



Durham Striders Track Club
P.O. Box 15758
Durham, NC 27704
(919) 477-9445

2004 Eastern H.S. Challenge

**Indoor Track & Field
Saturday, January 24, 2004**

University of North Carolina's Dick Taylor Track – Eddie Smith Field House

- Eligibility:** Eastern States High School Athletes
- Entry Information:** Entry fee is \$12.00/athlete and \$12.00/relay, Checks payable to Durham Striders; maximum of 2 entries per event per school. Relay members must be entered in the meet; since the fee to enter an athlete must be paid for every athlete, it would be beneficial for relay teams to consist of athletes entered in individual events.
- Entry Process:** On-line entries thru Direct Athletics; see and read attached information carefully and follow entry instructions. A limit of 800 athletes has been set by UNC because of maximum capacity and fire regulations. Entries will be accepted for the first 800 entries until the maximum is reached. No one will be allowed to enter athletes or make changes after Monday, January 5. Fees must be received, not postmarked, by Thursday, January, 8 2004. Performance lists will be posted on (www.durhamstriders.com) by January 12. Mail entry fees along with your confirmation from Direct Athletics to:
- Durham Striders
PO Box 15758
Durham, NC 27704
School checks, certified checks or money orders only. Personal checks will not be accepted.
- Spikes:** Limited to 1/8 inch spikes or no spikes at all. This will be strictly enforced. Athletes will not be allowed to run with longer spikes.
- Facilities:** 200 meter Mondo track, FinishLynx FAT timing. No tape decks, radios or glass containers allowed in the facility.
- Awards:** Medals for Top 3 individuals; plaques for top 2 male and female teams.
- Relays:** All relay members must be students from same high school. Alternates may be listed if athletes do not violate the high school event limitation, 4 maximum.
- Packet Pick-up:** Eddie Smith Field House at the track starting at 8:00 a.m.; Coaches' meeting at 8:30 pm.
- Time Schedule:** We are listing an order of events and start times. The meet will follow a rolling schedule.
- Performance Limits:** Starting heights in (HJ & PV) and minimum measured in (LJ, TJ and SP). These are shown next to events on the schedule. Lapped athletes are subject to be removed from track.

Results: Complete results will be available at the Durham Striders web site: www.durhamstriders.com. Your team results can be picked up immediately after your last event.

Hotel Info: Courtyard by Marriott – 301 Residence Inn Blvd – Durham, NC 27713 (\$54.00)
Marriott at RTP - 4700 Guardian Drive - Durham (RTP), NC 27703 (\$59.00)

To book rooms, contact Darryl Beasley, Marriott's Sports Sales Manager, for team reservations. (919) 941-6896, Cell: (919) 931-9433. Be sure to ask for the Eastern H.S. Challenge group rate.

Meet Host: Southern Durham High School and Durham Striders Track Club

Meet Director: Frank W. Davis, Jr. (919) 477-9445 – (fdavis@durhamstriders.com)

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Entry Standards

Event	Men	Women
Pole Vault	11'0"	7'4"
High Jump	6'0"	4'10"
Shot Put	43'0"	30'0"
Long Jump	21'0"	16'0"
Triple Jump	43'0"	33'0"
55 meter HH	8.30	9.50
55 meter dash	6.70	7.70
300 meter dash	39.0	45.0
500 meter run	1:13.0	1:29.0
1000 meter run	2:50.0	3:25.0
1600 meter run	4:50	6:50.0
3200 meter run	10:20	12:50.0
4x400 meter relay	3:48	4:45.0
4x800 meter relay	9:10	11:30.0

Schedule of Events

Field Events:

		<u>Women</u>	<u>Men</u>
9:00am	Long Jump (Men's followed by women's)	Measure 14'0"	18'0"
	High Jump (Women's followed by men's)	Start 4'8"	5'10"
	Shot Put (Men's followed by women's)	Measure 28'0"	40'0"
	Triple Jump (Men's followed by women's)	Measure 30'0"	38'0"
	Pole Vault (Women's followed by men's)	Start 7'0"	10'0"

Running Events: (Rolling Schedule; women followed by men except where indicated)

Lapped athletes subject to be removed from track.

- 9:00am 55 meter high hurdles (semis)
55 meter dash (semis)
55 meter high hurdles (finals, men's followed by women's)
55 meter Dash (finals)
1600 meter run
500 meter run
3200 meter run
1000 meter run
300 meter dash
4x800 meter relay
4x400 meter relay



****IF YOU DO NOT HAVE A USERNAME AND PASSWORD, PLEASE E-MAIL DAVE STELNIK AT info@directathletics.com OR CALL (888) 968-6933.****

SAVE YOUR USERNAME AND PASSWORD. YOU WILL USE IT FOR ALL DIRECTATHLETICS MEETS IN THE FUTURE.

SETTING UP YOUR ROSTER

- 1) Go to <http://www.directathletics.com/>
- 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive. Use capital letters where appropriate). If prompted, enter your contact information.
- 3) Before submitting entries, you must setup your rosters. NOTE: If you are the coach of Men AND Women, you will see a Team dropdown on the blue navigation bar at the top middle of your screen that contains your team name and gender (i.e. "Reston (M)") The "M" means that you are controlling the MEN'S team-if you switch to the "(W)" you are controlling the WOMEN'S team. You may switch between teams at anytime to edit your rosters or submit entries for each of your teams.
- 4) To setup your MEN'S roster, make sure that your team is set to "(M)" and click TEAM at the top of your screen to right of HOME. Then click the green "Add Athlete" link at the top of your roster screen.
- 5) You will be prompted to enter an approximate number of the athletes you wish to enter. Enter a number and submit.
- 6) You will be prompted to enter the first name, last name and graduation year of each athlete (email is optional). Fill in the form accurately. DO NOT use all capitals and double-check your spelling. When you are satisfied with the form, click Submit. NOTE: You can repeat this process at anytime to add additional athletes.
- 7) To view your roster, click the "Roster" link in TEAM on the left. When you are ready to setup your WOMEN'S roster, switch to the WOMEN'S team ("W") in the Team dropdown as described in Step 3. Repeat Steps 4-6.

