



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

2008 Durham Striders NC High School Opener
Indoor Track & Field

Saturday, January 5

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

- Eligibility:** North Carolina High School Athletes (*Only*)
- Entry Information:** Entry fee is \$4.00/event and \$8.00/relay, maximum of 3 entries per event per school. There is no additional fee for relay only athletes, but they must be entered in the meet. Entry will not be processed unless entry fee is received by deadline.
- Entry Process:** Enter On-line thru Coach O, (http://www.coacho.com/meet/entry/nc_durhamstriders). Entries and changes can be made up to the deadline, Thursday, December 27, 2007. Faxed, e-mailed or phone entries will not be accepted. Fees must be received, not postmarked, by Friday, December 28, 2007. Performance lists will be posted (www.durhamstriders.com) by Monday, December 31, 2007.
- Mail entry fees to: Durham Striders
PO Box 15758
Durham, NC 27704
- School checks, certified checks or money orders only. Personal checks will not be accepted; no refunds
- Endorsed:** NCHSAA
- Spikes:** Limited to 1/4 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:** Top 3 individuals,
- Relays:** All relay members must be students from same high school. Alternates may be entered 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. Saturday. Coaches' meeting at 8:30 a.m.
- Time Schedule:** The order of events is attached. 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 30 minutes after your last event.
- Meet Host:** Southern Durham High School and Durham Striders Track Club
- Sponsor:** Durham Striders Track Club dstmeets@durhamstriders.com <dstmeets@durhamstriders.com>
- Meet Director:** Frank W. Davis, Jr. (dstmeets@durhamstriders.com)
- Hotel Info:** Contact March Rosoff: 919-417-3494 of email: hotelguy@alliancehospitality.com, see attached.

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Schedule of Events

Field Events:

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

Running Events: (Rolling Schedule; women followed by men except where indicated)
Lapped athletes are subject to be removed from track.

9:00am 4x800 meter relay
55 meter high hurdles (semis, Women followed by Men)
55 meter dash (semis)
55 meter high hurdles (finals, Men followed by Women)
55 meter Dash (finals)
1600 meter run
500 meter run
3200 meter run
1000 meter run
300 meter dash
4x400 meter relay

IMPORTANT HOTEL INFORMATION

Welcome To The
Durham Striders / North Carolina
High School Opener
 Durham / Chapel Hill, North Carolina



Durham / Host Hotels / Preferred Hotels PREFERRED HOTEL INFORMATION	HOTEL FEATURES	DISTANCE FROM TRACK / RATES
<u>Comfort Inn University</u> 3508 Mt. Moriah Rd, Durham, NC 27707 Team Reservations: 919.417.3494	Free continental breakfast, free local calls, interior corridors, fitness room	Room rate: \$ 79.00 UNC Indoor: 4 miles
<u>Homewood Suites Hotel</u> 3600 Mt. Moriah Rd, Durham, NC 27707 Team Reservations: 919.417.3494	Free hot breakfast, all-suite hotel with separate living room and kitchen, interior corridors, fitness room	Room rate: \$129.00 UNC Indoor: 4 miles Includes Breakfast
<u>Hampton Inn / Duke University</u> 1816 Hillandale Rd, Durham, NC 27705 Team Reservations: 919.417.3494	Free continental breakfast, free local calls, interior corridors, fitness room	Room rate: \$ 69.00 UNC Indoor: 9 miles

For all team reservations

Call our Hotel Guy Mark Rosoff: 919.417.3494 or email him: hotelguy@alliancehospitality.com

Rates are subject to availability and will not apply in conjunction with other discount programs and do not include tax
 The Alliance Hospitality Family of Hotels is proud to support the Durham Striders Track Club

PLEASE SUPPORT THE HOTELS THAT SUPPORT THE DURHAM STRIDERS



1301 N. Fordham Blvd.
Chapel Hill, NC 27514

Sports themed hotel. Restaurant on site. Free locals calls. Free wireless internet. Fitness room.

Hotel located 2 miles from Eddie Smith Field House.

Room rate: \$74.95 per night

For reservations call toll free: 1-888-452-5765 and ask for the
Durham Striders NC High School Opener

Holiday Inn- Chapel Hill
Home of the Sports Experience

www.hichapelhill.com
www.myleisuretravel.com