

NC STATE



Raleigh Relays March 24-25, 2017

Contact Information

North Carolina State University
c/o Meet Director
Track & Field Office
Campus Box 8502
Raleigh, NC 27695

Email: raleighrelays@gmail.com

Phone: 919.515.1112

Website: www.gopack.com & www.flashresults.com

Entries: www.directathletics.com

IMPORTANT DATES

- Monday, February 6, 2017 – Online entries open. www.directathletics.com
- Wednesday, March 15, 2017 - 11:59 pm – Online entries close.
- Tuesday, March 21, 2017 – Heat Sheets will be posted at www.flashresults.com
- Thursday, March 23, 2017, 2:00pm-5:00pm – Packet Pick-up
- Thursday, March 23, 2017, 2:00pm-7:00pm – Facility Available for Practice
- Friday, March 24, 2017, 8:00 am – Packet Pick-up Opens

ENTRIES & FEES**College Teams and Athletes**

- All entries will be handled through www.directathletics.com.
- The meet is open to all Division I teams. Teams from other divisions are welcome on limited basis (to ensure Division I sport sponsorship requirements are met) but must email meet administration at raleighrelays@gmail.com to receive approval to enter.
- All entries are at the discretion of the meet management staff.
- **Entry Limits**
 - **Entries should meet the published suggested entry standards for events to create an efficient meet that produces the best possible competitive environment for the athletes. Meeting the suggested entry standard does not guarantee entry into the meet, but you should feel confident they will make the field. Entries not meeting the suggested entry standard may be accepted at the discretion of meet management if field sizes allow it. Please see the entry standards on page 4.**
 - Teams are limited to 5 entries per event and 2 relay teams per relay, unless otherwise approved by meet management.
- **Entry Marks**
 - Entry marks for the Raleigh Relays must be TFRRS marks from March 20, 2015 through March 15, 2017.
 - If an athlete does not have a TFRRS mark for a particular event (e.g. freshman, transfer, new event, etc.) then the entry will be entered as a No Mark (NM). Coaches should email **VERIFIABLE** performances in the event or relevant information in other events in order to justify an entry mark to raleighrelays@gmail.com. Entries entered with NT/NM will automatically be scratched, unless the meet administration has been emailed at raleighrelays@gmail.com.
 - If a coach has additional seeding notes regarding an athlete (e.g. better mile time than 1500m, etc), please email the meet administration at raleighrelays@gmail.com.
 - The 200m and 800m events will be for collegiate athletes only. There will be 3 sections of the 200m and 800m and only TFRRS/verifiable marks achieved from March 20, 2015 through March 15, 2017 will be considered. Meet management does reserve the right to add exceptional unattached/open athletes to these events if it will enhance the overall quality of the field.
 - If entering more than one relay team in a particular relay event, please send seeding notes for the second relay to raleighrelays@gmail.com.

- **Entry Fees**

- **College Teams:**

- \$500.00 per gender per team if paid online via Direct Athletics by 11:59 pm on March 15th.
 - \$600 per gender per team if paid at packet pick-up (check or cash) or if mailing a check.
 - \$35 per individual athlete entered.
 - \$60 if only a relay is being entered.
 - Teams with fewer than 14 athletes will pay the “individual” fee.
 - **Late Entries** – Meet administration reserves the right to accept late entries. If late entries are accepted, there will be an additional late entry fee of \$100 for a team entry and \$15 for individual entries.
 - ***THIS IS AN ENTRY FEE, NOT A COMPETITION FEE*** – *There are no refunds for non-accepted entries (due to not meeting the entry standards), scratches or no-show athletes.*
 - If paying by check, please make payable to North Carolina State University.
 - Mail fees and a copy of the entries from the Direct Athletics website to one of the addresses listed below by Monday, March 23rd:
 - North Carolina State University
c/o Meet Director
Track & Field Office
Campus Box 8502
Raleigh, NC 27695
 - Express/Overnight Mailing Address:
 - North Carolina State University
c/o Meet Director
Track & Field Office
2500 Warren Carroll Dr
Raleigh, NC 27695

College Students

- College students who are not running for their respective university will be charged \$5 which is payable at packet pick-up with a student ID. In order to be eligible for this discounted entry fee, eligible college students should email the meet administration at raleighrelays@gmail.com to enter. You need to supply your name, event being entered and a verifiable entry mark.
 - Emailed entry requests must be received to the meet account at raleighrelays@gmail.com by Wednesday, March 15th.
 - If you enter online as an unattached athlete via Direct Athletics you will be required to pay the entry fee of \$35 with a credit card. The meet will not reimburse online entries.
- **Entry Marks**
 - Entry marks for the Raleigh Relays must be **VERIFIABLE** times and marks that were achieved from March 20, 2015 through March 15, 2017.
 - The verifiable mark must meet the published entry standard.

