

GENERAL MEET INFORMATION

Admission:	Spectator admission is \$7 for adults and \$5 for students 12 and older. Children under 12 are free.
Uniform Rules:	All competitors, including unattached, must adhere to the NFHS uniform rules. For more information and visual examples of the uniform rules, please visit http://bit.ly/JDL_HS_Uniforms
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:	Firehouse Subs will be on-site during the meet to provide food services to teams, officials and spectators. Teams interested in purchasing catering may contact Artavia Kelly at 336-930-6470 or stratfordnc@firehousesubs.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 Rhodes Race Timing. Results will be posted at Direct Athletics and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	Visit Winston-Salem HS Kickoff is open to all NCHSAA and NCISAA institutions, unattached athletes may also compete. Teams wishing to compete need to request an invitation to the meet. You must be enrolled in HS and no middle school athletes may compete due to NCHSAA rules. Athletes from other states must compete unattached. Teams must also be in good standing with JDL Fast Track. Please remember that all fees are registration fees and not competition fees. If you register for a meet and fail to show up, you will still owe that money and will not be allowed to return until those fees are paid
Entry Deadline:	Entries are handled on a first come, first served basis. Online entries via Direct Athletics will open on Monday, December 2 and will close on Tuesday, December 10 at 9 pm EST. Some events may reach their entry limits prior to the deadline, so coaches are encouraged to register early. When events are full, we encourage coaches to continue checking Direct Athletics, as we have noticed a pattern of events opening back up on the final day or two of registration.
Team Entry Fees:	\$11 per athlete per event and \$30 per relay. Late entries or those failing to enter online will be charged a late/manual fee of \$25 per athlete per event or \$50 per relay. Late and manual entries will be accepted at the discretion of meet management and are not guaranteed. There will be no refunds for scratches after the entry deadline. Team payment is due at packet pick-up or may be paid online via Direct Athletics. Checks should be made payable to JDL Fast Track, LLC. PLEASE DO NOT MAIL YOUR CHECKS.
Entry Limits:	The schedule on page two indicates the maximum number of entries per gender in each event. Additionally, each school is limited to no more than 3 athletes per running event, 3 per field event and 1 relay team. Entry limits may be expanded closer to the deadline depending on availability of time.
Individual Entry Fees:	Unattached athlete registration fees are \$11 per event. 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. If available, the late registration fee will be \$25 per event.

RUNNING EVENT INFORMATION

Check-in Procedures:	This meet will use a DECLARATION procedure. Coaches will DECLARE their athletes and then the athletes will return to get their heat and lane assignment and hip numbers when instructed to do so. All athletes who have not been DECLARED will be scratched! The final declaration schedule will be included in the final packet of information sent to coaches no later than December 13.
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- Relay Teams:** Only NCHSAA and NCISAA relay teams will be allowed. We will not be accepting any club relay teams.
- Entry Standards:** This meet will have the following minimum standards for distance events. We please ask that coaches do not enter any athletes who are not capable of meeting these standards.
- 1000m – 4:00 (girls); 3:25 (boys) 1600m – 7:00 (girls); 5:45 (boys) 3200m – 14:00 (girls); 11:30 (boys)
 4x400m Relay – 5:00 (girls); 4:00 (boys) 4x800m Relay – 12:00 (girls); 10:00 (boys)
- Any athletes failing to meet these standards on race day will not be allowed to finish and will be registered as a DNF in the final results.**

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:** Implements will be provided and athletes are required to use implements provided by meet management.
- Throws Measurements:** In order to expedite the throws, we will be measuring each contestant's first legal throw. After that, only throws beyond 8m (26'3") in the girls' shot put and the 12m (39'4") line in the boys shot put will be measured.
- Long Jump Measurements:** In order to expedite this event, we will be measuring each contestant's first legal jump. After that, only jumps beyond 14' in the girls' long jump and the 18'6" line in the boys' long jump will be measured.
- Pole Vault Weigh-in:** All pole vault athletes must weigh-in prior to competing. Pole vault weigh-ins will close 30 minutes prior to the start of the event. Weigh-in times will be communicated in the final schedule.
- HJ/PV Starting Heights:** Girls' HJ – 4'4" Boys' HJ – 5'4" Both genders will follow 2" progressions
 Girls' PV – 7'6" Boys' PV – 10' Both genders will follow 6" progressions
- 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 for three additional attempts.

