

2024 DURHAM STRIDERS INVITATION  
(Developmental Meet)  
Track & Field Meet



Saturday – May 25, 2024  
Hugh M Cummings High School  
2200 North Mebane Street  
Burlington, NC 27217

**ELIGIBILITY:** The maximum event entry limit for this meet is four for all age groups except 6&U. Athletes in age groups 8&U thru 11-12 can only compete in a maximum of three running events, including relays; their fourth event must be a field event. Athletes 6&U can only compete in the 100m and 400m.

**AGE DIV:** Age divisions are determined by birth year, i.e., their age on Dec. 31, 2023.

<u>Age Division</u>	<u>Year of Birth</u>
6 & Under	2018 and after
7 -- 8	2016 - 2017
9 - 10	2014– 2015
11 – 12	2012 – 2013
13 – 14	2010 – 2011
15 – 16	2008 – 2009
17 – 18	2006 – 2007 and 2005 if the date of birth is after July 28, 2024

An athlete must compete in his/her age division only.

**ENTRY INFO:** Entries and changes can only be made *online* at Coacho.com. The entry deadline is midnight, Wednesday, May 22. E-mailed, phone entries or changes will not be accepted. Athletes will NOT be allowed to enter at the meet. *There are no qualifying standards but, please enter seed performances to ensure that your better athletes will compete in representative heats.*

**Deadline:** Athletes must be entered by midnight Wed, May 22

**Fees:** \$6.00 per individual event                      \$24 per relay event

**PAYMENT:** By credit card - Pay online at CoachO.com by the deadline by charging to VISA or MasterCard

**RELAYS:** A maximum of two (2) relay teams, 'A' and 'B', per event per age division will be allowed. Four (4) members and two (2) alternates may be entered per relay. Relay entries count towards event maximums. Relay uniforms must conform to 2024 USATF rules.

**AWARDS:** The top six finishers in each event will receive ribbons

**EQUIPMENT:** Athletes must use the starting blocks provided by the meet. Throwers must provide their own implement. Throwing implements will be weighed at the event.

**HOST:** Durham Striders Youth Association

**RULES:** 2024 USATF rules of competition will apply.

**PROTESTS:** All protests must be filed at the protest table by the coach or the individual competitor, if not competing for a club. A parent may file for an unattached runner. A *CASH* fee of \$25.00 must be submitted when filing a protest. The money will be returned if the protest is upheld.

**FACILITIES:** 400-meter all-weather track. *Only ¼” or less spikes are allowed.* FinishLynx timing. The concession stands will be open during the competition. No glass containers are allowed in the stadium. Tents and umbrellas will be allowed in designated areas of the stadium.

**LIVE RESULTS:** <https://results.durhamstriders.com/>

**MEET DIRECTOR:** Frank W. Davis, Jr. ([dstmeets@durhamstriders.com](mailto:dstmeets@durhamstriders.com))

The top 8 finishers qualify for the Youth International Meet being held July 12-14, 2024 at Prince George’s County Sports and Learning Complex. For Information, go to <https://intlyouthtrackchampionships.com/>.

**EVENTS OFFERED (Meters)**

Events	6&U		7-8		9-10		11-12		13-14		15-16		17-18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
100	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
1500	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
H Hurdles	-----	-----	-----	-----	-----	-----	X	X	X	X	X	X	X	X
4X100	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
LJ	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
TJ	-----	-----	-----	-----	-----	-----	-----	-----	X	X	X	X	X	X
HJ (Start)	-----	-----	-----	-----	(0.90)	(0.96)	(1.0)	(1.16)	(1.20)	(1.40)	(1.30)	(1.70)	(1.30)	(1.70)
Shot Put	-----	-----	X	X	X	X	X	X	X	X	X	X	X	X
Discus	-----	-----	-----	-----	-----	-----	X	X-	X	X	X	X	X	X
Mini Jav	-----	-----	X	X	X	X	-----	-----	-----	-----	-----	-----	-----	-----
Aero Jav	-----	-----	-----	-----	-----	-----	X	X	-----	-----	-----	-----	-----	-----

X = EVENT OFFERED IN AGE DIVISION

**SCHEDULE OF EVENTS**

**RUNNING EVENTS: (ALL FINALS) (9:00 a.m. (Rolling Schedule)**

- 1500 Meter Run
- 80/100/110 Hurdles
- 100 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 4 x 100 Meter Relay

**FIELD EVENTS: (9:00 a.m.)**

- Long Jump (17-18 Down)
- High Jump (9-10 Up)
- Triple Jump - Follows Long Jump
- Shot-put (7-8 Up)
- Discus (17-18 Down)
- 300G Mini Javelin (7-8, 9-10)
- 450g Aero Javelin (11-12)

**In all field events, competitors will be allowed three (3) attempts ONLY.**