



JDL November Tune-Up

November 17, 2018



GENERAL MEET INFORMATION

Admission:	Spectator admission for this event is FREE.
Waiver of Liability:	Each institution and individual will be required to provide either a certificate of insurance or 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.
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:	Tropical Smoothie Café will be on-site during the meet to provide food services to teams, officials and spectators. Teams interested in purchasing catering may contact Geena Haasis at 336-643-3837 or gehaasis@aol.com .
RunnerSpace Videos:	RunnerSpace will be on-site recording each track event. The races will be available after the event as part of RunnerSpace's +Plus subscription package. The RunnerSpace video will serve as the official race video in the event of a protest. To get more information about subscribing, go to www.runnerspace.com or www.jdlfasttrack.com .
Timing & Results:	Fully automatic timing will be performed by . Results will be posted at Direct Athletics, TFRRS and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	JDL November Tune-Up is open to all athletes ages 12 and up. Athletes may compete unattached, with a club or an NCAA team. Teams must request an invitation by sending an email to Abbie Flower (abbie@jdlcastlecorp.com).
Entry Deadline:	Entries are handled on a first come, first served basis. Online entries via Direct Athletics will open on Monday, November 5 and will close on Wednesday, November 14 at 10 pm EST.
Team Entry Fees:	<i>\$11 per athlete per event</i> and <i>\$25 per relay.</i> Entry fees for those entries registered through Direct Athletics are capped at <i>\$400 per team per gender.</i> There will be no refunds for scratches after the entry deadline. All athletes/teams must pay the registration fee online through Direct Athletics. Additional Direct Athletics fees may apply.
Entry Limits:	The schedule on page two indicates the maximum number of entries per gender in each event. Additionally, each team is limited to no more than 5 athletes per running event, 4 per field event and 1 relay team. Entry limits may be relaxed or expanded closer to the deadline depending on availability of time.
Individual Entry Fees:	Unattached athlete registration fees are <i>\$11 per event.</i> All individuals must pay online. Additional Direct Athletics fees may apply. There will be no refunds for scratches once payment has been received online. Late registration after the deadline may be available and will be up to meet management depending upon the number of available slots. <i>If available,</i> the late registration fee will be \$25 per event.

RUNNING EVENT INFORMATION

Check-in Procedures:	This meet will use a DECLARATION procedure. All athletes must DECLARE their intent to compete <i>no less than 30 minutes prior</i> to their event. There will be DECLARATION tables set up next to the clerking booth. Athletes should highlight their names on the declaration sheets. Any athletes failing to declare within that time frame will be scratched from the event. NO EXCEPTIONS!! After declarations, athletes should return to the clerking area no less than 10 minutes prior to their event to receive their hip numbers.
Seeding/Heat Sheets:	Performance lists will be distributed via email to coaches/athletes on Friday morning, Nov 16, 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

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:	Implement weigh-in will be underneath the timing platform near the throws cage. Implement weigh-in will be open from 8:45 am to 9:45 am and then again after the conclusion of the men's shot put. IMPLEMENTS WILL NOT BE PROVIDED.
HJ/PV Starting Heights:	HJ and PV starting heights will be determined at the event sites based on the entries received.
Field Event Finals:	Trials in the shot put, weight throw, long jump and triple jump will consist of 3 attempts, with the top 9 athletes advancing to finals.

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 coaches via email no later than Friday, Nov 16.

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

RUNNING EVENTS		
Time	Event	Max Entries
10 AM	Mile Race Walk	24
	60m Hurdles	48
	400m Dash	75
	Mile Run	60
	60m Dash	80
	800m Run	60
	200m Dash	75
	3000m Run	40
	4x400m Relay	24

FIELD EVENTS			
Time	Event	Area	Max Entries
10:00 AM	High Jump – women first	HJ Apron	20
10:00 AM	Shot Put – men first	Throws Cage	30
10:00 AM	Pole Vault – men first	PV "A"	20
10:00 AM	Men's Horizontals – LJ then TJ	LJ "A"	LJ – 30
	Women's Horizontals – LJ then TJ	LJ "B"	TJ - 20

There will be a 30-minute break between each field event contested in the same event area to allow for a break for officials.

Meet Contact Info:	Craig Longhurst craig@jdlcastlecorp.com 336-448-1656	Veronica Rodriguez veronica@jdlcastlecorp.com 336-448-1657	DePaul Mittman (Meet Director) depaulmittman@bellsouth.net 336-255-3403
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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.

Hotel Sponsors:	Courtyard by Marriott (336-760-5777) 1600 Westbrook Plaza Drive Winston-Salem, NC 27103 Winstonsalemcourtyard.com	Fairfield Inn & Suites (336-714-3000) 1680 Westbrook Plaza Drive Winston-Salem, NC 27103 www.fairfieldinn.com/intfi	Hampton Inn (336-760-1660) 1990 Hampton Inn Court Winston-Salem, NC 27103 Winstonsalemi40.hamptoninn.com
	La Quinta Inn & Suites (336-765-8777) 2020 Griffith Road Winston-Salem, NC 27103		Microtel Inn & Suites (336-659-1994) 100 Capitol Lodging Court Winston-Salem, NC 27103



JDL All Comers/Tune-Up Meet Records



EVENT	MENS' RECORDS	WOMENS' RECORDS
60m Dash	6.85 (2014) Brian Oliver – Virginia Union	7.58 (2014) C'Evon Jones – Virginia Union
60m Hurdles	7.96 (2013) Isaiah Moore – Durham Striders Elite	8.91 (2014) Sydney Griffin – Elon
200m Dash	22.30 (2016) La'kai Whatley – GA Southern Run	25.13 (2015) Karimah Davis – Fast Lane Track Club
400m Dash	49.71 (2016) Davonte Fuller – Peak Performance Track Club	56.62 (2014) Quanera Hayes – Livingstone
800m Run	1:54.42 (2014) Derek Holdsworth – Growing Runners Track Club	2:17.35 (2013) Ericka Charles – Speed Factory Athletics
Mile Run	4:24.41 (2013) Vinny Todaro – High Point	4:43.49 (2015) Nevada Mareno – Zussen
3000m Run	8:56.99 (2017) Nick Thompson – Unattached	10:44.94 (2015) Ericka Charles – Speed Factory Athletics
5000m Run	15:29.94 (2013) James Stevenson – Unattached	17:51.64 (2013) Rachel Krasich – Bull City Track Club
4x400m Relay	3:26.48 (2014) Virginia State (Harrison, Moses, Reed, Pittman)	3:59.52 (2017) Blue Sting (Bowdry, Wright, Waters, Johnson)
High Jump	2.01m, 6-07.00 (2017) Seth Clyburn – Unattached	1.72m, 5-07.75 (2014) Brionna Singleton – Virginia Union
Pole Vault	4.80m, 15-09.00 (2013) James Wenk – Unattached	4.15m, 13-07.25 (2016) Alina McDonald – Unattached
Long Jump	7.81m, 25-07.50 (2013) Mikese Morse – Unattached	5.67m, 18-07.25 (2013) Jasmin Simmons – Port City Track Club
Triple Jump	14.20m, 46-07.25 (2013) Jordan Warren – Unattached	12.31m, 40-04.75 (2014) Tajanel McNeil – Winston Salem St.
Shot Put	18.04m, 59-02.25 (2015) Mitchell Pope – Unattached	13.18m, 43-03.00 (2014) Breanna Warren – Elon