**ELIGIBILITY:** Open to any athlete who has met the qualifying standard and falls within the age division listed below. Each athlete may compete in a maximum of 4 events if at least 1 event is a field event or relay.

**AGE DIVISION:** Age divisions are determined by year of birth:

### 8&Under Division 8 & under 2016 and after

**9-10 Division 9 – 10 2015 – 2014**

**11-12 Division 11 – 12 2013 – 2012**

**13-14 Division 13 – 14 2011 – 2010**

**15-16 Division 15 – 16 2009 – 2008**

**17-18 Division 17 – 18 2007 – 2006**

**Open 19 - 29**

**Masters 30 - 105**

Athletes who will not turn 19 before August 1, 2024 are eligible to compete in 17-18 age division. A legible copy of birth certificate **must** **be** available at the meet. ***If a protest occurs and a team is unable to provide proof of birth, the athlete will be disqualified from all events entered/participated in.*** An athlete must compete in his/her age division throughout the meet. See notes under “QUALIFYING STANDARDS” for variations.

**AWARDS:** The top six finishers in each event will receive awards. Team awards will be presented to the top two point winners in the overall team, overall male/female team, and the top point winners in the overall male/female for each age group. Outstanding Athlete Award for each age division. The ***JIM LAW AWARD*** to the 17-18 male/female in the 100 meters and to the first place 17-18 male/female 4x400 meter relay teams. The ***MEGHAN M. SMITH AWARD*** to the youngest male/female **participant** **to** **compete** in an event.

**EQUIPMENT:** Athletes must use the starting blocks and batons provided by the meet. Throwers must provide their own implements and have them checked and certified at least one (1) hour before competition.

**ENTRY INFO: The Youth meet will cap at 1200 participants.** Entry fee is $10.00 for **each individual event** an athlete enters and $28.00 **per relay team**. *(see event schedule for events offered)* Entry fee for **OPEN/MASTERS** is $10.00 for **each individual event.** *(see event schedule for events offered)* **No** entry fee will be transferred or refunded. On-line entries (all teams and MASTERS) will be accepted using **ATHLETIC.NET** (follow instructions carefully). Please visit [www.athletic.net](http://www.athletic.net) to register your team. Entries and changes can be made thru **ATHLETIC.NET**, up to the entry deadline of **Wednesday, June 12, 2024**. Make checks (certified or cashier checks only) payable to the CFTC, P.O. Box 562163, Charlotte, NC 28256.

**100 MASTERS**: In honor of Dr. Jim Law, 100 meter world record holder. On-line entries accepted using **ATHLETIC.NET**. Please visit [www.athletic.net](http://www.athletic.net) to register for the 100 Masters. Medals will be given to the top six finishers (male and female). Top six will be determined by time. We will also run a Coaches/Parents 4x100 relay. Onsite deadline for entries is **Sunday, June 16, 2023 at 10:00am.**

**FACILITIES**: 400 meter all weather (Martin Surface) track; 8 42” lanes, all weather runways and concrete circles. FAT timing. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents and/or umbrellas will not be allowed on lower levels of the stadium. Team packets will be available at the track on Friday, June 18 from 3:00 pm – 6:00 pm.

26th ANNUAL JIM LAW INVITATIONAL



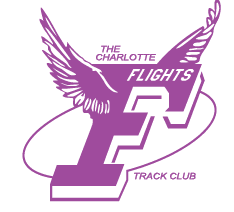
JUNE 14 – 16, 2024

Hosted by

The Charlotte Flights Track and Field Club

and

Mecklenburg County Park and Recreation



***UNC Charlotte***

***Cameron Blvd.***

***Charlotte, NC***

#### DATES: Friday June 14 1:00pm to 7:00pm (OPEN/MASTERS ONLY)

#### Saturday June 15 9:00am to 8:00pm

#### Sunday June 16 9:00am to 7:00pm

**Youth Meet will run on a rolling schedule**

**MEET DIRECTOR:** Nigel Orr, Charlotte Flights

[**orrnigel@gmail.com**](mailto:orrnigel@gmail.com)

