



# Camel City Invitational

## February 7-8, 2020



### GENERAL MEET INFORMATION

<b>Admission:</b>	Friday's spectator admission is \$7 for adults and \$5 for students 12 and older. Children under 12 are free. <b>Saturday's spectator admission is \$10 for adults</b> , \$5 for students 12 and older. Children under 12 are free.
<b>Waiver of Liability:</b>	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 <a href="http://jdlfasttrack.com">jdlfasttrack.com</a> . 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.
<b>Athletic Trainer:</b>	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.
<b>On-Site Food Vendor:</b>	Pie Guys will be on-site during the meet to provide food services to teams, officials and spectators. Teams interested in purchasing catering may contact Robert Wiley via email ( <a href="mailto:pizza@pieguys.com">pizza@pieguys.com</a> ) or via phone (336-682-1281).
<b>RunnerSpace Videos:</b>	<b>RunnerSpace will be live streaming this event.</b> The races will also 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 <a href="http://www.runnerspace.com">www.runnerspace.com</a> or <a href="http://www.jdlfasttrack.com">www.jdlfasttrack.com</a> .
<b>Timing &amp; Results:</b>	Fully automatic timing will be performed by Rhodes Race Timing. Results will be posted at Direct Athletics, TFRRS and on JDL Fast Track's website.

### REGISTRATION INFORMATION

<b>Eligibility:</b>	Camel City Invitational is open to all NCAA, NJCAA and NAIA institutions. Unattached athletes may also compete. Teams wishing to compete need to request an invitation to the meet from Krissy Klos via email at <a href="mailto:krissy@jdlcastlecorp.com">krissy@jdlcastlecorp.com</a> .
<b>Entry Deadline:</b>	Online entries via Direct Athletics will open on Monday, January 20 and will close on <b>Monday, February 3 at 9 pm EST.</b>
<b>Entry Marks:</b>	Camel City Invitational will be using <b>TFRRS</b> to verify marks for seeding purposes. Only verified marks may be entered online. For athletes who do not have a time or mark in TFRRS, they may enter a speculative mark, which will be verified by JDL staff after registration closes.
<b>Team Entry Fees:</b>	<b>\$22 per athlete per event</b> and <b>\$54 per relay</b> . Entry fees for those entries registered through Direct Athletics are capped at <b>\$540 per team per gender</b> . 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. Entries after the deadline will be applied above and beyond the team cap. <b>Due to a recent NC sales tax interpretation, we must now collect sales tax on registration fees. We have increased our fees slightly to cover this new expense.</b>
<b>Entry Limits:</b>	The schedule on page two indicates the maximum number of entries per gender in each event. These entry limits are based on TFRRS lists, as the accepted entries will be determined by TFRRS lists in the last 12 months. Each school is limited to a total of 30 athletes per gender and no more than 4 athletes per running event, 3 per field event and 1 relay team. Entry limits may be relaxed or expanded closer to the deadline depending on availability of time. <b>Schools wishing to enter additional athletes beyond these entry limits MAY have the opportunity to do so. If you would like to request additional slots, please email Craig Longhurst. If additional slots are available, the fee for those slots will be the standard entry fee, but may take you over the team fee cap.</b>
<b>Individual Entry Fees:</b>	Unattached athlete registration fees are <b>\$22 per event</b> . All individuals must pay online. <b>REGISTRATION DOES NOT GUARANTEE ACCEPTANCE INTO THE MEET! THERE WILL BE NO REFUNDS FOR ATHLETES NOT ACCEPTED INTO THE MEET.</b> 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 \$45 per event.

### RUNNING EVENT INFORMATION

- Check-in Procedures:** This meet will use a DECLARATION procedure. All athletes must DECLARE their intent to compete *no less than 30 minutes prior* to their event. There will be DECLARATION tables set up next to the clerking booth. Athletes should highlight their names on the declaration sheets. **Any athletes failing to declare within that time frame will be scratched from the event. NO EXCEPTIONS!!** After declarations, athletes should return to the clerking area no less than 10 minutes prior to their event to receive their hip numbers.
- Seeding/Heat Sheets:** Performance lists will be distributed via email to coaches/athletes no later than Wednesday morning, Feb 5, and will also be posted on the JDL Fast Track website under the Schedule tab.
- Advancement Procedures for 60/60H:** 60m Hurdles will be two rounds. The heat winners and next fastest times from the preliminaries will advance to the finals. The 60m Hurdles will be contested on Friday.
- The 60m Dash will be three rounds of races, all to be contested on Saturday. The top 30 seed times will bypass the initial Qualifying Round and be placed in the Prelims. All others will be put in the Qualifying Round and the top two times from the Qualifying Round will advance to the Prelims. The heat winners and next 4 fastest in the prelims will qualify for the finals.
- 5000m Entries:** The top 30 seed times will be accepted into the men's and women's 5000m races. However, no verified seed times slower than 16:00 for the men and 20:00 for the women will be accepted.

