

# STATE



## **Raleigh Relays March 28-29, 2014**

### Contact Information

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

Email: [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com)

Phone: 919.515.1112/919.515.1113

Website: [www.gopack.com](http://www.gopack.com) & [www.flashresults.com](http://www.flashresults.com)

Entries: [www.directathletics.com](http://www.directathletics.com)

**IMPORTANT DATES**

- Monday, February 3, 2014 – Online entries open. [www.directathletics.com](http://www.directathletics.com)
- Monday, March 24, 2014
  - 10:00 pm – Online entries close.
  - Entry fees must be received either online at Direct Athletics or via mail to the address listed above.
- Wednesday, March 26, 2014 – Heat Sheets will be posted at [www.flashresults.com](http://www.flashresults.com)
- Thursday, March 27, 2014, 3:00pm-5:00pm – Early Packet Pick-up
- Thursday, March 27, 2014, 2:00pm-7:00pm – Facility Available for Practice
- Friday, March 28, 2014, 8:00 am – Packet Pick-up Opens

**ENTRIES & FEES****Collegiate Teams and Athletes**

- Each coach must have a Direct Athletics username and password for his/her school. If you do not know or have your username and password, you will be able to retrieve your existing account or create one by following the instructions available at [www.directathletics.com/help.html](http://www.directathletics.com/help.html).
- **Entry Marks**
  - Coaches must only enter **VERIFIABLE** times and marks in the space provided. In the box title “Speculative Times/Marks” coaches have the option to use **SPECULATIVE** times/marks in the event and/or other events in addition to the athlete’s verifiable time/mark already provided. This will provide meet management additional information for seeding purposes. Speculative times/marks **DO NOT** guarantee acceptance into a particular heat/section. Seeding will be determined by meet management.
  - The 200m and 800m Invitational Events will be for collegiate athletes only. There will only be 3 sections of the 200m and 800m and only verifiable marks achieved between March 30, 2012 through March 23, 2014 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.
- **Entry Fees**
  - **Collegiate Teams** - \$400.00 per gender per team (a team is considered as consisting of 14 or more athletes). If less than 14 athletes are being entered the fee is \$30.00 per individual. Teams are limited to 5 entries per event and 2 relay teams per relay. If only a relay is being entered the cost is \$50.00.
  - **THIS IS AN ENTRY FEE NOT A COMPETITION FEE** – There are no refunds for scratches or no-show athletes.
  - **Payment**
    - Teams can choose to pay via credit card on Direct Athletics prior to the close of entries on Monday, March 24, 2014, 10:00pm.
    - 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 24th:  
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

### **Unattached/Open Athletes**

- You must create a **CLUB** or **INDIVIDUAL** athlete account. Please visit [www.directathletics.com](http://www.directathletics.com).
- If you are entering a club/open relay or a coach submitting multiple club/open entries from one club affiliation you should create a team account at [www.directathletics.com](http://www.directathletics.com) and select "Club" as the team type.
- **Entry Marks**
  - Coaches must only enter **VERIFIABLE** times and marks in the space provided. In the box title "Speculative Times/Marks" coaches have the option to use **SPECULATIVE** times/marks in the event and/or other events in addition to the athlete's verifiable time/mark already provided. This will provide meet management additional information for seeding purposes. Speculative times/marks **DO NOT** guarantee acceptance into a particular heat/section. Seeding will be determined by meet management.
  - The 200m and 800m is a collegiate only event.
  - All entries must be completed online at [www.directathletics.com](http://www.directathletics.com) by 10:00pm on Monday, March 24, 2014.
- **Entry Fees**
  - Entry fees for unattached/open athletes must be paid on the Direct Athletics site via a credit card.
  - Entry fee is \$30.00 per athlete per event. There is not a club team rate.
  - Entry for a relay is \$50.00 per relay entered.
  - **NO REFUNDS.** The \$30 (\$50.00 for relay entries) is an entry fee and will not be refunded for scratches or no-show athletes.