(347) 969-8572

#### ENDORSEMENT: USATF

**ALL AAU, USATF and UNATTACHED ATHLETES ARE ELIGIBLE**

**JIM LAW INVITATIONAL QUALIFYING STANDARDS**

**Events offered: (In meters except where indicated)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **8** | **Under** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** | **Boys** |
| **100** | 17.0 | 16.5 | 15.0 | 14.8 | 14.0 | 13.5 | 13.1 | 12.2 | 12.9 | 11.5 | 12.5 | 11.3 |
| **200** | 34.5 | 34.0 | 31.5 | 31.0 | 29.0 | 28.5 | 28.2 | 25.0 | 27.5 | 23.0 | 26.5 | 22.5 |
| **400** | 85.0 | 80.0 | 72.0 | 70.0 | 68.0 | 65.0 | 64.0 | 57.0 | 62.0 | 53.0 | 61.0 | 52.0 |
| **800** | 3:08 | 3:08 | 3:00 | 2:49 | 2:49 | 2:33 | 2:38 | 2:20 | 2:34 | 2:08 | 2:30 | 2:02 |
| **1500** | X | X | 6:15 | 5:45 | 5:45 | 5:25 | 5:30 | 4:58 | 5:20 | 4:40 | 5:15 | 4:20 |
| **3000** | X | X | X | X | X | X | 12:00 | 10:40 | 11:40 | 10:50 | 11:30 | 9:50 |
| **High** | X | X | X | X | 18.0 | 16.0 | 17.0 | 16.5 | 16.5 | 16.0 | 15.8 | 15.2 |
| **Hurdles** |  |  |  |  | 80/30" | 80/30" | 100/30" | 100/33" | 100/33" | 110/39” | 100/33” | 110/39" |
| **Inter** | X | X | X | X | X | X | 33.0 | 31.0 | 75.0  52.0(300H) | 62.0  41.5(300H) | 72.0  52.0(300H) | 59.0  41.5(300H) |
| **Hurdles** |  |  |  |  |  |  | 200/30" | 200/30" | 400/30" | 400/36 | 400/30" | 400/36" |
| **4x100** | 68.0 | 68.0 | 63.0 | 62.0 | 56.0 | 55.0 | 53.0 | 51.0 | 51.0 | 46.0 | 50.0 | 48.0 |
| **4x400** | X | X | 5:40 | 5:20 | 4:45 | 4:35 | 4:30 | 4:15 | 4:20 | 3:50 | 4:15 | 3:40 |
| **4/800\*\*\*** | X | X | X | X | X | X | 10:50 | 9:40 | X | X | 10:20 | 8:30 |
| **LJ\*\*** | 8’0” | 9’0” | 10’0” | 12’0” | 13’0” | 14’5” | 15’0” | 17’0” | 16’0” | 19’0” | 17’0” | 20’10” |
| **TJ\*\*** | X | X | X | X | X | X | 28’0” | 33’0” | 32’0” | 40’0” | 36’0” | 44’0” |
| **HJ\*** | X | X | 3’2” | 3’4” | 3’6” | 4’2” | 4’4” | 4’6” | 4’7” | 5’9” | 4’8” | 6’0” |
| **Shot Put\*\*** | 14’0” | 15’0” | 18’0” | 19’0” | 23’0” | 26’0” | 30’0” | 36’0” | 30’0” | 38’0” | 33’0” | 43’0” |
| 2k | 2k | 6lbs | 6lbs | 6lbs | 6lbs | 6lbs | 4kg | 4kg | 12lbs | 4kg | 12lbs |
| Discus\*\* | X | X | X | X | 60’0” | 80’0” | 69’0” | 109’0” | 89’0” | 115’0” | 99’0” | 127’0” |
|  |  |  |  | 1kg. | 1kg. | 1kg. | 1.6kg. | 1kg. | 1.6kg | 1kg | 1.6kg. |
| Pole Vault | X | X | X | X | X | X | X | X | 8’0” | 10’0” | 8’0” | 10’6” |
| Turbo Javelin\*\* | 15’0” | 20’0” | 30’0” | 40’0” | X | X | X | X | X | X | X | X |
| 300g | 300g | 300g | 300g |
| Aero Javelin\*\* | X | X | X | X | 40’0” | 50’0” | X | X | X | X | X | X |
| 300g | 300g |
| Javelin\*\* | X | X | X | X | X | X | 60’0” | 80’0” | 80’0” | 110’0” | 90’0” | 130’0” |
| 600g | 600g | 600g | 800g | 600g | 800g |

X EVENT NOT OFFERED IN AGE DIVISION

**\* STARTING HEIGHT IN HIGH JUMP WILL BE 2” BELOW QUALIFYING STANDARD**

**\*\* DISTANCES 1 FOOT OR MORE BELOW QUALIFYING STANDARDS WILL NOT BE MEASURED**

**\*\*\* THE 4x800 METER RELAY WILL BE RUN IN TWO AGE BRACKETS ONLY: 14 & UNDER AND 15-18**

**\*\*\*ATHLETES CAN COMPETE WITH OLDER AGE GROUP IF STANDARDS ARE MET**

**NC USATF Master’s Track and Field Championships**

**hosted by**

**Charlotte Flights – Jim Law Invitational**

**Friday June 14, 2024**

**Information**:

There will be two sets of results…

All Jim Law Invitational Competitors

NC USATF Championship Competitors

In order to qualify for USATF awards and championship status, the participant must be a USATF member and be a 12-month resident of North Carolina. Registration fee will be $10.00 per event.