### FIELD EVENT INFORMATION

- Check-in Procedures:** Field event athletes must check-in to their field event sites no later than 30 minutes prior to their competition. **Any athletes failing to declare within that time frame will be scratched from the event. NO EXCEPTIONS!!**
- Implements:** Implement weigh-in will be underneath the timing platform near the throws cage.
- Throws Measurements:** In order to expedite the throws, we will be measuring each contestant's first legal throw. After their first legal throw, only throws beyond the 10m line in the women's shot put and the 12m line in all other throws events will be measured.
- HJ/PV Starting Heights:** Women's HJ – 1.50m      Men's HJ – 1.85m      Both genders will follow 0.05m progressions  
 Women's PV – 3.05m      Men's PV – 3.65m      Both genders will follow 0.15m progressions  
 Seeded HJ starting heights will be determined prior to the start of competition at the event area.
- Field Event Finals:** Trials in the shot put, weight throw, long jump and triple jump will consist of 3 attempts, with the top 9 athletes advancing to finals.

### CAMEL CITY ELITE INFO

- Facility Record Bonuses:** All non-Camel City Elite races will offer a facility record bonus of \$500 to the winner of the event if they break the existing facility records at the time of the meet, with the exception of the men's pole vault.
- Camel City Elite Races:** The Camel City Elite races will again be returning in 2020. The races contested will include the men's and women's 800m, Mile and 3000m Runs. Professionals requesting entry may email Craig Longhurst ([craig@jdlcastlecorp.com](mailto:craig@jdlcastlecorp.com)).
- Elite Entry Standards:** Camel City Elite sections of the 800, mile and 3k are by invitation only. College coaches with athletes wishing to be invited must email Craig Longhurst ([craig@jdlcastlecorp.com](mailto:craig@jdlcastlecorp.com)). College athletes wishing to be considered must meet the minimum standards listed in the chart below.

	<u>Indoor</u>	<u>Outdoor</u>
<b>800 – Women</b>	2:07.99	2:06.99
<b>800 – Men</b>	1:49.99	1:48.99
	<u>Indoor (Mile)</u>	<u>Outdoor (1500)</u>
<b>Mile – Women</b>	4:44.99	4:20.99
<b>Mile – Men</b>	4:04.99	3:43.99
	<u>Indoor (3k)</u>	<u>Outdoor (5k)</u>
<b>3000m – Women</b>	9:29.99	16:19.99
<b>3000m – Men</b>	8:07.99	14:07.99

## SCHEDULE

**Schedule:** In all running events, the women will go first followed by men. Additionally, faster heats will precede the slower heats. A final schedule will be sent to all coaches via email no later than Thursday, Feb 6.

### FRIDAY, FEBRUARY 7

**11:00 AM**                      **11:45 AM**                      **12:15 PM**  
**Track Opens**                      **Officials' Meeting**                      **Coaches' Meeting**

<b>RUNNING EVENTS</b>		
Time	Event	Max Entries
1:00 PM	5000m Run	30
	800m Run	80
	Mile Run	84
	60m Hurdle Prelims	48
	600m Run	48
	200m Dash	96
	Hurdle Finals	
	3000m Run	75

<b>FIELD EVENTS</b>			
Time	Event	Area	Max Entries
1:00 PM	Men's Weight Throw	Throws Cage	40
	Men's Unseeded High Jump	HJ Apron	18
	Men's Pole Vault	PV Runway "A"	24
	Women's Long Jump	LJ Runway "B"	48
3:00 PM	Women's Unseeded High Jump	HJ Apron	18
5:00 PM	Women's Weight Throw	Throws Cage	40
	Men's Seeded High Jump	HJ Apron	12
	Women's Pole Vault	PV Runway "B"	24
	Men's Long Jump	LJ Runway "A"	48
7:00 PM	Women's Seeded High Jump	HJ Apron	12

### SATURDAY, FEBRUARY 8

**7:30 AM**                      **8:30 AM**                      **9:00 AM**  
**Track Opens**                      **Officials' Meeting**                      **Coaches' Meeting**

<b>RUNNING EVENTS</b>		
Time	Event	Max Entries
10:00 AM	60m Qualifying	96
	1000m Run	40
	400m Dash	90
	60m Dash Prelims	32
	DMR	16
	SHORT BREAK	
2:00 PM	Camel City 3000m	
	Camel City 800m Run	
	60m Dash Finals	
	Boys Elite HS 800m	
	Camel City Mile	
3:20 PM	4x400m Relay	24