COLLEGE ENTRY STANDARDS

	MEN	WOMEN
EVENT	STANDARD	STANDARD
100m	11.00	12.28
200m	Top-24	Top-24
400m	52.00	1:00.22
800m	Top-24	Top-24
1500m	3:55.99	4:39.29
5000m	14:51.00	17:40.50
10,000m	31:00.00	36:00.00
100m/110m H	15.00	14.60
400m H	55.50	1:04.76
3000m SC	9:24.00	11:01.08
4x100m Relay	Top-48	Top-48
4x200m Relay	Top-48	Top-48
4x400m Relay	-	-
4x800m Relay	-	-
4x1500m Relay	Top-18	Top-18
Sprint Medley	Top-32	Top-32
Long Jump	6.90m	5.63m
Triple Jump	14.05m	11.71m
High Jump	2.01m	1.68m
Pole Vault	4.70m	3.61m
Shot Put	15.39m	13.00m
Discus Throw	44.80m	41.14m
Hammer Throw	48.50m	48.00m
Javelin Throw	53.31m	38.55m

Unattached (non-college)/Open Athletes

- You must create a **CLUB** or **INDIVIDUAL** athlete account. Please visit www.directathletics.com.
- All entries are at the discretion of meet management.
- Entry Marks**
 - Entrants must only enter **VERIFIABLE** times and marks in the space provided. The entry marks must have been achieved from January 1, 2016 through March 15, 2017. In the notes area provide a link to the where the entry mark can be verified. It is recommended that you also email the meet administration at raleighrelays@gmail.com.
 - The verifiable mark must meet the published entry standard for Open/Unattached entries (on page 5).**
 - All entries must be completed online at www.directathletics.com by 11:59pm on Wednesday, March 15, 2017.
- Entry Fees**
 - Entry fees for unattached/open athletes must be paid on the Direct Athletics website via credit card. Non-payment will result in the entry being scratched.**
 - Entry fee is \$35.00 per athlete per event. There is not a club team rate.
 - Entry for a relay is \$60.00 per relay entered.
 - NO REFUNDS. The \$35 (\$60.00 for relay entries) is an entry fee and will not be refunded for non-accepted entries, scratches or no-show athletes.***

UNATTACHED/OPEN ENTRY STANDARDS

	MEN	WOMEN
EVENT	STANDARD	STANDARD
100m	10.55	11.76
400m	48.00	55.10
1500m	3:48.00	4:26.50
5000m	14:30.00	16:45.00
10,000m	29:54.00	35:04.00
100m/110m H	13.86	14.28
400m H	52.72	1:00.42
3000m SC	9:00.00	10:30.00
4x100m Relay	In Top-48 Entries	In Top-48 Entries
4x200m Relay	In Top-48 Entries	In Top-48 Entries
4x400m Relay	-	-
4x800m Relay	-	-
4x1500m Relay	In Top-18 Entries	In Top-18 Entries
Sprint Medley	In Top-32 Entries	In Top-32 Entries
Long Jump	7.43m	5.96m
Triple Jump	15.08m	12.34m
High Jump	2.07m	1.77m
Pole Vault	4.97m	3.91m
Shot Put	17.00m	14.62m
Discus Throw	51.51m	47.70m
Hammer Throw	60.51m	55.19m
Javelin Throw	62.03m	43.78m

PACKET PICK-UP

- Team packets will be distributed to the first coach (it will not be issued to team athletes) who arrives at the packet pick-up. Packets will not be held on pick-up for additional coaches that are arriving at a later time. The packet will contain access credentials for the entire team.
- Packets will be picked-up from the tent located adjacent to the east end javelin runway, immediately outside of the fence.
- All entry fees must be paid in full prior to the packet being issued.
- Packet Pick-up Times
 - Thursday, March 23, 2017: 2:00pm-5:00pm
 - Friday, March 24, 2017: 8:00am-8:00pm
 - Saturday, March 25, 2017: 8:00am-3:00pm

DECLARATIONS/CHECK-IN

- Athletes must check-in at least 30 minutes prior to the scheduled start of their events with the clerk. In open events 400m and below (including the hurdle events), final heats will be drawn after clerking. **If an athlete does not check-in 30 minutes prior to the scheduled time of an event, he/she will be SCRATCHED.**
- Clerking will be done on the south side of the track just outside of the track, midway down the backstretch.