###### SCHEDULE OF EVENTS

**Running Events Order: Masters – Open**

|  |
| --- |
| Friday, June 14 1:00 pm – 7:00 pm (All Finals)  **1:00 pm – NC USATF 5km Racewalk**  **(NC USATF Championship Medals awarded to the top three finishers in Open and age divisions 40-49, 50-59, 60+**  **Prize (Racewalk)**  Overall Men’s and Women’s (Open) - $100  Age Group winners - $50 each  **Age Groups**  19 – 29 (Open) 70 – 74  30 – 34 75 – 79  35 – 39 80 – 84  40 – 44 85 – 89  45 – 49 90 – 94  50 – 54 95 – 100  55 – 59 100 – 104  60 – 64 105 & up  65 – 69  **(NC USATF Championship Medals awarded to the top three finishers in Open and age divisions 40-49, 50-59, 60+**  1:30 pm – 100M Semis  ***(if less than 8, event runs as time finals at this time)***  ***(if 8 or more in your age group, event will run semi and finals)***  2:00 pm – 80M Hurdles  2:10 pm – 100M Hurdles  2:20 pm – 110M Hurdles  2:30 pm – 100M Finals ***(if needed, see above)***  3:00 pm – 800M  3:30 pm – 4x100M  4:00 pm – 400M  4:30 pm – 1500M  5:00 pm – 400M Hurdles  5:30 pm – 200M  6:00 pm – 3000M  6:30 pm – 4x400 |

**NC USATF Master’s Track and Field Championships**

**hosted by**

**Charlotte Flights – Jim Law Invitational**

**Friday June 14, 2024**

|  |
| --- |
| Field Events Order: Masters – Open  Friday, June 14 1:00 pm – 7:00 pm (All Finals)  **1:30 pm**  Long Jump (M then W)  High Jump (W then M)  **3:00 pm**  Shot Put (M then W)  Discus (W then M)  Triple Jump (M then W)  Pole Vault (W then M)  **5:00 pm**  Javelin (M then W)  Hammer (M then W)  **MEET DIRECTOR:** Nigel Orr, Charlotte Flights  [**orrnigel@gmail.com**](mailto:orrnigel@gmail.com)  (347) 969-8572   ENDORSEMENT: USATF |

**Jim Law Invitational – Youth**

###### SCHEDULE OF EVENTS

**RUNNING EVENT: (Sunday Only)**

|  |  |
| --- | --- |
| Sunday, June 16, 2024 (Female and Male)  100M – Open to Coaches/Parents  (In honor of Dr. Jim Law) | Sunday, June 16, 2024 (Female and Male)  4x100 – Open to Coaches/Parents |

**ALL AAU, USATF and UNATTACHED – Saturday June 15 – Sunday June 16, 2024**

**RUNNING EVENTS:**

|  |  |
| --- | --- |
| Saturday, June 15 9:00am – 8:00pm  1500M Run (Finals)  200M Hurdles (Finals)  400M Hurdles (Finals)  4x800M Relay (Finals)  80M Hurdles (Semis)  100M Hurdles (Semis)  110M Hurdles (Semis)  100M Dash (Semis)  400M Dash (Semis)  200M Dash (Semis)  **8&u 100M will run at the same time as the hurdles on the far side of the track** | **Sunday, June 16 9:00am – 5:00pm (All Finals)**  3000M Run  Opening Ceremonies  80M Hurdles  100M Hurdles  110M Hurdles  800M Run  100M Dash (Coaches/Parents)  100M Dash  400M Dash  4x100 (Coaches/Parents)  200M Dash  4x100M Relay  Outstanding Athlete Awards  4x400M Relay  Team Awards |

**FIELD EVENTS:**

|  |  |
| --- | --- |
| Saturday  High Jump (13-14, 15-16, 17-18)  **Long Jump (Ages up to 13-14, starting with 7-8 year old**)  Turbo Javelin (9-10, 7-8)  **Discus (11-12, 13-14)**  Aero Javelin (11-12)  Javelin (13-14, 15-16, 17-18)  Shot Put (all age groups; starting with 7-8 year olds) | **Sunday**  High Jump (11-12, 9-10)  **Long Jump (15-16, 17-18)**  Triple Jump (13-14, 15-16, 17-18)  **Discus (15-16, 17-18)**  Pole Vault (15-16, 17-18) |

**MEET WILL RUN ON A ROLLING TIME SCHEDULE AFTER THE START OF THE 1ST RUNNING EVENT**

Field events will begin at 9:00am and will run according to age group shown on the above schedule.

**HOST HOTEL: Drury Inn & Suites Charlotte University Place**

**415 West W.T. Harris Blvd**

**Charlotte, NC 28262**

**Telephone: (704) 593-0700**

**www.druryhotels.com**

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