

## Durham Striders Track Club



### **Final Information for Track Meets this weekend:**

***Jim Law INVITATIONAL Track Meet: Saturday, June 14-15<sup>th</sup>/Johnson C. Smith/Charlotte NC  
North Carolina State Games/NC A&T State University, June 14<sup>th</sup> (Saturday only), Greensboro, NC***

The team will participate in TWO meets this weekend. Many of our athletes will travel to Charlotte for the Jim Law Invitational. This meet has a set of qualifying standards set by the host club, the Charlotte Flights. Those athletes who have met and exceeded the qualifying standards set by the meet will participate in the Jim Law Invitational on Saturday AND Sunday. The meet will be held at Johnson C Smith's Track and there will be competition from 8-18 years old. Many of our athletes will also participate on Saturday at the North Carolina State Games, to be held at NC A&T State University's track. There will be competition for athletes from 8 and under through 17-18

In both cases, our athletes are being entered by their coaches in at least two events minimum and in as many as 4 events for some. **Both meets are ALL DAY meets and everyone should be prepared to stay all day.** If your children are leaving with you when they complete their events, please let the coaches know **before** taking your child so that we can account for all children. Some of the children may finish their individual races but will be scheduled for relays. Therefore, **it is essential that you do not take your children home BEFORE talking with your child's coach.**

If you have tents and are going down to Charlotte on Friday, please try to get your tents put up Friday afternoon since there is limited space for tents at Johnson C Smith's stadium. In Greensboro, there will be considerably more space, but everyone should try to get there early on Saturday to get your tents up.

We will split the coaching staff for these meets on Saturday. Coach Doc, Coach Haskins and others will travel to Greensboro on Saturday. Coach Darius (Robinson), Coach Tecla (McFadden), Coach Reese, Coach Wiggins, Coach Carla (McLaughlin-Boynton) and others will be in Charlotte on Saturday.

We will take the **Strider Bus to Charlotte on Saturday and Sunday. The bus seats only 49 kids.** Because we have close to 100 children participating in Charlotte, **we will need as many parents as possible to drive** to take kids to the meet on both days. **Those parents who wish to carpool, should be prepared to leave Hillside High School parking lot at 6:00AM on Saturday.** Preference for seating on the bus is given to the older kids. There is NO EATING on the bus and **any behavior issues** will be grounds for dismissal from the team. Directions to Johnson C. Smith's campus are enclosed below.

We also need as much help as possible with transportation to help get the kids to Greensboro. **All State Games participants need to be in Greensboro no later than 8:00AM.**

For both meets, the kids will dress out in navy running shorts and Durham Strider **white** running shirts. They will need to wear their running shorts/shirts under their warm-ups. **Please label all clothing items, shoes, bags, coolers, etc.** Parents should also know that children tend to leave their clothing around so we ask that you are careful to make sure that the kids (or preferably the parents) keep up with their things.

The children will need to eat breakfast **BEFORE** leaving home. Please **DO NOT** GIVE the kids, foods containing milk, fried foods, and juice with pulp. A reasonable breakfast for the kids would be apple juice, pancakes/waffles with syrup (NO BUTTER or MARGARINE), oatmeal, or dry cereal. The kids will also need snacks and **PLENTY** of water to take with them. Please send **NUTRITIOUS** snacks, such as fresh or dried fruit, NutriGrain/cereal bars, and peanut butter and jelly sandwiches on WHEAT bread. **Do not send candy, cookies, chips, chewing gum, sodas, Kool Aid, sandwiches with fried meat and/or mayonnaise.**

**We will insist that the children sit together so that we know where they are at all times.** This allows them to warm up together, get to the check-in areas together and **on time** and remain together during the meet. This will allow us to get the children to check-in on time. We cannot emphasize that we need to know where the children are **AT ALL TIMES**. For the young kids, 11-12 and under, we request that they do not go ANYWHERE unaccompanied, including the bathrooms

Please review the code of conduct with the children. It will be **strictly enforced** for this and any subsequent activities both in Durham and for future meets away from Durham. We will not tolerate horseplay, fighting, wandering off without permission, bad/profane language, fighting, or any of the other behaviors, which are spelled out in the code of conduct. **Any violation of this will be grounds for suspension from the team and there will be NO exceptions to this.**

Please review the code of conduct. ANY infraction of the code of conduct (bad language, fighting, poor sportsmanship, , etc.) will result in **immediate** suspension from the team for the remainder of the season.

