



Southeastern Youth Track & Field Indoor Championship January 26, 2020



GENERAL MEET INFORMATION

Admission:	Spectator admission is \$7 and children under 6 are free.
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:	PDQ will be on-site during the meet to provide food services to teams, officials and spectators. Teams interested in purchasing catering from PDQ may contact Amber Burlison at 336-898-2004 or aburlison4@gmail.com .
Timing & Results:	Fully automatic timing will be performed by TimingInc.com. Results will be posted at TimingInc.com, Athletic.net, and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	Southeastern Youth Track & Field Indoor Championship is open to all athletes ages 6 through 18. Age divisions will be determined by year of birth according to USATF age groups. <u>All athletes must compete Unattached or with a Club Team. Meet will be conducted by USATF Youth Rules.</u>
Entry Deadline:	Entries are handled on a first come, first served basis. Online entries via Athletic.net will open on 11/20/2019 and will close on 1/22/2020 at 11:59pm. Some events may reach their entry limits prior to the deadline, so coaches are encouraged to register early.
Entry Fees:	<i>\$10 per athlete per event and \$20 per relay.</i> Late entries or those failing to enter online will be charged a <i>late/manual fee of \$20 per athlete per event or \$30 per relay.</i> <i>Late and manual entries will be accepted at the discretion of meet management and are not guaranteed.</i> There will be no refunds for scratches after the entry deadline. All athletes/teams must pay the registration fee online through Athletic.net before entry closing or your entries will be removed. Additional Athletic.net fees may apply.
Entry Limits:	Athletes may compete in a maximum event guideline according to USATF rules.

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 Friday 1/23/2020, 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:	<u>No "finals" in the Shot Put, Triple Jump, and Long Jump.</u> Each participant will get four attempts.

AWARDS INFORMATION

Awards:	Top 3 individuals will receive awards Team Champions in each age division/gender will receive team awards
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T-Shirts & Items for Sale

Sale:	Meet T-Shirts will be for sale for \$10 for youth and \$15 for adult. Sizes will be Youth Small – Adult XXL. Fleet Feet will also be onsite selling various shoes and running items.
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TENTATIVE SCHEDULE

Schedule: In all running events, the girls will go first followed by boys. Additionally, younger age divisions will precede the older divisions. **The meet Finalized Schedule will be posted on Wednesday January 22, 2020 by 5pm.** The final schedule could potentially be a rolling schedule if numbers dictate.

8:30 AM **9:00 AM** **9:30 AM**
Track Opens **Officials' Meeting** **Coaches' Meeting**

RUNNING EVENTS		FIELD EVENTS		
Time	Event	Time	Event	Area
10 AM	4x200m Relay 3000m Run 60H semi 60m semi 400m 800m 60H Finals 60m Finals 200m Mile 4x400 Relay	9 AM	Weight Throw	Throwing Area
		10 AM	High Jump – girls first	HJ Apron
		11 AM	Shot Put – boys first	Throws Cage
		12 Noon	Pole Vault – boys first	Vault Runway
		10 AM	Boys Long Jump	LJ Runway "A"
		11 AM	Girls Long Jump	LJ Runway "A"
		12 PM	Boys Triple Jump	LJ Runway "A"
		1 PM	Girls Triple Jump	LJ Runway "A"
<i>In events with Jumps and Throws, there will be 4 attempts with no finals.</i>				

Meet Contact

Info: info@timinginc.com

Hotel Sponsors:

Courtyard by Marriott (336-760-5777) 1600 Westbrook Plaza Drive Winstonsalemcourtyard.com	Fairfield Inn & Suites (336-714-3000) 1680 Westbrook Plaza Drive www.fairfieldinn.com/intfi	Hampton Inn (336-760-1660) 1990 Hampton Inn Court Winstonsalemi40.hamptoninn.com
All located in W-S (27103) La Quinta Inn & Suites (336-765-8777) 2020 Griffith Road		SpringHill Suites (336-765-0190) 1015 Marriott Crossing Way www.marriott.com/intsh

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.