



COROS Explore Perfection Invitational

December 10, 2022



GENERAL MEET INFORMATION

Admission:	Spectator admission is \$8 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:	TBD
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 Athletic.net, Milesplit and on JDL Fast Track's website. Live results can be found at live.jdlfasttrack.com .

COVID-19 INFORMATION

Covid-19:	JDL Fast Track will continually monitor the situation with regard to Covid-19. We will also be following any guidance from the government and/or the NCHSAA. For the most recent information on JDL's Covid-19 policies, please visit https://bit.ly/3AWKJp6
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REGISTRATION INFORMATION

Eligibility:	COROS Explore Perfection Invitational 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 Athletic.net will open on Monday, November 28 and will close on Wednesday, December 7 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 Athletic.net, as we have noticed a pattern of events opening back up on the final day or two of registration.
Team Entry Fees:	\$12 per athlete per event and \$40 per relay. Late entries or those failing to enter online will be charged a late/manual fee of \$25 per athlete per event or \$60 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 Athletic.net. 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 \$12 per event . All individuals must pay online. Additional Athletic.net 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.

SCHEDULE & EVENT INFO

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 9. 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

This meet will use a CHECK-IN procedure. Starting lists will be emailed to all coaches and posted on the JDL website no later than Friday, Dec 9 at 5 pm. Athletes will be required to check-in no less than 15 minutes prior to the start of their event to receive their hip numbers.

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 the standards listed in the event notes below.

Time	Event	Entries	Event Notes
10:00 AM	4x800m Relay	24	No unattached or club relay teams allowed. Teams failing to meet 10:00 (B) & 12:00 (G) on race day will be a DNF
	55m Hurdles	64	Top 8 times advance to finals
	55m Dash	96	Top 8 times advance to finals
	Hurdle Finals		
	Dash Finals		
	4x200m Relay	24	No unattached or club relay teams allowed
	1600m Run	64	Athletes failing to meet 5:45 (B) & 7:00 (G) on race day will be a DNF
	500m Dash	80	
	400m Dash	48	
	1000m Run	60	Athletes failing to meet 3:25 (B) & 4:00 (G) on race day will be a DNF
	300m Dash	96	
	3200m Run	36	Athletes failing to meet 11:30 (B) & 14:00 (G) on race day will be a DNF
	4x400m Relay	24	No unattached or club relay teams allowed

FIELD EVENTS

Field event athletes shall check-in at the event site no later than 30 minutes prior to the competition.

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.

Time	Event	Area	Entries	Event Notes
10:00 AM	Shot Put (B)	Cage	48	Implements will be provided. Each athlete's first legal throw will be measured. After that, only throws beyond 8m (26'3") for the girls and 12m (39'4") for the boys will be measured.
	Shot Put (G)		48	
10:00 AM	High Jump (G)		30	Starting height = 4'4" and progressions = 2"
	High Jump (B)		30	Starting height = 5'4" and progressions = 2"
10:00 AM	Pole Vault (B)	PV "A"	20	Starting height = 10' and progressions = 6"
	Pole Vault (G)		20	Starting height = 8' and progressions = 6"
10:00 AM	Long Jump (B)	LJ "A"	36	We will be measuring each athlete's first legal jump. After that, only jumps beyond 18'6" line in the boy's long jump will be measured.
	Triple Jump (B)		30	
10:00 AM	Long Jump (G)	LJ "B"	36	We will be measuring each athlete's first legal jump. After that, only jumps beyond 14' in the girls' long jump will be measured.
	Triple Jump (G)		30	

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.

HOTEL INFORMATION (all hotels are Winston-Salem, NC 27103)

COURTYARD BY MARRIOTT
(336-760-5777)
1600 Westbrook Plaza Drive
Courtyard by Marriott Website

HAMPTON INN HANES MALL
(336-760-1660)
1990 Hampton Inn Court
Hampton Inn Website

HILTON GARDEN INN
(336-765-1298)
1325 Creekshire Way
Hilton Garden Inn Website

SPRINGHILL SUITES
(336-765-0190)
1015 Marriott Crossing Way
Springhill Suites Website