

GENERAL MEET INFORMATION

Admission:	Spectator admission is \$7 for adults and \$5 for students 12 and older. Children under 12 are free.
Parking:	Spectator parking is located in the front and side of the building. Athlete entrance is in the rear of the building. Buses may park in the parking lot at the rear of the building or on the street. Spectators may park in the JDL lots or on the street. <i>Please do not park in the neighboring parking lots, as many of our neighbors have evening operations.</i>
Athletic Trainer:	JDL Fast Track will be providing a certified athletic trainer on-site during the competition. Schools 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 Vendors:	PDQ will be on-site during the meet. Teams wishing to purchase catering may contact them directly. Their contact information is located on our website on the Lodging/Dining page.
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 Big Kahuna Timing. Results will be posted at Direct Athletics and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	Northwestern 3A/4A Championships is limited to those teams in the conference. No unattached athletes will be permitted to compete in these meets.
Entry Deadline:	Online entries via Direct Athletics will open on Monday, January 15 and will close on Sunday, January 21 at 11:59 pm EST.
Team Entry Fees:	Entry fees will be \$150 per school . Checks can be made payable to JDL Fast Track.
Entry Limits:	Each school is limited to 4 athletes per running or field event and 1 relay per school. Each school is limited to 30 athletes per gender.
Scratches:	Each school will receive a list of their final entries no later than noon on the day of each meet. Each coach is asked to print their entry list and indicate any scratches on that list. When you arrive at the track, please turn in your list of scratches to the timers on the timing platform. This will be in lieu of a "scratch meeting."

SCHEDULE

Schedule: In all running events, the girls will go first followed by boys. *The events will be run on a rolling schedule.*

3:45 PM 4:30 PM
Track Opens Coaches' Meeting

RUNNING EVENTS		
Time	Event	Max Entries
5:00 PM	4x800m Relay	
	55m Hurdles	
	55m Dash	
	4x200m Relay	
	1600m Run	
	500m Dash	
	1000m Run	
	300m Dash	
	3200m Run	
	4x400m Relay	

FIELD EVENTS			
Time	Event	Area	Max Entries
5:00 PM	High Jump – girls first	HJ Apron	
5:00 PM	Shot Put – boys first	Throws Cage	
5:00 PM	Pole Vault – boys first	PV "B"	
5:00 PM	Boys' Horizontals – LJ then TJ	LJ "A"	
	Girls' Horizontals – LJ then TJ	LJ "B"	
<i>There will be a 30-minute break between each field event contested in the same event area to allow for a break for officials.</i>			

Meet Contact Info:

Craig Longhurst
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Veronica Rodriguez
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 336-448-1657

Kevin Shaw – Watauga
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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.

Northwestern 3A/4A Schools:

Alexander Central	Freedom	Hickory	McDowell	St. Stephens
	South Caldwell	Watauga	West Caldwell	