

**2019 Big Eight 3A Track & Field
Championships
(High School Meet)**

**Wednesday, April 24
Southern Durham High School
Durham, NC**

- Eligibility:** Open to all the Big Eight 3A schools
- Entry Process** Entries and changes can only be made [on-line](#) via [nc.milesplit.com](#) Calendar. Entries will not be accepted after the deadline of Sunday, April 21, 11:59 p.m. A maximum of 3 entries per event, per school will be allowed. *Use only verifiable performances that are recorded in MileSplit for entries.* Seeding will be placed on the [Durham Striders web site](#) on April 22. Click on live results.
- 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:** 400-meter all-weather track. FinishLynx timing by Durham Striders. Concession stand open during meet. No glass containers allowed in the stadium. Tents and/or umbrellas will be allowed in designated areas of the stadium only.
- Admissions:** \$5.00 for all spectators.
- Relays:** All four relay athletes plus alternates must be entered during entry process.
- Seeding:** Top eight times in the 100m dash and 100/110 meter hurdles will qualify for the finals. All other events will be seeded and run as time finals.
- Results:** Live results will be available on the Durham Striders web site after the completion of each event: ([www.durhamstriders.com](#)).
- Scoring:** Top seven (7) in all events will score. (10-8-6-4-3-2-1)
- Rules:** 2019 NFHS rules of competition will apply.
- Meet Host:** Southern Durham High School
- Meet Director:** Frank Davis (fdavis@durhamstriders.com)

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Schedule of Events

Women followed by Men except where indicated

12:00 p.m. – Meeting for all head coaches in the press box at the top of the stadium

Field Events:

			Women	Men
12:30 p.m.	Long Jump			
	High Jump (Men followed by Women)	Starting Height	4'4"	5'4"
	Shot Put (Women followed by Men)			
	Discus (Men followed by Women)			
	Triple Jump (Follows Long Jump)			
	Pole Vault (Women followed by Men)	Starting Height	6'6"	9'6"
	(The Pole Vault will be contested at TBD)			

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

12:30 p.m.	4x800 meter relay
1:00	110m hurdles (Prelims)
1:15	100m hurdles (Prelims)
1:30	100m Dash Prelims)
2:00 p.m.	Announce Finalist for 100m and 100m/110m Hurdles

Finals:

2:30	110 meter hurdles
2:35	100 meter hurdles
2:40	100-meter Dash
2:50	4x200 meter relay
3:05	1600-meter run
3:25	4x100 meter relay
3:40	400-meter dash
4:05	300-meter hurdles
4:25	800-meter run
4:40	200-meter dash
5:05	3200-meter run
5:40	4x400 meter relay
5:55	Coaches Meeting

Awards: Team Championship

Meet may run up to 20 minutes ahead of schedule once finals begin

Meet Assignments

Meet assignments are tentative; adjustment will be made prior to the competition based on skill levels.

4x800m Relay – Exchange zone (Northwood/Chapel Hill)

4x200m Relay – Exchange zone one and three (Cedar Ridge/Northern) Exchange zone two (Orange/Hillside)

4x100m Relay – Exchange zone one (Cedar Ridge/Northern) exchange zone two (Orange/East Chapel Hill) exchange zone three (Northwood/Southern Durham)

4x400m Relay - Exchange zone/Break (Chapel Hill/Southern Durham)

High Jump – East Chapel Hill/Hillside

Disc – Orange/East Chapel Hill

Shot Put – Orange/East Chapel Hill

Long Jump – Northwood/Southern

Triple Jump – Northwood/Southern

Pole Vault – Chapel Hill