NCRUNNERS ELITE LAST CHANCE MEET
FEBRUARY 25-26, 2012

For additional information not contained within this packet, please contact Craig Longhurst (336-722-2033 or craig@jdlcastlecorp.com).

Location: 2505 Empire Drive, Winston-Salem, NC 27103

Directions: From Interstate 40, take exit 189 – US 158/Stratford Rd. At the top of the ramp, turn right onto US 158/Stratford Rd. Go approximately 1.5-2.0 miles and turn left on Kimwell Drive. JDL Fast Track is located at the corner of Kimwell and Empire Drive.

Parking: Spectator parking is located in the front of the building. Athlete entrance is in the rear of the building. Buses may park in the large parking lot at the rear of the building or on the street.

Facility: 200m flat Mondo track
Six 42" lanes on oval, eight 42" lanes on sprint straightaway.
Two pole vault runways.
Two long/triple jump runways.
Single throws and high jump areas.
100m warm-up straightaway with Mondo surface inside facility.

Concessions: Vending machines are located behind the bleachers. A concession stand selling drinks and snacks will also be available during the meet.

Spike Requirement: **PYRAMID SPIKES ONLY WITH MAXIMUM LENGTH OF ¼". ANY ATHLETES REPORTING TO THE STARTING LINE WITH LARGER SPIKES OR NEEDLE SPIKES WILL NOT BE ALLOWED TO COMPETE. THIS WILL BE STRICTLY ENFORCED.** Replacement spikes will be available for sale at the concession stand.

Eligibility: The Last Chance Elite High School Invitational is open to all high school age athletes who meet the minimum qualifying standards.

Entry Procedure: All meet registration will be handled through Direct Athletics. www.directathletics.com

Entry Deadline: Sunday, February 19 at 5:00 pm

Entry Limitations: Each athlete is limited to no more than 4 events, including relays. There are no limitations on the number of athletes from a club in each event.

Field Size Limits: See the qualifying standards for the field sizes for each event.

NBIN Deadline: The deadline for entries into the New Balance Indoor National meet is Sunday, February 26 at 12:00 PST. The anticipated finish time on Sunday is approximately 8 pm. Below is a list of free Wifi spots near JDL Fast Track for those athletes wishing to submit their registration prior to the deadline.

Starbucks 1695 Hanes Mall Blvd	Panera Bread 105 Hanes Square Circle
Starbucks 2015 Frontis Plaza Blvd	Barnes and Noble 1925 Hampton Inn Court

Entry Requirements: The intent of this meet is for those athletes hoping to qualify for the New Balance Indoor Nationals meet. Entry requirements have been set with the goal of maximizing the number of athletes qualifying for the national meet. Entries will be finalized and notified on Tuesday, February 21 by 5 pm.

	Men	Women	Field Size
Shot Put	48’	37’	48
Long Jump	21’	17’	48
Triple Jump	42’	34’	48
High Jump	6’	5’	48
Pole Vault	13’6”	10’6”	48
Weight Throw	44’	32’	48
60m Dash *55m Dash*	7.2 *6.6*	8.1 *7.5*	60
60m Hurdles *55m Hurdles*	8.50 *7.75*	9.6 *8.6*	60
200m Dash *300m Dash*	23.5 *37.0*	26.5 *44.0*	60
400m Run *500m Run*	51.5 *1:10.0*	1:00.0 *1:24.0*	60
800m Run *1000m Run*	2:00.0 *2:42.0*	2:25.0 *3:15.0*	60
Mile Run	4:35.0	5:25.0	60
Two Mile Run	9:55.0	11:40.0	54
5000m Run	16:15.0	19:30.0	32
4x200 Relay	1:38.0	1:52.0	30
4x400 Relay	3:40.0	4:20.0	30
4x800 Relay	8:30.0	10:30.0	24
4x1600 Relay	19:00.0	23:00.0	12
1600 Medley	3:50.0	4:40.0	24
Distance Medley Relay	10:50.0	13:00.0	24

Entry Fee: $10 per athlete per event; $25 per relay. This is a registration fee, not a competition fee. There will be no refunds for scratches after the entry deadline. Payment is due at packet pick-up. *Acceptable forms of payment are checks, money orders and cash.* Checks should be made payable to JDL Fast Track, LLC.

Implements: Implements must be weighed in at least 1 hour prior to an event’s starting time.

Seeding: Final seeding will be determined based on the number of athletes in each event.

Results: Results will be posted at Direct Athletics.

Timing: Fully automatic timing will be performed by Timing, Inc. of Cherryville, NC.

Schedule: In all events, the girls will go first followed by boys. **The following is a proposed schedule. The exact schedule may be adjusted based on the number of entries in each event.** A final schedule will be sent via email to all participants on Wednesday, February 22.

Saturday, February 25

Track Opens at 10:00 am

Running Events		*Field Events*	
12:00 pm	60m Hurdle Prelims	12:00 pm	Boys Shot Put
1:35 pm	Distance Medley Relay		Girls High Jump
3:15 pm	60m Hurdle Finals		Boys/Girls Long Jump
3:35 pm	400m Run		Boys Pole Vault
5:15 pm	5,000m Run		
6:45 pm	800m Run	4:00 PM	Girls Weight Throw
7:50 pm	4x200 Relay		
8:40 pm	4x1600 Relay		

Sunday, February 26

Track Opens at 8:00 am

Running Events		*Field Events*	
10:00 am	Two Mile Run	10:00 am	Girls Shot Put
11:30 am	60m Dash Prelims		Boys High Jump
12:35 pm	1600 Medley		Boys/Girls Triple Jump
1:55 pm	60m Dash Finals		Girls Pole Vault
2:15 pm	1500m Race Walk		
2:35 pm	4x800 Relay		
3:35 pm	200m Run		
5:15 pm	Mile Run	2:00 pm	Boys Weight Throw
6:40 pm	4x400 Relay		

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Panera Bread
105 Hanes Square Circle

Starbucks
2015 Frontis Plaza Blvd

Barnes and Noble
1925 Hampton Inn Court

Lodging:

Hilton Garden Inn
1325 Creekshire Way
Winston-Salem, NC 27103
336-765-1298
Winstonsalem.hgi.com
$109 per night
(includes free cooked to order breakfast)

Hampton Inn
1990 Hampton Inn Court
Winston-Salem, NC 27103
336-760-1660
Winstonsalemi40.hamptoninn.com
$89 per night

Hawthorne Inn and Conference Center
420 High Street
Winston-Salem, NC 27101
800-972-3774
www.hawthorneinn.com
$79 per night