

T. W. ANDREWS HIGH SCHOOL

"Home of the Red Raiders"

DePaul Mittman, Head Coach
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5th Annual Neal Morris Invitational Saturday, April 10, 2010 Southwest Guilford High School

Time Schedule: Coaches Meeting	- 9:00	Field Events	- 10:00
Unseeded 3200 Meter Run	- 10:00	3200 Meter Relay	- 11:00
Sprint Semi-finals	- 12:00	Finals: 30 minutes after Sprint Semi-finals	

Scratch Meeting: None – All Scratches Must Be Received by E-Mail by 6:00 pm on Thursday, April 8.

Entry Fee: \$100.00 per school (\$60.00 for girls team only / \$60.00 for boys team only)
4 Athletes constitute a team. An individual entry fee is \$10.00 per athlete
NO UNATTACHED OR CLUB TEAMS ALLOWED
DO NOT MAIL CHECK, BRING IT WITH YOU
Make Check payable to: T. W. Andrews Athletics

Entry Process: On-Line entries through www.directathletics.com.

Entry Deadline: Friday, April 2, 2010 at 11:59 pm.

(Late Registration Fee: \$50.00 per school; \$5.00 late fees for individuals not with a team)

1. Entry Limits: Each athlete may compete in 4 events (Relays Included)
2. Entry Limits: Each school may only enter 3 athletes per event.

High Jump: Starting Heights: Ladies - 4' 6", Men - 5' 8"

Pole Vault: Ladies 7' 0" Men 9' 0"

Awards: Medals to Top 3 Finishers, Ribbons to places 4th - 6th

Team Awards for the Champion and Runner-up

Need More Information Contact:

DePaul Mittman, Meet Director, mittmal@gcsnc.com
336-255-3403

5th Annual Neal Morris Invitational

Saturday, April 10, 2010
Southwest Guilford High School

1. All NCHSAA and National Federation Rules will be enforced
2. Limit of 3 entries per event
3. Include Athlete's 2010 Best Performance
4. **MEET DATE: Saturday, April 10, 2010**
5. Time Schedule: Coaches Meeting - 9:00 Field Events - 10:00
 Unseeded 3200 Meter Run - 10:00 3200 Meter Relay - 11:00
 Sprint Semi-finals - 12:00 Finals: 30 minutes after Sprint Semi-finals
6. **We will run an Unseeded 3200 Meter Run at 10:00. The Elite 3200 Meter Run (Top 12 runners) will run during the regular schedule of the meet right before the 1600 Meter Relay**
7. FAT Timing by Colin Kelly, Greensboro Pacesetters
8. Long and Triple Jump: 3 Jumps – Top 7 Advance to the Finals
9. Shot and Discus Throw: 3 Throws – Top 7 Advance to the Finals
10. **ONLY NCTCCA & NCCA PASSES ARE ACCEPTED FOR ADMISSION.**
11. **TEAM PACKETS & ADMISSION BRACELETS CAN BE PICKED UP OUTSIDE OF THE ADMISSION GATE. ALL ATHLETES, COACHES AND MANAGERS MUST HAVE ON A WRIST BAND FOR ADMISSION.** Wristbands will be issued only for those names listed on the entry form. Be sure to include an attachment with the names of your managers and assistant coaches.
12. NO Boom Boxes are allowed in the stadium or in the parking lot next to the stadium.
13. Concession stand will be open.
14. The school will be off-limit to all athletes.
15. **IN THE 1600 AND 3200 METER RUNS, ATHLETES LAPPED BY THE #3 RUNNER IN THEIR HEAT WILL BE REMOVED FROM THE TRACK.**