### **DECLARATIONS/CHECK-IN**

- Athletes must check-in at least 30 minutes prior to the scheduled start of their events with the clerk. 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.

### **MEET INFORMATION & RESULTS**

Meet information updates will be posted at [www.gopack.com](http://www.gopack.com) and [www.flashresults.com](http://www.flashresults.com).

All timing for the Raleigh Relays will be handled by Flash Results and will be posted at the Flash Results site at [www.flashresults.com](http://www.flashresults.com) and at [www.gopack.com](http://www.gopack.com).

**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 for on pick-up by additional coaches arriving at a later time. The packet will contain access credentials for the entire team.
- Packets will be picked-up from the building located at the east end of the track.
- All entry fees must be paid in full prior to the packet being issued.
- Packet Pick-up Times
  - Thursday, March 27, 2014: 3:00pm-5:00pm
  - Friday, March 28, 2014: 8:00am-8:00pm
  - Saturday, March 29, 2014: 7:45am-3:00pm

**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 will be seeded by time and run against time.**
- **100m, 100m H & 110m HH** – These events will be a trials to finals with the trials taking place on Friday and the two section final being run on Saturday.
- **Shot Put, Discus, Hammer & Javelin** – Flights will compete from top seed down with first flights competing trials to finals. In remaining flights, the first legal mark will be measured and subsequent attempts must meet minimum marks to be measured.
- **Long Jump & Triple Jump** – Section II will have three jumps with the first legal jump being measured. Subsequent efforts must meet minimum marks to be measured. Section I will have trials and finals advancing the top 9 to 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, Section I and Section II. The top 15 entries will be in Section I with the remaining entries in Section II.
- 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 28<sup>th</sup> 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](mailto:raleighrelays@gmail.com).

**SPORTS MEDICINE**

- Please contact Will Conlon at [wgconlon@ncsu.edu](mailto:wgconlon@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 its 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.** The stands now have both bleacher and chair back seating.
- Shower facilities will be available upon advance request. Please contact Kevin Hurney or TP at 919.515.0075 by Wednesday, March 26<sup>th</sup> 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 28<sup>th</sup> and on Saturday, March 29<sup>th</sup> for parking.
- Please see the attached map for additional information

**LODGING**

The following Marriott hotels are meet sponsoring hotels. Please contact the following people below for great Raleigh Relays room rates.

- Contact Briana Ford at 301.820.6081, [briana.ford@marriott.com](mailto:briana.ford@marriott.com)
  - Residence Inn Raleigh Cary – <http://www.marriott.com/rdury>
  - Courtyard Marriott Raleigh Cary – <http://www.marriott.com/rduca>
  - Courtyard Raleigh-Durham Airport – <http://www.marriott.com/rdurd>
  - Courtyard Raleigh Midtown - <http://www.marriott.com/rduwf>
- Contact Jenny Rabanal at 919.257.5504, [jrabanal@shgltd.com](mailto:jrabanal@shgltd.com) or Kitty Millington 919.669.0576, [kmillington@shgltd.com](mailto:kmillington@shgltd.com)
  - Courtyard Marriott Raleigh Crabtree – [www.marriott.com/rducy](http://www.marriott.com/rducy)
  - Residence Inn Marriott Raleigh Midtown – [www.marriott.com/rdurb](http://www.marriott.com/rdurb)
  - Residence Inn Marriott Raleigh Crabtree – [www.marriott.com/rduce](http://www.marriott.com/rduce)
  - Fairfield Inn & Suites Marriott Raleigh Crabtree – [www.marriott.com/rduct](http://www.marriott.com/rduct)
  - Fairfield Inn & Suites Marriott RDU – [www.marriott.com/rdufa](http://www.marriott.com/rdufa)
  - TownPlace Suites Marriott Cary/Weston Pkwy – [www.marriott.com/rdutw](http://www.marriott.com/rdutw)

**FUTURE DATES FOR THE RALEIGH RELAYS**

**2015 adidas Raleigh Relays  
March 27-28, 2015**