SUBMITTING ENTRIES

- 1) Within your account, click on the "HOME" link at the top left of your screen. Or simply login, and you will automatically be in the HOME module.
- 2) In HOME, under "Upcoming Meets", you will see all meets available for registration. You may also click SCHEDULE at the top of your screen to see a full list of meets available for registration. If registration is open, click the green "Register" button that appears next to the meet name.
- 3) You will see a list of all events available for online entries. You will submit your entries one event at a time.
- 4) To register for an individual event, click the green "Register" button next to the desired event.
 - a) Your active roster will appear in the LEFT BOX. Click on and highlight the athlete you wish to register.

- b) Type in the seed time/mark for the athlete in the middle SEED BOX.
- c) Click the "Register ==>" button. The athlete and seedtime will move to the RIGHT BOX for review.
- d) Repeat steps (a)-(c) for each athlete.
- e) Review your entries in the RIGHT box.
- f) If you have made an error or would like to delete an athlete in the RIGHT BOX, click on and highlight the athlete in the RIGHT BOX and click "<== De-Register".
 - (g) When you are satisfied with your entries as displayed in the RIGHT BOX, click the "Submit" button. YOUR ENTRIES ARE NOT SUBMITTED UNTIL YOU CLICK "SUBMIT".

After clicking Submit, you will see your entries and seed times/marks for each event on your registration event list. Repeat Step 4 (a)-(g) for each individual event.

5) For Relay events, the process is exactly the same except that you will see Squads A-D in the LEFT BOX instead of athlete names. Make sure that you submit your "A" Squad if you are entering only one squad. When you submit your relays squad and entry time, you will be prompted to enter the individual members of the relay. Add up to 4 runners plus 4 alternates to the RIGHT box and click "Submit".

6) You can edit your entries at anytime before the entry deadline by clicking the blue "Edit" button next to each event on your registration event list. Make necessary changes and Re-submit. Your previous entries will be over-written.

You can receive email confirmation of your entries by clicking the link at the top of the Meet Registration page. Emails will be sent to the email address in your account profile. If you have a Men's and Women's team, you must request a separate email confirmation for each team.



Durham Marriott Hotels

Welcome the 2004 Eastern High School Challenge Indoor Track & Field Participants



Marriott Hotel Contact Information

Hotel	Room Rate	Distance from the hotel to the Airport	Distance to UNC	Reservation Information
Marriott-RTP Meet Headquarters Hotel 4700 Guardian Drive Durham, NC 27703	\$59.00	4 miles	12 miles	TO MAKE TEAM RESERVATIONS Contact Darryl K. Beasley, Sports Sales Manager (919) 941-6896 email: darryl.beasley@marriott.com or Call the Raleigh Marriott Sales Center Toll Free 1(888) 750-9333 Ask for the Eastern High School Challenge group room rate. Individual Reservations can be made by calling Marriott Reservations at 1 (800) 228-9290. <u>Be sure to ask for the Eastern High School Challenge.</u>
Courtyard – RTP/Durham 301 Residence Inn Blvd. Durham, NC 27713	\$54.00	6 miles	8 miles	

ALL RESERVATIONS MUST BE MADE BY JANUARY 12, 2004
 TO RECEIVE THE EASTERN HIGH SCHOOL CHALLENGE 2004 INDOOR TRACK &
 FIELD ROOM RATE.

Marriott Hotels offer great accommodations at a reasonable price and locations to fit your needs. All of hotels are within fifteen minutes from University of North Carolina's Dick Taylor Track – Eddie Smith Field House and the majority of the rooms reserved for this event are designed to accommodate four persons to a room. Accordingly we offer the following hotels for your consideration.

JANUARY 23-24, 2004

Hotel	Room Rate	Distance to the Airport	Distance to UNC	Hotel Features
Marriott-RTP 4700 Guardian Drive Durham, NC 27703 (Breakfast Buffet \$9.95+)	\$59.00	4 miles	12 miles	Indoor pool, Parkside Restaurant open for breakfast, lunch, dinner, Exercise Room, Room service, Whirlpool, Complimentary parking, Marriott Rewards Program
Courtyard – RTP/Durham 301 Residence Inn Blvd. Durham, NC 27713 (Breakfast Buffet \$7.95+)	\$54.00	6 miles	8 miles	Outdoor pool, On-site restaurant, Dinner delivery service from local restaurants, Exercise Room, Whirlpool, Self service laundry facilities, Complimentary parking, Marriott Rewards Program

Room rates are subject to availability and will not apply in conjunction with other discount programs. Room rates do not include taxes. Please make your team's reservations by January 12, 2004 to insure group rates and availability.

To make your team reservations at one of our hotels, please contact me Darryl K. Beasley, (919) 941-6896, email: darryl.beasley@marriott.com or call Raleigh Marriott Sales Center Reservations, Toll Free 1-888-750-9333, ask for the Eastern High School Challenge Indoor Track & Field group rate and one of our representatives will assist you.

If you have any questions or concerns, please contact me. We look forward to working with you to make Eastern High School Challenge Indoor Track & Field event one of the best experiences for your track club, fans and supporters from a hotel accommodations stand point.

Sincerely,

Darryl K. Beasley
Account Executive, Social and Sports Sales Manager
Marriott International
Raleigh, Cary & Durham Marriott Hotels
4700 Guardian Drive
Durham, NC 27709

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