



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

2009 Eastern H.S. Challenge

Indoor Track & Field

Friday/Saturday, January 16-17

*University of North Carolina - Chapel Hill
Dick Taylor Track – Eddie Smith Field House*

- Eligibility:** Eastern States High School Athletes
- Entry Information:** Entry fee is \$7.00/event and \$13.00/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. *Important, because of facility capacity limits, entries will be scratched unless fees are received by deadline, no exceptions.*
- Entry Process:** Enter On-line thru Coach O, (www.coachoregistration.com/meet/entry/nc_durhamstriders) Entries and/or changes can be made up to the deadline, Wednesday, January 7, 2009. Faxed, e-mailed or phone entries will not be accepted. Fees must be received, not postmarked, by Friday, January 9, 2009. Performance lists will be posted (www.durhamstriders.com) by Monday, January 12.
- 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*
- Sanction:** National Federation of State High School Associations (www.nfhs.org).
- 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:** Medals for Top 3 individuals; plaques for top 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 5:00 p.m. on Friday and 8:00 a.m. Saturday; a coaches' meeting will be held at 8:30 a.m. on Saturday.
- 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
- Meet Director:** Frank W. Davis, Jr. (ehschallenge@durhamstriders.com)
- Hotel Info:** Contact Jimmie Jones or Brenda Glaser at 919-313-1389 or email brenda@atmahotelgroup.com or jimmie@atmahotelgroup.com, see attached.

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Entry Standards

<u>Event</u>	<u>Men</u>		<u>Women</u>	
Pole Vault	11'8"	Start 10'8"	7'4"	Start 7'0"
High Jump	6'0"	Start 5'10"	4'10"	Start 4'8"
Shot Put	43'0"	Measure 40'0"	31'0"	Measure 29'0"
Long Jump	20'0"	Measure 18'0"	16'0"	Measure 14'0"
Triple Jump	42'0"	Measure 38'0"	33'0"	Measure 30'0"
55 meter HH	8.40		9.00	
55 meter dash	6.70		7.60	
300 meter dash	38.0		44.0	
500 meter run	1:10.0		1:26.0	
1000 meter run	2:45.0		3:20.0	
1600 meter run	4:45		6:10.0	
3200 meter run	10:05		12:33.0	
4x400 meter relay	3:38		4:30.0	
4x800 meter relay	9:00		11:05.0	

Schedule of Events

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

Lapped athletes are subject to be removed from track.

Friday, January 16	Saturday, January 17
6:00 pm	9:00 am
1600 M Run Un-Seeded	55 M Hurdles (Semis)
3200 M Run (Final)	55 M Dash (Semis)
4 X 800 M Relay (Finals)	55 M Hurdles (Finals, men followed by women)
	55 M Dash (Finals)
	1600 M Run Seeded (Finals – Top 14 Entries)
	500 M Run
	1000 M Run
	300 M Dash
	4x400 M Relay

Field Events:

Friday, January 16	Saturday, January 17
6:00 pm	9:00 am
Pole Vault (Women)	Pole Vault (Men)
	Long Jump
	Shot Put (Men Followed by Women)
	High Jump (Women Followed by Men)
	Triple Jump (Follows Long Jump)

IMPORTANT HOTEL INFORMATION

Welcome To The
Eastern High School Challenge
Chapel Hill, North Carolina



PREFERRED HOTEL INFORMATION	HOTEL FEATURES	DISTANCE FROM TRACK / RATES
<u>Hampton Inn & Suites</u> 6121 Farrington Road Chapel Hill, NC 27517	Free hot breakfast, free local calls, free internet access, interior corridors, fitness room	Room rate: \$ 86.00 UNC Indoor: 3 miles
<u>Holiday Inn Express</u> 6119 Farrington Road Chapel Hill, NC 27517 Team Reservations: 919.417.3494	Free hot breakfast, free local calls, free wireless internet access, interior corridors, fitness room	Room rate: \$80.00 UNC Indoor: 3 miles

For all team reservations

Call Jimmie Jones or Brenda Glaser at 919-313-1389 or email brenda@atmahotelgroup.com or jimmie@atmahotelgroup.com

Please book reservations by December 22, 2008 to insure availability and rate.