EVENT INFORMATION

All events will take place at the Paul Derr Track and Field facility located on the North Carolina State campus at **2481 Cates Avenue, Raleigh, NC 27695**.

- All races run as a final will be seeded by time and run against time. For events that run trials to finals, they will be randomly seeded in the trials.
- **100m, 100m H & 110m HH** – These events will be a trials to finals with the trials taking place on Friday and the one section final being run on Saturday.
- **Shot Put, Discus, Hammer & Javelin** – First legal marks will be measured and subsequent attempts must meet minimum marks to be measured. After all flights have completed three throws, the top-9 competitors will advance to the finals.
- **Long Jump & Triple Jump** – All first legal marks will be measured and subsequent attempts must meet minimum marks to be measured. After all flights have completed three jumps, the top-9 competitors will advance to the finals.
 - **Jump Boards**
 - Long Jump – 3.65m/12'-0"
 - Women Triple Jump – 9.90m/32'-6" & 11.0m/36'-0"
 - Men Triple Jump – 11.0m/36'-0" & 12.5m/41'-0"
- **High Jump & Pole Vault** – These events will be contested in two sections, College and Invitational. The top-12 entered competitors will compete in the Invitational and the remaining competitors will compete in the College section.
- All minimum marks are listed on the time schedule.

SPIKE LENGTH

Spikes no longer than ¼" (9mm), with pyramid spikes being preferred, must be worn on the track for all events, excluding the javelin and high jump. Athletes whose spikes are found to be too long will not be permitted to compete using those spikes.

WEIGHTS & MEASURES

Implements must be certified and will be weighed at the track building located at the east end of the facility near the throwing cage. Please see the meet schedule for implement weigh-in times.

SAFETY RULES

In an effort to conduct a safe and quality meet for all participants, no headphones, cell phones or radios will be permitted inside the competition areas. These devices can present a safety risk for competitors due to having several events competing simultaneously in the venue. Please notify your athletes in advance that they can only use these items outside the competition areas.

FACILITY ACCESS

Only athletes and coaches will be permitted inside the competition areas. Credentials will be required to have access to these areas. Contestants will be escorted into the facility after completing check-in with the clerk. Access to the infield and competition areas will be limited to immediate events. Spectators will be required to remain outside the fences at all times.

PRACTICE SCHEDULE

The Paul Derr Track facility will be available to competitors for practice on Thursday, March 23rd prior to the Raleigh Relays between 2:00 p.m. and 7:00 p.m. If a coach would like to use the facility at another time, he or she must make the request via email at raleighrelays@gmail.com.

SPORTS MEDICINE

- Please contact Blake Wickerham at brwicke2@ncsu.edu or call him at 919.515.2111 for any questions regarding medical or training room questions.
- A trainer credential will be included in the team packet.
- Each participating team should provide it's own taping supplies.
- If a Certified Athletic Trainer will not be traveling with your team, please bring an authorization for modality form from your Certified Athletic Trainer or team physician.
- The team physician will also be on call or present during competition.

ADDITIONAL NOTES

- **No Tents Will Be Allowed In the Stands.**
- Shower facilities will be available upon advance request. Please contact Brad Beautegard at 919.513.0075 by Wednesday, March 22nd to schedule the use of the facilities for your team.
- Concessions will be available during the days of the meet.
- Additional warm-up area will be available on the intramural field located to the west of the track facility through the tunnel that passes under Morrill Dr.
- Admission is free of charge to the event.

PARKING

- Team buses and vans can drop-off athletes at the Coliseum Parking Deck Surface Lot immediately across from the Paul Derr Track. Once the maximum number of buses has been reached for this lot, others will be directed to the Special Events parking lot on Varsity Drive located on main campus.
- The Coliseum Deck (upper levels) and the West Deck (when the Coliseum deck is full) will be used for van and car parking.
- The Jeter Drive Parking Lot (located immediately next Reynolds Coliseum) can be used after 5:00 p.m. on Friday, March 24th and on Saturday, March 25th for parking.

FUTURE DATES FOR THE RALEIGH RELAYS

**2018 adidas Raleigh Relays
March 30-31, 2018**

**2019 adidas Raleigh Relays
March 29-30, 2019**