



**FAST TRACK HIGH SCHOOL INVITATIONAL
JANUARY 27-28, 2012**

For additional information not contained within this packet, please contact Craig Longhurst (336-722-2033 or craig@jdlcastlecorp.com) or DePaul Mittman (336-255-3403 or depaulmittman@bellsouth.net).

- 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:** JDL Fast Track High School Invitational is open to all NCHSAA and NCISAA high schools. Additionally, high school age unattached athletes may compete.
- Entry Procedure:** All meet registration will be handled through Direct Athletics. www.directathletics.com
- Entry Deadline:** Friday, January 20 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 school in each event.
- Field Size Limits:** All entries are on first come, first served basis. Field events are limited to 50 athletes in each event, running races are limited to 80 athletes in each event, and relays are limited to 60 relay teams per event.

Entry Fee:	\$7 per athlete per event; \$20 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. Checks should be made payable to JDL Fast Track, LLC. <i>Acceptable forms of payment are school checks, certified checks and money orders. No personal checks will be accepted.</i>
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.
Starting Heights:	High Jump – 4'6" for girls, 5'8" for boys. Pole Vault – 7'6" for girls, 9'6" for boys.
Results:	Results will be posted at Direct Athletics.
Timing:	Fully automatic timing will be performed by Big Kahuna Timing of Maiden, 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 to all coaches on Wednesday, January 25.

Friday, January 27

Track Opens at 3:00 pm

Officials Meeting at 4:00 pm

Running Events

5:00 pm	55m Hurdle Prelims
6:20 pm	500m Dash
8:40 pm	55m Hurdle Finals
8:55 pm	3,200m Run

Field Events

5:00 pm	Girls Shot Put
	Boys High Jump
	Boys/Girls Triple Jump
	Girls Pole Vault

Saturday, January 28

Track Opens at 7:30 am

Running Events

9:00 am	55m Dash Prelims
10:20 am	4x800m Relay
12:45 pm	55m Dash Finals
1:00 pm	4x200m Relay
2:40 pm	1,000m Run
4:15 pm	300m Dash
6:35 pm	1,600m Run
8:00 pm	4x400m Relay

Field Events

9:00 am	Boys Shot Put
	Girls High Jump
	Boys/Girls Long Jump
	Boys Pole Vault

Lodging:

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