

Durham Strider Track Club



Durham Strider Developmental Meet/Saturday, May 24, 2008/9:00AM

The final developmental meet of the season will be hosted by the Striders on Saturday at NCCU. The meet begins at 9:00am. **All Striders should be at the track by 7:30AM.** The kids will need to dress out in WHITE Durham Strider running shirts and navy running shorts UNDER their warm-ups. The 5-6 through 11-12 kids can participate in 3 running events including relays, and one field event. The older athletes, 13-14 and older, may participate in 4 events including relays and field events.

We are expecting LOTS of kids from many teams. The meet will begin at 9AM and run through until the end. Based on previous experience, the meet will run well into the late afternoon/early evening.

For most of the children, this meet is the beginning of the competition which will allow the kids to move onto invitational meets (Jim Law, USATF Team Nationals, Blunt ECI), the State Games, and through the USATF Junior Olympic Competition. From this Saturday on, many of the kids will run almost every Saturday and in some cases Friday-Sunday through the end of July.

The kids will need PLENTY of water for Saturday and nutritious snacks. They also will need to eat a good pre-competition meal on Friday night (spaghetti), drink plenty of water, and eat a good breakfast at least 2 hours BEFORE they begin competing. Please **avoid** grease, milk, and juice with pulp on Saturday morning. A good meal for Saturday morning is fresh fruit, pancakes/waffle with syrup NOT butter, NO bacon or sausage, water or apple juice.

The Strider kids will need to sit together so that we can get them to their events on time. Please remind your children that no horse-play or other types of distracting behavior will be tolerated.

*******WE ABSOLUTELY NEED AS MANY PARENT VOLUNTEERS AS POSSIBLE FOR SATURDAY FOR the tasks below*****:**

Check-in clerks

Field event crews (Shotput/Discus/Javelin, Long Jump/Triple Jump[we will be running 2 pits for the Long Jump], High Jump)

Awards

Lane and Zone judges

This is an all-day event so please come prepared!!!! If you can help us, please see either Veta Brown or Jeanine Holland and sign the volunteer sheet!!!

Deadlines for Registration for Middle and High School Athletes/May24th

The deadline for registration for middle and high school athletes is **Saturday, May 24th**. This gives any middle school and high school athlete a chance to register for the summer to run Junior Olympic and invitational meets. If there are athletes whom you know to be waiting to sign up, please let them know that Saturday at the Developmental meet will be the LAST opportunity to register for this season.

USATF Numbers:

Please remember to get your USATF numbers and provide a printed copy of these to Veta Brown or Jeanine Holland so that we can get your kids entered into the USATF Junior Olympics. We need the numbers **NO LATER THAN Monday, June 9th**. You can email the confirmation that you get from USATF to Jeanine at jholland@duke.edu.

To register online, go to: www.usatf.org to register. On the top menu, fine “Products/Service”, scroll down to “Individual membership” and register as a new member or renew your membership. **REMEMBER to make sure that you affiliate as a Durham Strider, club number 618.** Once you have finished, please **REMEMBER TO PRINT** your confirmation/receipt to give to Veta Brown or Jeanine Holland. You will need to insert the Durham Striders Club number, which is 618.

Uniforms

Those parents who ordered from Walt Cleary at 9th Street earlier this year, can pick up your orders at 9th Street, I think that Walt ordered extras and these would also be available at 9th Street Active Feet on Iredell for those who want to pick up warm-ups especially the older kids who will begin to practice this week, and will be running through the summer. There are also Durham Strider parent T-shirts and polos available as well.

Track Practice next week:

There **will not** be PRACTICE on Monday, Memorial Day. Practice will resume on Wednesday and Thursday of next week.