SCHEDULE

- Schedule & Seeding:** In all running events, the girls will go first followed by boys. Additionally, slower heats will precede the faster heats. A final schedule and performance lists will be sent to all coaches via email no later than Friday, Dec 13. They will also be posted to the JDL Fast Track website on the Schedule page.

8:00 AM - Track Opens

8:45 AM - Officials' Meeting

9:15 AM - Coaches' Meeting

RUNNING EVENTS		
Time	Event	Max Entries
10 AM	4x800m Relay	24
	55m Hurdles	64
	55m Dash	96
	Hurdle Finals	
	Dash Finals	
	4x200m Relay	24
	1600m Run	64
	500m Dash	80
	1000m Run	60
	300m Dash	96
	3200m Run	36
	4x400m Relay	24

FIELD EVENTS			
Time	Event	Area	Max Entries
10 AM	High Jump – girls first	HJ Apron	20
10 AM	Shot Put – boys first	Throws Cage	45
10 AM	Pole Vault – boys first	PV "A"	24
10 AM	Boys' Horizontals – LJ then TJ	LJ "A"	LJ – 36
	Girls' Horizontals – LJ then TJ	LJ "B"	TJ – 30
<i>There will be a 30-minute break between each field event contested in the same event area to allow for a break for officials.</i>			

Meet Contact Info: Craig Longhurst - craig@jdlcastlecorp.com - 336-448-1656 Krissy Klos - krissy@jdlcastlecorp.com - 336-448-1657

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:**
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| 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 are in Winston-Salem (27103) | La Quinta Inn & Suites (336-765-8777)
2020 Griffith Road | SpringHill Suites (336-765-0190)
1015 Marriott Crossing Way
www.marriott.com/intsh |



Visit Winston-Salem HS Kickoff Meet Records



EVENT	BOYS' RECORDS	GIRLS' RECORDS
55m Dash	6.36 (2013) Jahmaal Daniel – Terry Sanford	6.99 (2016) Briana Jordan – Unattached
55m Hurdles	7.43 Isaiah Moore – Cummings (2012) Joshua Brockman – Ardrey Kell (2017)	8.13 (2016) Kayla Moore – Cummings
300m Dash	35.02 (2013) Jamaree Murray – Southeast Raleigh	39.74 (2018) Makhia Jarrett – Enloe
500m Dash	1:06.29 (2012) Josiah Elliot – Parkland	1:15.16 (2016) Kyna Robinson – Southeast Raleigh
1000m Run	2:36.30 (2018) Kyle Stamper – Cuthbertson	3:04.75 (2016) Janay Hall – South View
1600m Run	4:29.57 (2016) Zachary Mercer – Mooresville	5:07.57 (2013) Elly Henes – Green Hope
3200m Run	9:49.54 (2013) Zach Boone – Mitchell	11:00.00 (2017) Sloan Walter – Cardinal Gibbons
4x200m Relay	1:33.56 (2016) Rolesville (Gupton, Holley, Mobley, Lewis)	1:43.64 (2016) Southeast Raleigh (Washington, Wright, Fletcher, Robinson)
4x400m Relay	3:25.76 (2013) Southeast Raleigh (Woodard, Murray, Williams, Adams)	4:02.42 (2016) Southeast Raleigh (Fletcher, Hardwick, Robinson, Judd)
4x800m Relay	8:17.36 (2012) Southeast Raleigh (Conner, Williams, Branch, Reid)	9:56.72 (2016) Rocky River (Bryant, Harris, Sidbury, Atwater)
High Jump	2.03m, 6-08.00 (2018) Idris Bernard – Mallard Creek	1.73m, 5-08.00 (2018) Addie Renner – Myers Park
Pole Vault	4.75m, 15-07.00 (2012) Tray Oates – Allatoona	3.73m, 12-03.00 (2018) McKenna Brunick – Leesville Road
Long Jump	7.08m, 23-03.00 (2012) Isaiah Moore – Cummings	5.80m, 19-00.50 (2018) Jirah Sidberry – Rocky River
Triple Jump	14.80m, 48-06.75 (2018) Christopher Alexander – Rocky River	11.35m, 37-03.00 (2018) Mycal Bowser – Unattached
Shot Put	17.26m, 56-07.50 (2017) Jon Beyle – East Chapel Hill	13.16m, 43-02.25 (2017) Patience Marshall – Anson