

2026 DURHAM STRIDERS INVITATION
(Developmental Meet)
Track & Field Meet



Saturday – May 23 2026
Hugh M Cummings High School
2200 North Mebane Street
Burlington, NC 27217

ELIGIBILITY: The maximum event entry limit for this meet is 4 for all age groups except 6&U. Athletes in age groups 8&U through 11-12 may compete in a maximum of 3 running events, including relays; their 4th event must be a field event. Athletes 6&U can only compete in the 100m and 200m.

AGE DIV: Age divisions are determined by birth year, i.e., their age on Dec. 31, 2026.

<u>Age Division</u>	<u>Year of Birth</u>
6 & Under	2020 and after
7 -- 8	2018 - 2019
9 - 10	2016– 2017
11 – 12	2014 – 2015
13 – 14	2012 – 2013
15 – 16	2010 – 2011
17 – 18	2008 – 2009 and 2007 if the date of birth is after Aug 02, 2026

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

ENTRY INFO: Entries and changes can only be made *online* at Athletic.net. The entry deadline is midnight Wednesday, May 21. E-mailed or phone entries or changes will not be accepted. 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 20

Fees: \$7.00 per individual event, \$24 per relay event

PAYMENT: Pay online via Athletic.net 's online entry process.

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 implements.

HOST: Durham Striders Youth Association

RULES: 2026 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 permitted in the stadium. Tents and umbrellas will be allowed in designated areas of the stadium.

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

MEET DIRECTOR: Frank Davis (dstmeets@durhamstriders.com)

The top 8 finishers qualify for the Youth International Meet held July 17-19, 2026, 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
200	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
200 Hurdles									X	X				
400 Hurdles											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 Javelin		----	X	X	X	X	X	----	----	----	----	----	----	----
Aero Javelin			----	----	----	----	----	X	X	----	----	----	----	----

Note: 200 m (6&under only)

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
- 200 (6&under only) 400 Meter Dash
- 200 Meter Hurdles (New Event, 13-14)
- 400 Meter Hurdles (New Event, 15-16 & 17-18)
- 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)

Competitors will be allowed three (3) attempts ONLY in all field events.