



**JDL DMR Invitational  
February 18-19, 2022  
FINAL SCHEDULE**



**Admission Fee**

- There is no admission fee for Friday's session.
- Wristbands must be worn at all times by all spectators, athletes, coaches and officials. Wristbands are required for re-entry.
- All coaches, please come in and pick up your packet and then return to your buses or vans to hand out wristbands. **No athletes will be allowed into the facility without a wristband!**

**RunnerSpace Videos**

- All races will be captured for on-demand viewing as part of RunnerSpace's +Plus subscription package. You can subscribe by going to [www.runnerspace.com](http://www.runnerspace.com) or [www.jdlfasttrack.com](http://www.jdlfasttrack.com). The RunnerSpace video will serve as the official race video in the event of a protest.
- RunnerSpace reserves exclusive rights to all video footage for this meet. Any personal video taken in JDL Fast Track must be solely for personal or private use and cannot be distributed via the Internet or any other medium.

**Additional Meet Info**

- Track athletes must check-in at clerking no less than 15 minutes prior to the start of their event to receive their hip numbers.
- Field event athletes shall check-in at the event site no later than 30 minutes prior to the competition.
- In all RUNNING events, slower sections will run first, followed by faster sections of timed finals.
- Meet management reserves the right to run as much as 15 minutes ahead of schedule.
- **DNF cut-off – For distance races with a DNF cut-off time, when that time is reached, the starter will shoot their gun twice and any athletes still on the track will be escorted from the track and not allowed to finish and will be marked as a DNF in the official results.**

**FRIDAY, FEBRUARY 18**

**4:00 PM** – Track Opens

**4:45 PM** – Officials' Meeting

**5:15 PM** – Coaches' Meeting

TRACK EVENTS				FIELD EVENTS			
Time	Event	Gender	Event Notes				
6:00 PM	5000m Run	Women	DNF Cut-off = 19:30	<b>No Field Events on Friday Evening</b>			
6:20 PM	5000m Run	Men	DNF Cut-off = 16:30				
6:40 PM	Unseeded DMR	Women					
6:55 PM	Unseeded DMR	Men					
7:20 PM	Elite DMR	Women					
7:50 PM	Elite DMR	Men					



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**FINAL SCHEDULE**



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- Admission fee is \$7 per person for adults on Saturday, February 5. Students ages 13 and up are \$5. Children 12 and under are free.
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- All coaches, please come in and pick up your packet and then return to your buses or vans to hand out wristbands. **No athletes will be allowed into the facility without a wristband!**

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**SATURDAY, FEBRUARY 19**

**8:00 AM – Track Opens**

**8:30 AM – Officials' Meeting**

**9:00 AM – Coaches' Meeting**

**2:00 PM – Packet Pickup Closes**

TRACK EVENTS				FIELD EVENTS			
Time	Event	Gender	Event Notes	Time	Event	Gender	Starting Ht
10:00 AM	60m Hurdle Prelims	Women	Heat winners + next fastest	<b>THROWS CAGE</b>			
10:10 AM	60m Hurdle Prelims	Men	Heat winners + next fastest	10:00 AM	Shot Put	Men	
10:20 AM	60m Dash Prelims	Women	Heat winners + next fastest	12:30 PM	Weight Throw	Men	
10:30 AM	60m Dash Prelims	Men	Heat winners + next fastest	2:30 PM	Weight Throw	Women	
10:40 AM	3000m Run	Women	DNF Cut-off = 12:00	<b>HIGH JUMP APRON</b>			
11:10 AM	3000m Run	Men	DNF Cut-off = 10:00	10:00 AM	Shot Put	Women	
11:55 AM	Hurdle Finals			12:30 PM	High Jump	Women	1.45m
12:10 PM	Dash Finals			2:00 PM	High Jump	Men	1.80m
12:20 PM	Seeded 800m	Women		<b>POLE VAULT "A"</b>			
12:25 PM	Seeded Mile	Women		10:00 AM	Pole Vault	Men	3.60m
12:35 PM	Seeded Mile	Men		12:30 PM	Pole Vault	Women	3.00m
12:45 PM	400m Dash	Women		<b>LONG JUMP "A"</b>			
1:00 PM	400m Dash	Men		10:00 AM	Long Jump	Men	
1:20 PM	800m Run	Women		12:30 PM	Triple Jump	Men	
1:45 PM	800m Run	Men		<b>LONG JUMP "B"</b>			
2:00 PM	200m Dash	Women		10:00 AM	Long Jump	Women	
2:25 PM	200m Dash	Men		12:30 PM	Triple Jump	Women	
2:55 PM	Mile Run	Women	DNF Cut-off = 6:00				
3:15 PM	Mile Run	Men	DNF Cut-off = 5:00				
3:35 PM	4x400m Relay	Women					
3:45 PM	4x400m Relay	Men					