



Southeastern Youth Track & Field Indoor Championship January 26, 2020



GENERAL MEET INFORMATION

Admission:	Spectator admission is \$5 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 Burleson at 336-898-2004 or aburleson4@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
----------------	--

T-Shirts & Items for Sale

Sale:	Meet T-Shirts long sleeve will be for sale for \$15. Sizes will be Youth Small – Adult XL.
--------------	--

FINAL TIME 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 Thursday January 23, 2020.** The final schedule could potentially be a rolling schedule if numbers dictate.

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

RUNNING EVENTS	
Time	Event
10:00 AM	4x200m Relay
10:15 AM	3000m Run
To Finals	60H semi
10:45 AM	60m semi
11:30 AM	400m
12:30 PM	800m
1:15PM	60H Finals
1:35 PM	60m Finals
2:05 PM	200m
3:00 PM	Mile
No Entries	4x400 Relay

FIELD EVENTS		
Time	Event	Area
9:00 AM	Weight Throw	Throws Cage
10:00 AM	High Jump – girls first	HJ Apron
11:00 AM	Shot Put – boys first	Throws Cage
12:00 PM	Pole Vault – boys first	Vault Runway
10:00 PM	Boys Long Jump	LJ Runway "A"
11:30 PM	Girls Long Jump	LJ Runway "A"
1:00 PM	Boys Triple Jump	LJ Runway "A"
2:00 PM	Girls Triple Jump	LJ Runway "A"

*In events with Jumps and Throws, there will be 4 attempts with no finals.
 Age groups may be combined and run or compete together. They will be scored separately.*

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.



TIMINGINC.COM
EVENT TIMING SOLUTIONS