Most of the children will compete in at least 2, and in some cases as many as 4 events on Saturday. Competition begins at 9:00AM at both sites, which is why the team needs to leave no later than 6:00AM to get down to Charlotte by 8:00AM, get warmed up, and organized for the meet. Please know that we will leave on time, so **PLEASE** get to the track on time if you are car pooling with the bus to Charlotte.

Those going to Greensboro need to be in **GREENSBORO AT THE STADIUM by 8:00AM.**

### **DIRECTIONS TO JCSU:**

Take I-85 South to Charlotte. **STAY** on I-85 to Exit 37, Beatties Ford Road. Turn **RIGHT** onto Beatties Ford Road and go about 2 miles on Beatties Ford Road to the entrance of Johnson C. Smith, which will be on your left. Give yourself about 2 hours to get from Durham to Johnson C Smith.

### **REGISTRATION MATERIALS/USATF numbes**

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 16th. In order for us to enter the kids into the State USATF Championships next weekend (June 20-22), they MUST have USATF numbers!!!!**

You can email the confirmation that you get from USATF to Jeanine at [jholland@duke.edu](mailto:jholland@duke.edu). To register online, go to: [www.usatf.org](http://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. Also please check with Mrs. Holland and Mrs. Brown to make sure that we have all birth certificates. This will become increasingly more important as we compete through the Junior Olympic competition. .

### **\*\*\*\*\*IMPORTANT PARENTS MEETING/THIS THURSDAY, June 12<sup>th</sup> /7:00PM\*\*\*\*\***

There will be an **important** Parents' Meeting **THIS THURSDAY** at the track at 7:00PM. This meeting will review information for the meets this weekend and the State USATF Junior Olympic Championships next weekend on Friday evening in Burlington and the meet the following Saturday in Charlotte

### **North Carolina State Games at NC A&T State University, Greensboro NC/ SCHEDULE OF YOUTH EVENTS**

#### Track Events – Saturday, June 14

9:00 a.m. Race Walks  
3,000 Meter Run  
80/100/110 Hurdles  
100 Meter Dash (Prelims)  
800 Meter Run  
100 Meter Dash (Finals)  
400 Meter Dash  
4 X 100 Meter Relay  
1500 Meter Run  
200 meter Hurdles  
200 Meter Dash  
4 X 400 Meter Relay

#### Field Events – Saturday, June 14

9:00 a.m. Long Jump  
High Jump (9-10 Up)  
Triple Jump - Follows Long Jump  
Shot put (9-10 Up)  
Discus  
Pole Vault

- The meet will start at 9:00 a.m. and will run with a rolling start for all events.
- All events will be run as timed finals except 100 meters. If 8 or less competitors report for the 100m, it will be run as a final during the time of the Semis.
- In most cases, Male athletes will follow Female. Exceptions will be made in the hurdles and field events.
- Bantams and Midgets are limited to three events. All other divisions are limited to four events.

### **Jim Law Invitational Meet/June 14-15, 2008/ SCHEDULE OF EVENTS/**

#### **Saturday, June 16 9:00am – 8:00pm**

1500M Run (Finals)  
200M Hurdles (Finals)  
400M Hurdles (Finals)  
4x800M Relay (Finals)  
80M Hurdles (Semis)  
100M Hurdles (Semis)  
110M Hurdles (Semis)  
100M Dash (Semis)  
400M Dash (Semis)  
200M Dash (Semis)  
4x100M Relay (Semis)

#### **Sunday, June 17 9:00am – 7:00pm (All Finals)**

3000M Run  
5000M Run  
800M Run  
Opening Ceremonies  
80M Hurdles  
100M Hurdles  
110M Hurdles  
100M Dash (Masters)  
100M Dash  
400M Dash  
200M Dash  
4x100M Relay  
Outstanding Athlete Awards  
4x400M Relay  
Team Awards

#### **Saturday**

High Jump (13-14, 15-16, 17-18)  
Long Jump (all age groups; starting with 7-8 year olds)  
Turbo Javelin (11-12, 9-10, 7-8)  
Javelin (15-16, 17-18)  
Shot Put (all age groups; starting with 7-8 year olds)

#### **Sunday**

High Jump (11-12, 9-10)  
Triple Jump (13-14, 15-16, 17-18)  
Discus (11-12, 13-14, 15-16, 17-18)  
Pole Vault (15-16, 17-18)

\*\*\*The meet may run up to 1 hour ahead of schedule once it begins.

**Remember:** Important Parent's Meeting on Thursday, June 12/7PM