NC STATE

adidas

Raleigh Relays
March 29-30, 2019

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
Raleigh Relays

NC STATE

March 29-30, 2019

IMPORTANT DATES

- **Wednesday, March 20, 2019 - 11:59 pm** – Online entries close.
- Tuesday, March 26, 2019 – Heat Sheets will be posted at www.flashresults.com
- Thursday, March 28, 2019, 2:00pm-5:00pm – Packet Pick-up
- Thursday, March 28, 2019, 2:00pm-7:00pm – Facility Available for Practice
- Friday, March 29, 2019, 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 a 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 January 1, 2018 through March 20, 2019.
- 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 January 1, 2018 through March 20, 2019 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 then one relay team in a particular relay event, please send seeding notes for the second relay to raleighrelays@gmail.com.
• **Entry Fees**
  o **College Teams:**
    ▪ $650.00 per gender per team if paid online via Direct Athletics by 11:59 pm on March 15th.
    ▪ $750 per gender per team if paid at packet pick-up (check or cash) or if mailing a check.
    ▪ $60 per individual athlete entered.
    ▪ $80 if only a relay is being entered.
    ▪ Teams with fewer then 10 athletes will pay the “individual” fee.
    ▪ **THIS IS AN ENTRY FEE, NOT A COMPETITION FEE** – There are no refunds for non-accepted entries, scratches or no-show athletes.
  o **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 $20 for individual entries.
  o If paying by check, please make payable to North Carolina State University.
  o Mail fees and a copy of the entries from the Direct Athletics website to one of the addresses listed below by Monday, March 26th:
    North Carolina State University
    c/o Meet Director
    Track & Field Office
    Campus Box 8502
    Raleigh, NC 27695
  o **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.
  o Emailed entry requests must be received to the meet account at raleighrelays@gmail.com by Wednesday, March 20th.
  o If you enter online as an unattached athlete via Direct Athletics you will be required to pay the entry fee of $60 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, 2018 through March 20, 2019.
  ▪ The verifiable mark must meet the published entry standard.
## COLLEGE ENTRY STANDARDS

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MEN STANDARD</th>
<th>WOMEN STANDARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.00</td>
<td>12.40</td>
</tr>
<tr>
<td>200m</td>
<td>Top-24</td>
<td>Top-24</td>
</tr>
<tr>
<td>400m</td>
<td>52.00</td>
<td>1:00.22</td>
</tr>
<tr>
<td>800m</td>
<td>Top-24</td>
<td>Top-24</td>
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<tr>
<td>1500m</td>
<td>3:55.19</td>
<td>4:37.69</td>
</tr>
<tr>
<td>5000m</td>
<td>14:51.00</td>
<td>17:40.50</td>
</tr>
<tr>
<td>10,000m</td>
<td>30:42.00</td>
<td>36:00.00</td>
</tr>
<tr>
<td>100m/110m H</td>
<td>15.00</td>
<td>14.60</td>
</tr>
<tr>
<td>400m H</td>
<td>55.50</td>
<td>1:04.76</td>
</tr>
<tr>
<td>3000m SC</td>
<td>9:19.00</td>
<td>10:52.00</td>
</tr>
<tr>
<td>4x100m Relay</td>
<td>Top-48</td>
<td>Top-48</td>
</tr>
<tr>
<td>4x200m Relay</td>
<td>Top-48</td>
<td>Top-48</td>
</tr>
<tr>
<td>4x400m Relay</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>4x800m Relay</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>4x1500m Relay</td>
<td>Top-18</td>
<td>Top-18</td>
</tr>
<tr>
<td>Sprint Medley</td>
<td>Top-32</td>
<td>Top-32</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.90m</td>
<td>5.63m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>14.05m</td>
<td>11.71m</td>
</tr>
<tr>
<td>High Jump</td>
<td>2.01m</td>
<td>1.68m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.70m</td>
<td>3.61m</td>
</tr>
<tr>
<td>Shot Put</td>
<td>15.39m</td>
<td>13.00m</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>44.80m</td>
<td>41.14m</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>48.50m</td>
<td>48.00m</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>53.31m</td>
<td>38.55m</td>
</tr>
</tbody>
</table>

### 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 March 16, 2018 through March 20, 2019. 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 20, 2019.
- **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 $60.00 per athlete per event. There is not a club team rate.
  - Entry for a relay is $80.00 per relay entered.
  - **NO REFUNDS.** The $60 ($80.00 for relay entries) is an entry fee and will not be refunded for non-accepted entries, scratches or no-show athletes.
Raleigh Relays

NC STATE
March 29-30, 2019

UNATTACHED/OPEN ENTRY STANDARDS

<table>
<thead>
<tr>
<th>EVENT</th>
<th>MEN STANDARD</th>
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</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.55</td>
<td>11.76</td>
</tr>
<tr>
<td>400m</td>
<td>48.00</td>
<td>55.10</td>
</tr>
<tr>
<td>1500m</td>
<td>3:46.16</td>
<td>4:23.49</td>
</tr>
<tr>
<td>5000m</td>
<td>14:15.00</td>
<td>16:26.00</td>
</tr>
<tr>
<td>10,000m</td>
<td>29:30.00</td>
<td>34:33.00</td>
</tr>
<tr>
<td>100m/110m H</td>
<td>13.86</td>
<td>14.28</td>
</tr>
<tr>
<td>400m H</td>
<td>52.72</td>
<td>1:00.42</td>
</tr>
<tr>
<td>3000m SC</td>
<td>8:55.00</td>
<td>10:20.00</td>
</tr>
<tr>
<td>4x100m Relay</td>
<td>In Top-48 Entries</td>
<td>In Top-48 Entries</td>
</tr>
<tr>
<td>4x200m Relay</td>
<td>In Top-48 Entries</td>
<td>In Top-48 Entries</td>
</tr>
<tr>
<td>4x400m Relay</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>4x800m Relay</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>4x1500m Relay</td>
<td>In Top-18 Entries</td>
<td>In Top-18 Entries</td>
</tr>
<tr>
<td>Sprint Medley</td>
<td>In Top-32 Entries</td>
<td>In Top-32 Entries</td>
</tr>
<tr>
<td>Long Jump</td>
<td>7.43m</td>
<td>5.96m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>15.08m</td>
<td>12.34m</td>
</tr>
<tr>
<td>High Jump</td>
<td>2.07m</td>
<td>1.77m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.97m</td>
<td>3.91m</td>
</tr>
<tr>
<td>Shot Put</td>
<td>17.00m</td>
<td>14.62m</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>51.51m</td>
<td>47.70m</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>60.51m</td>
<td>55.19m</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>62.03m</td>
<td>43.78m</td>
</tr>
</tbody>
</table>

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 28, 2019: 2:00pm-5:00pm
  - Friday, March 29, 2019: 8:00am-8:00pm
  - Saturday, March 30, 2019: 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.
- **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 then ⅜” (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 28th 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 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.**
- Shower facilities will be available upon advance request. Please contact Brad Beautegard at 919.513.0075 by Monday, 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 29th and on Saturday, March 30th for parking.

**CURRENT FUTURE DATES FOR THE RALEIGH RELAYS**

- **2020 adidas Raleigh Relays** - March 27-28, 2020
- **2021 adidas Raleigh Relays** - March 26-27, 2021
- **2022 adidas Raleigh Relays** - March 25-26, 2022