



JDL October Track Meet October 24, 2018



GENERAL MEET INFORMATION

- Admission:** Spectator admission for this event is FREE.
- Waiver of Liability:** Each individual will be required to provide a 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.
- Timing & Results:** Fully automatic timing will be performed by Rhodes Race Timing . Results will be posted at Direct Athletics on JDL Fast Track's website.

REGISTRATION INFORMATION

- Eligibility:** JDL October Track Meet is open to all athletes. Athletes are required to compete unattached.
- Entry Deadline:** Entries are handled on a first come, first served basis. Online entries via Direct Athletics will open on Monday, October 1 and will close on **Wednesday, October 24 at noon EST.**
- Individual Entry Fees:** **\$5 per athlete per event. All athletes must pay the registration fee online through Direct Athletics. Additional Direct Athletics fees may apply. There will be no additional registration at the meet!**

RUNNING EVENT INFORMATION

- Check-in Procedures:** All athletes will check-in at the starting line at the time of their event and receive hip numbers at the starting line.
- Seeding/Heat Sheets/Final Time Schedule:** Performance lists, heat sheets and final time schedule will be distributed via email to coaches/athletes on Wednesday afternoon and will also be posted on the JDL Fast Track website under the Schedule tab. All events will be seeded based on ability rather than age divisions.

FIELD EVENT INFORMATION

THERE WILL BE NO FIELD EVENTS CONTESTED AT THIS MEET.

SCHEDULE

- Schedule:** In all running events, the women will go first followed by men. Additionally, faster heats will precede the slower heats. A final schedule will be sent to all athletes via email after registration closes Wednesday afternoon. It will also be posted to the JDL Fast Track website on the Schedule page.

4:00 PM

Track Opens

RUNNING EVENTS	
Time	Event
6:30 PM	Mile Run
	400m Run
	60m Dash
	800m Run
	200m Dash
	3000m Run

- Meet Contact Info:** Craig Longhurst
craig@jdlcastlecorp.com
336-448-1656

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.