



**ELIGIBILITY:** Open to any athlete that falls within the categories and age divisions listed below. The maximum event entry limit for this meet is four for all groups.

**DIVISIONS:**

College/Open			
High School			
USATF Youth	Bantam	10 & Under	1997 & After
	Midget	11-12	1995 - 1996
	Youth	13 - 14	1993 - 1994

**ENTRY FEES:** High School and USATF Youth - \$5.00 for each individual event and \$10.00 per relay. College/Open - \$7.00 per event and \$12.00 per relay.

No entry fee will be transferred or refunded. Bring a legible copy of a birth certificate or proof of age for each USATF YOUTH athlete entered; do not send in advance.

**ENTRY PROCESS** Entries and changes can only be made *on-line* at [www.CoachO.com](http://www.CoachO.com). At the conclusion of the entry process you can pay your fees on-line with a VISA or MasterCard. Fees can also be paid by school or certified check (no personal checks accepted). Payments by this method must be received, not postmarked, by the April 13 deadline. Send payable to:

Durham Striders  
P.O. Box 15758  
Durham, NC 27704

If you are unfamiliar with CoachO.com on-line meet entry process, click the Help button on the Main Menu and read the topic *How to enter a meet*. On-line meet entry will be available from mid January until the deadline, April 13. Performance List will be placed on our web site, ([www.internationalfriendshipfreedomgames.com](http://www.internationalfriendshipfreedomgames.com)) on April 17.

**RELAYS:** Four (4) members and two (2) alternates may be entered per relay. Relay entries count towards event maximums. Relay uniforms must conform to division rules.

**AWARDS:** The top 3 finishers in each event will receive awards.

**EQUIPMENT:** Athletes must use the starting blocks and batons provided by the meet. Throwers must provide their own implement. Throwing implements will be weighed in designated area on Friday starting at 10:00 am, on Saturday starting at 8:00 a.m.

**SPONSORS:** Greensboro CVB, Nike

**SANCTION:** NFHS, NC USA TF

**ENDORSED:** NC Amateur Sports.

**RULES:** Division rules apply.

**NUMBER:** Number must be worn on front of uniform. A \$2.00 fee will be charged to replace a lost competitor's number.

**FACILITIES:** 400 meter all-weather track. Only ¼" pyramid spikes will be allowed. FinishLynx timing. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents and/or umbrellas will not be allowed below marked levels of the stadium.

Team packets will be available at meet headquarters from 7:00 p.m. to 9:00 p.m., Thursday, April 18 or after 10:00 a.m., Friday, and after 8:00 am, Saturday, at the track.

**HOST HOTEL:** Marriott Greensboro/High Point Airport (1-336-605-6575)

**TELEVISED:** ESPNU

**MEET DIRECTORS:** Brooks Johnson (Executive Director) ([sutrac@aol.com](mailto:sutrac@aol.com))  
Frank Davis, Jr. (High School/Youth) ([fdavis@durhamstriders.com](mailto:fdavis@durhamstriders.com))  
Orin Richburg (College/Open) ([richburg6@comcast.net](mailto:richburg6@comcast.net))

### **PARTICIPATING HOTEL**

<b>Hotel</b>	<b>Rate</b>	<b>Comments</b>	<b>Cutoff</b>	<b>Contact</b>
<i>Host Hotel: Marriott Greensboro/High Point Airport One Marriott Drive Greensboro, NC 27409</i>	<b>\$79.00</b>	<b>Complimentary Business Center Indoor/Outdoor Pool 24 Hour Fitness Ctr.</b>		<b>Leon Rimmey, Sales 1-336-605-6575 or Marriott Reservations 1-800-228-9290 Fax: 1-336-605-6567</b>

<http://marriott.com/hotels/travel/gsonc-greensboro-high-point-marriott-airport/>

**Be sure to ask for the International Friendship Freedom Games group rate**

Rates do not include applicable sales and occupancy taxes.

## International Friendship And Freedom Games Events (Running Events in Meters)

Events	Open		College		High School		Bantam		Midget		Youth	
	Women	Men	Women	Men	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
100 **	X	X	X	X	X	X	X	X	X	X	X	X
1500	X	X	X	X	----	----	X	X	X	X	X	X
1600	----	----	----	----	X	X	----	----	----	----	----	----
3000	X	X	X	X	----	----	----	----	X	X	X	X
3200	----	----	----	----	X	X	----	----	----	----	----	----
High Hurdles	X-	X	X	X	X	X	----	----	----	----	----	----
400M Int. Hurdles	X	X	X	X	X	X	----	----	----	----	----	----
4X100	X	X	X	X	X	X	X	X	X	X	X	X
4X200	X	X	X	X	X	X	----	----	----	----	----	----
4X400	X	X	X	X	X	X	X	X	X	X	X	X
4x800	X	X	X	X	X	X	----	----	----	----	----	----
Dist. Med	----	----	X	X	X	X	----	----	----	----	----	----
LJ	X	X	X	X	X	X	X	X	X	X	X	X
TJ	X-	X	X	X	X	X	----	----	----	----	----	----
HJ	X	X	X	X	X	X	----	----	----	----	----	----
Pole Vault	X	X	X	X	X	X	----	----	----	----	----	----
Shot Put	X	X	X	X	X	X	----	----	----	----	----	----
Discus	X	X	X	X	X	X	----	----	----	----	----	----
Javelin	X	X	X	X	----	----	----	----	----	----	----	----
Hammer	X	X	X	X	----	----	----	----	----	----	----	----

*X – Events offered.*

**\*\* In the 100 meters, the top sixteen (16) times entered per division will compete in the featured 100 meters; only two (2) heats per division will be run. Refer to performance list, when posted.**

### RUNNING EVENTS:

Friday, April 20	Saturday, April 21
<b>4:00 PM</b>	<b>9:00AM</b>
400 M Intermediate Hurdles	4 X 800 M Relay
4 X 200 M Relay	100/110 M High Hurdles
Distance Medley Relay	100 M Dash (Top Sixteen Entries per Division)
	1500/1600 M Run
	4 X 100 M Relay
	3000/3200 M Run
	4 X 400 M Relay

### FIELD EVENTS:

Friday, April 20	Saturday, April 21
<b>12:00 pm</b>	<b>8:00 am</b>
Javelin	Hammer Throw
Pole Vault (College/Open)	High Jump
Discus (College/Open)	Long Jump
	Triple Jump
	Shot Put
	Discus (High School)
	Pole Vault (High School)

**TIME SCHEDULE WILL BE PLACED ON ([www.internationalfriendshipfreedomgames.com](http://www.internationalfriendshipfreedomgames.com)).**