<b>FIELD EVENTS</b>			
Time	Event	Area	Max Entries
9:00 AM	Men's Shot Put	Throws Cage	48
	Women's Shot Put	HJ Apron	48
9:30 AM	Men's Triple Jump	TJ Runway "A"	40
	Women's Triple Jump	TJ Runway "B"	40

**Meet Contact Info:** Craig Longhurst - [craig@jdlcastlecorp.com](mailto:craig@jdlcastlecorp.com)  
 336-448-1656

Krissy Klos - [krissy@jdlcastlecorp.com](mailto:krissy@jdlcastlecorp.com)  
 336-448-1657

For additional information about the facility, rules or procedures, please visit the FAQ page on our website. A link to the FAQ page can be found at the top right-hand side of [www.jdlfasttrack.com](http://www.jdlfasttrack.com).

**Hotel Sponsors:** Courtyard by Marriott (336-760-5777)  
 1600 Westbrook Plaza Drive  
[Winstonsalemcourtyard.com](http://Winstonsalemcourtyard.com)

Fairfield Inn & Suites (336-714-3000)  
 1680 Westbrook Plaza Drive  
[www.fairfieldinn.com/intfi](http://www.fairfieldinn.com/intfi)

Hampton Inn (336-760-1660)  
 1990 Hampton Inn Court  
[Winstonsalemi40.hamptoninn.com](http://Winstonsalemi40.hamptoninn.com)

All hotels are W-S 27103  
 La Quinta Inn & Suites (336-765-8777)  
 2020 Griffith Road

SpringHill Suites (336-765-0190)  
 1015 Marriott Crossing Way



## Camel City Invitational Meet Records



EVENT	MEN'S RECORDS	WOMEN'S RECORDS
60m Dash	6.61 (2016) Ramon Gittens – Unattached	7.25 (2016) Dezerea Bryant – Unattached
60m Hurdles	7.58 (2015) Aleec Harris – Adidas	7.95 (2015/16) Sharika Nelvis – Adidas; Brianna Rollins – Nike
200m Dash	21.77 (2018) Jared Hayes – Troy	24.40 (2013) Gabrielle Houston – Charleston Southern
400m Dash	47.89 (2018) Dajuan Harding – North Carolina A&T	54.95 (2016) Kelsey Balkwill – Unattached
Unseeded 800m Run	1:51.28 (2017) Shaquille Dill – St. Augustine's	2:06.02 (2019) Emily Richards – Hoka NJNY TC
Elite 800m Run	1:45.92 (2019) Clayton Murphy – Nike Oregon Project	1:59.26 (2019) Ajeè Wilson – Adidas
Unseeded Mile Run	4:04.86 (2018) Daniel Wallis – Queens (N.C.)	4:51.49 (2019) Liz Lansing – Duke
Elite Mile Run	3:53.85 (2018) Edward Cheserek – Skechers	4:22.66 (2015) Shannon Rowbury – Nike Oregon Project
Unseeded 3000m Run	8:11.43 (2016) Daniel Jaskowak – Virginia Tech	9:31.40 (2019) Emily Kearney – SCAD Atlanta
Elite 3000m Run	7:45.49 (2017) Paul Chelimo – US Army	8:56.52 (2016) Kerri Gallagher – Nike
5000m Run	14:44.48 (2019) Osman Humeida – Virginia Tech	16:53.70 (2017) Bethlehem Taye – Unattached
4x400m Relay	3:11.12 (2015) G.W. Express/Nike (Hyatt, Bingham, Gibson, Jackson)	3:41.61 (2016) G.W. Express/Nike (Cox, Brown, Dorr, Haye-Smith)
DMR	10:00.53 (2017) Campbell (Kipruto, Cooper, Fisher, Kirui)	11:40.55 (2016) Virginia Tech (Riley, Quinn, Pocratsky, Kennedy)
High Jump	2.17m, 7-01.50 (2016) Avion Jones – East Carolina	1.84m, 6-00.50 (2016) Brienne Theisen-Eaton – Nike OTC Elite
Pole Vault	5.45m, 17-10.50 (2017) Scott Houston – Unattached	4.61m, 15-01.50 (2016) Katie Nageotte – Unattached
Long Jump	7.52m, 24-08.25 (2016) Kenneth Fisher – Bethune-Cookman	6.25m, 20-06.25 (2019) Kate Hall – Unattached
Triple Jump	15.85m, 52-00 (2018) Michael Tiller – Unattached	13.08m, 42-11.00 (2019) Imani Oliver – Unattached
Shot Put	18.22m, 59-09.50 (2015) Jake Deaton – Unattached	16.27m, 53-04.50 (2018) Brittany Cox – Unattached
Weight Throw	21.49m, 72-07.00 (2014) Andy Fryman – Unattached	23.58m, 77-04.50 (2016) Amber Campbell – Unattached