-site athletic trainer will have limited quantities of those supplies.
On-Site Food Vendor:	Tropical Smoothie Cafe will be on-site during the meet to provide food services to teams, officials and spectators for this meet. Teams interested in purchasing catering from Tropical Smoothie Cafe may contact Karli Prestandrea at 336-624-5994 or Karli.prestandrea98@gmail.com .
T-Shirt & Photo Vendors:	T-Shirts will be for sale at the event. They will be a "Technical" T-shirt with the event logo and will be sold for \$10 each. You will also be able to purchase Finish line photos printed on a shirt for \$10. You can also purchase the finish line photo on photo paper for \$10. Photos will also be available for sale on site and online.
Timing & Results:	Fully automatic timing will be performed by TimingInc.com Results will be posted at TimingInc.com and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	TimingInc Youth, Open & Masters Meet is open to all athletes. 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 CoachO.com will open on December 1, 2017 and will close on January 11th, 2018 . Some events may reach their entry limits prior to the deadline, so coaches are encouraged to register early.
Entry Fees:	\$10 per athlete per event and \$20 per relay. Late entries or those failing to enter online will be charged a late/manual fee of \$20 per athlete per event or \$40 per relay. Late and manual entries will be accepted at the discretion of meet management and are not guaranteed. There will be no refunds for scratches after the entry deadline. 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 and under may compete in a maximum of 3 events. Athletes 13 and up may compete in a maximum of 4 events.

RUNNING EVENT INFORMATION

Check-in Procedures:	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:	Performance lists will be distributed via email to coaches/athletes on January 12, 2018, 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 .

FIELD EVENT INFORMATION

Check-in Procedures:	Field event athletes must check-in to their field event sites no later than 30 minutes prior to their competition. Any athletes failing to declare within that time frame will be scratched from the event. NO EXCEPTIONS!!
Implements:	Athletes will be responsible for providing their own implements.
Field Event Attempts:	No "finals" in the Shot Put, Triple Jump, and Long Jump. Each participant will get four attempts.

SCHEDULE

Tentative Schedule: In all running events, the girls will go first followed by boys. Additionally, slower heats will precede the faster heats. A final schedule will be sent to all coaches via email no later than January 11th 2018.

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

<i>RUNNING EVENTS</i>	
Time	Event
10:45 AM	3000m
	60mH semi
	60m semi
	400m
	60mH finals
	60m finals
	800m
	200m
	Mile
	4x200m Relay

<i>FIELD EVENTS</i>		
Time	Event	Area
10:30AM	High Jump – girls first	HJ Apron
10:30 AM	Weight Throw – genders/ages may be mixed	Throws Cage
12:00 PM	Shot Put – boys first	Throws Cage
11:00 AM	Boys Long Jump – followed by Triple Jump	LJ Runway "A"
11:00 AM	Girls Long Jump – followed by Triple Jump	LJ Runway "B"
12:30 PM	Pole Vault – girls first	PV Runway "B"
<i>There will be a 30-minute break between each field event contested in the same event area to allow for a break for officials.</i>		

Meet Contact Info:	Jimmy Stephens (Meet Director) jimmy@timinginc.com	Craig Longhurst craig@jdlcastlecorp.com 336-448-1656	Veronica Rodriguez veronica@jdlcastlecorp.com 336-448-1657
Hotel Sponsors:	Courtyard by Marriott (336-760-5777) 1600 Westbrook Plaza Drive Winston-Salem, NC 27103 Winstonsalemcourtyard.com	Springhill Suites (336-765-0190) 1015 Marriott Crossing Way Winston-Salem, NC 27103 www.marriott.com/INTSH	The Village Inn (336-766-9121) 6205 Ramada Drive Clemmons, NC 27012 www.thevillageinn.com
	Hampton Inn (336-760-1660) 1990 Hampton Inn Court Winston-Salem, NC 27103 Winstonsalemi40.hamptoninn.com		Fairfield Inn & Suites (336-714-3000) 1680 Westbrook Plaza Drive Winston-Salem, NC 27103 www.fairfieldinn.com/intfi

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.