



NCRunners Holiday Invitational December 15, 2018



GENERAL MEET INFORMATION

Admission:	Spectator admission is \$7 for adults and \$5 for students 12 and older. Children under 12 are free.
Uniform Rules:	All competitors, including unattached, must adhere to the NFHS uniform rules. For more information and visual examples of the uniform rules, please visit http://bit.ly/JDL_HS_Uniforms
Waiver of Liability:	Each institution and individual will be required to provide either a certificate of insurance or waiver of liability. The waiver of liability forms can be found at the top of the Schedule page at jdlfasttrack.com . Forms will be available to fill out at packet pick-up, but we urge schools and individuals to submit their documentation prior to the meet. Only one form is needed for the entire season.
Athletic Trainer:	JDL Fast Track will be providing a certified athletic trainer on-site during the competition. Schools not traveling with a trainer should send supplies, such as tape and pre-wrap, as the on-site athletic trainer will have limited quantities of those supplies.
On-Site Food Vendor:	TBD
RunnerSpace Videos:	RunnerSpace will be on-site recording each track event. The races will be available after the event as part of RunnerSpace's +Plus subscription package. The RunnerSpace video will serve as the official race video in the event of a protest. To get more information about subscribing, go to www.runnerspace.com or www.jdlfasttrack.com .
Timing & Results:	Fully automatic timing will be performed by Rhodes Race Timing. Results will be posted at Direct Athletics and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	NCRunners Holiday Invitational is open to all NCHSAA and NCISAA institutions. Unattached athletes may also compete. Teams wishing to compete need to request an invitation to the meet. Athletes from other states must compete unattached. Teams must also be in good standing with JDL Fast Track. Please remember that all fees are registration fees and not competition fees. If you register for a meet and fail to show up, you will still owe that money and will not be allowed to return until those fees are paid.
Entry Deadline:	Entries are handled on a first come, first served basis. Online entries via Direct Athletics will open on Monday, December 3 and will close on Tuesday, December 11 at 10 pm EST . Some events may reach their entry limits prior to the deadline, so coaches are encouraged to register early. When events are full, we encourage coaches to continue checking Direct Athletics, as we have noticed a pattern of events opening back up on the final day or two of registration.
Team Entry Fees:	\$11 per athlete per event and \$30 per relay. Late entries or those failing to enter online will be charged a late/manual fee of \$25 per athlete per event or \$50 per relay. Late and manual entries will be accepted at the discretion of meet management and are not guaranteed. There will be no refunds for scratches after the entry deadline. Team payment is due at packet pick-up or may be paid online via Direct Athletics. Checks should be made payable to JDL Fast Track, LLC. PLEASE DO NOT MAIL YOUR CHECKS.
Entry Limits:	The schedule on page two indicates the maximum number of entries per gender in each event. Additionally, each school is limited to no more than 3 athletes per running event, 3 per field event and 1 relay team. Entry limits may be expanded closer to the deadline depending on availability of time.
Individual Entry Fees:	Unattached athlete registration fees are \$11 per event . All individuals must pay online. Additional Direct Athletics fees may apply. There will be no refunds for scratches once payment has been received online. Late registration after the deadline may be available and will be up to meet management depending upon the number of available slots. If available, the late registration fee will be \$25 per event.

RUNNING EVENT INFORMATION

Check-in Procedures:	This meet will use a DECLARATION procedure. Coaches will DECLARE their athletes and then the athletes will return to get their heat and lane assignment and hip numbers when instructed to do so. All athletes who have not been DECLARED will be scratched! The final declaration schedule will be included in the final packet of information sent to coaches no later than December 15.
Relay Teams:	Only NCHSAA and NCISAA relay teams will be allowed. We will not be accepting any club relay teams.



NCRunners Holiday Invitational Meet Records



EVENT	BOYS' RECORDS	GIRLS' RECORDS
55m Dash	6.29 (2015) Daniel Estrada – Northwest Guilford	6.97 (2015) Anna Cockrell – Unattached
60m Dash	6.70 (2013) Trentavis Friday – Cherryville	7.70 (2013) Charminique Hackney – Cary
300m Dash	35.29 (2016) Trequan Barnes – Parkland	38.78 (2015) Anna Cockrell – Unattached
400m Dash	49.17 (2013) Marquavious Johnson – Knightdale	57.13 (2012) Deja Parrish – Unattached
500m Dash	1:02.36 (2016) Chantz Sawyers – Unattached	1:14.47 (2017) Maya Singletary – Hoke
800m Run	1:57.58 (2012) Josiah Elliot – Parkland	2:19.15 (2012) Jennie Cummingham – Pinecrest
1000m Run	2:29.97 (2014) Elijah Inuwa – Central Academy	2:59.43 (2013) Malia Ellington – Comm. School of Davidson
1600m Run	4:24.90 (2013) Wyatt Maxey – Providence	5:11.92 (2017) Ainsley Cooper – Reagan
Mile Run	4:14.18 (2012) Bakri Abushouk – Cary	4:48.63 (2012) Wesley Frazier – Zussen
3200m Run	9:38.11 (2017) Brandon Hernandez – A.L. Brown	10:33.44 (2015) Sara Platek – Ragsdale
55m Hurdles	7.29 (2014) Marcus Krah – Hillside	7.70 (2015) Anna Cockrell – Unattached
60m Hurdles	8.02 (2012) Isaiah Moore – Cummings	8.68 (2013) Jacklyn Howell – Southeast Raleigh
4x200m Relay	1:31.83 (2012) Velocity Striders (Harden, Watkins, Madrid, McCain)	1:40.21 (2014) Parkland (McNeill, Williams, Sherman, Morrison)
4x400m Relay	3:22.22 (2013) Knightdale (Aikens, Johnson, Johnson, Kiedy)	3:54.64 (2014) Parkland (McNeil, Williams, Davis, Morrison)
4x800m Relay	8:06.80 (2014) South View (Felton, Staples, Alejandro, Hall)	9:51.32 (2016) Rocky River (Atwater, Bryant, Sidbury, Harris)
Long Jump	7.27m, 23-10.50 (2012) Isaiah Moore – Cummings	5.86m, 19-02.75 (2014) Sydney Murphy – Apex
Triple Jump	14.93m, 49-00.00 (2017) Jamar Davis – Unattached	11.79m, 38-08.50 (2014) Brittany Bowald – Unattached
High Jump	1.98m, 6-06.00 Keon Howe – Mallard Creek (2013) Steve Fossi-Noue – Mallard Creek (2014) Phillip Lee – Plantation Heat TC (2015)	1.77m, 5-10.00 (2014) Nicole Greene – Unattached
Pole Vault	4.87m, 16-00.00 (2014) Drew Pedersen – Apex	3.65m, 12-00.00 Zoe Early – Apex (2014) Tessa Sheets – Northwood (2016)
Shot Put	17.90m, 58-09.00 (2012) Jon Beyle – East Chapel Hill	16.36m, 53-08.25 (2013) Raven Saunders – Unattached