

STATE



Raleigh Relays March 27-28, 2015

Contact Information

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

Email: raleighrelays@gmail.com
Phone: 919.515.1112/919.515.1113
Website: www.gopack.com & www.flashresults.com
Entries: www.directathletics.com

IMPORTANT DATES

- Monday, February 2, 2015 – Online entries open. www.directathletics.com
- Wednesday, March 18, 2015
 - 11:59 pm – Online entries close.
 - Entry fees must be received either online at Direct Athletics or via mail to the address listed above.
- Monday, March 23, 2015 – Heat Sheets will be posted at www.flashresults.com
- Thursday, March 26, 2015, 3:00pm-5:00pm – Early Packet Pick-up
- Thursday, March 26, 2015, 2:00pm-7:00pm – Facility Available for Practice
- Friday, March 27, 2015, 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.
- **Field size limits have been placed on events this year in an effort to create an efficient meet that creates the best possible competitive environment for the athletes. Meeting the published entry guidelines will not guarantee entry into the meet due to field size limits. Please see the field size limits and entry guidelines on page 5.**
- **Entry Marks**
 - Entry marks for the Raleigh Relays must be TFRRS marks from January 1, 2013 through March 18, 2015. If an athlete does not have a TFRRS mark for a particular event, coaches must only enter **VERIFIABLE** times and marks in the space provided. If the mark is speculative, then it should correspond to the athlete's marks in other events. Non-verifiable/speculative times/marks **DO NOT** guarantee acceptance into an event. Meet management will determine seeding.
 - If a coach has additional seeding notes regarding an athlete (e.g. college freshman, 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 January 1, 2013 through March 18, 2015 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** - \$450.00 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 \$35.00 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 \$60.00.
 - **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 field size limits or not meeting the entry standards), scratches or no-show athletes.*
- **Payment**
 - Teams can choose to pay via credit card on Direct Athletics prior to the close of entries on Wednesday, March 18, 2015, 11:59pm.
 - 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 18th.
 - 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 January 1, 2013 through March 18, 2015. If the mark is speculative, then it should correspond to the athlete's marks in other events. Non-verifiable/speculative times/marks **DO NOT** guarantee acceptance into a particular heat/section. Meet management will determine seeding.
 - This year there will be field size limitations and entry standards for events in an effort to create the best possible competitive environment for the athletes. A verifiable mark does not guarantee entry into the meet.

Unattached (non-college)/Open Athletes

- You must create a **CLUB** or **INDIVIDUAL** athlete account. Please visit 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 and select "Club" as the team type.
- **Entry Marks**
 - Entrants 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. Meet management will determine seeding.
 - This year there will be field size limitations and entry standards for events in an effort to create the best possible competitive environment for the athletes. A verifiable mark does not guarantee entry into the meet.
 - The 200m and 800m are collegiate only events.
 - All entries must be completed online at www.directathletics.com by 11:59pm on Wednesday, March 18, 2015.
- **Entry Fees**
 - **Entry fees for unattached/open athletes must be paid on the Direct Athletics website via a credit card.**
 - 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.***

ENTRY STANDARDS & FIELD SIZES

EVENT	MEN		WOMEN	
	STANDARD	MAX FIELD SIZE	STANDARD	MAX FIELD SIZE
100m	11.45	96	12.70	96
200m	Top-24	3 Sections	Top-24	3 Sections
400m	53.0	144	62.0	144
800m	Top-24	3 Sections	Top-24	3 Sections
1500m	4:06.0	128	4:50.0	128
5000m	15:35.0	125	18:45.0	125
10,000m	31:45.0	60	37:30.0	35
100m/110m H	16.30	64	15.20	64
400m H	58.0	64	1:06.0	64
3000m SC	9:40	40	11:30	40
4x100m Relay	Top-48	6 Sections	Top-48	6 Sections
4x200m Relay	Top-48	6 Sections	Top-48	6 Sections
4x400m Relay	-	As Needed	-	As Needed
4x800m Relay	-	As Needed	-	As Needed
4x1500m Relay	Top-18	1 Section	Top-18	1 Section
Sprint Medley	Top-32	4 Sections	Top-32	4 Sections
Long Jump	6.30m	45	5.18m	45
Triple Jump	13.87m	45	10.97m	45
High Jump	1.95m	35	1.60m	35
Pole Vault	4.30m	35	3.20m	35
Shot Put	13.05m	45	11.43m	45
Discus Throw	40.12m	45	36.59m	45
Hammer Throw	45.72m	45	44.21m	45
Javelin Throw	45.72m	30	35.70m	30

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.

MEET INFORMATION & RESULTS

Meet information updates will be posted at www.gopack.com and 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 and at 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 on pick-up from 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 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 26, 2015: 3:00pm-5:00pm
 - Friday, March 27, 2015: 8:00am-8:00pm
 - Saturday, March 28, 2014: 8:30am-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 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.
- **Invitational Discus** – Top-15 entered competitors will compete in the Invitational, with the top-9 advancing to 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"
- **Long Jump Invitational** – Top-15 entered competitors will compete in the Invitational, with the top-9 advancing to finals.
- **High Jump & Pole Vault** – These events will be contested in two sections, College and Invitational. The top-15 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 26th 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 Bianca Broughton at bsbrough@ncsu.edu or call her 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 Nate Yarbrough at 919.513.0075 by Wednesday, March 25th 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 27th and on Saturday, March 28th 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 Brianna Ford at 301.820.6081, brianna.ford@marriott.com
 - Residence Inn Raleigh Cary - <http://www.marriott.com/rduwry>
 - Courtyard Marriott Raleigh Cary - <http://www.marriott.com/rduwca>
 - Courtyard Raleigh-Durham Airport - <http://www.marriott.com/rduwaf>
 - Courtyard Raleigh Midtown - <http://www.marriott.com/rduwf>
- Contact Jenny Rabanal at 919.257.5504, jrabanal@shgltd.com or Kitty Millington 919.669.0576, kmillington@shgltd.com
 - Courtyard Marriott Raleigh Crabtree - www.marriott.com/rducy
 - Residence Inn Marriott Raleigh Midtown - www.marriott.com/rdurb
 - Residence Inn Marriott Raleigh Crabtree - www.marriott.com/rduce
 - Fairfield Inn & Suites Marriott Raleigh Crabtree - www.marriott.com/rduct
 - Fairfield Inn & Suites Marriott RDU - www.marriott.com/rdufa
 - TownPlace Suites Marriott Cary/Weston Pkwy - www.marriott.com/rdutw

FUTURE DATES FOR THE RALEIGH RELAYS

**2016 adidas Raleigh Relays
March 25-26, 2016**