



# Beynon Sports Surfaces

*Presents the*

## “Weekend of Champions”

with Billy Mills & Jim Ryun

# Southern Track & Field Championships

Collegiate / Open / HS/ Masters

April 13-15, 2012 (4/15 masters only)

### Durham County Memorial Stadium / Durham, NC

- Exciting Team Scoring Format with 1<sup>st</sup> Class Awards
- Special guests: US Olympians Billy Mills, Jim Ryun, Terrance Herrington & others to be added soon.
- LOW team Entry Fee if committed & Paid by January 6, 2012. Paid by 01/06/12 receives VIP Coaches Passes and VIP parking.
- First 12 (twelve) collegiate teams PAID receive Official Meet Polo for each Head Coach & up to three assistant coaches. Deadline 01/06/12.
- No Entry limits for Collegiate / Open. Everybody Runs.
- National Caliber High School Invitational with top southeast talent in Durham for two days. High School 5k, 2k steeple & other Outdoor National events.
- Beautiful, NEW facility with 8500 seats for football. Great Venue.
- Special Collegiate/Open Events: SHR, 4 x Mile, 3k, 5k, 10k, Mile, 1500, DMR, SMR, 4x800, 4x400, 4x200, 4x100. Plus ALL standard NCAA events.
- Complete Information: [www.personalbestsports.net](http://www.personalbestsports.net)
- **Questions: Coach Bill Cason, Guilford College Head Track & Field Coach & Weekend of Champions Event Promoter / 336-734-3009 cell or [casonw@guilford.edu](mailto:casonw@guilford.edu)**

## HELP US ESTABLISH A MAJOR MEET BY ATTENDING THE FIRST YEAR!

Friday, April 13, 2012 (TENATIVE SCHEDULE, TO BE REVISED AFTER ENTRIES)

11:00am	<b>Durham County Middle School Students with Billy Mills &amp; Jim Ryun At Durham County Memorial Stadium.</b>
12:00N	<b>Stadium Open for warm ups.</b>
1:00pm	Collegiate Championships Begin 100m Hurdles women trials HJ Men followed by Women Javelin Women followed by Men
1:30pm	110m Hurdles trials Men
2:00pm	LJ Men (Pit 1) LJ Women (Pit 2)
3:00pm	100m trials Men followed by Women PV Women followed by Men
3:30pm	4 x Mile Women followed by Men
4:30pm	400m trials Men followed by Women
4:45pm	200m trials Women followed by Men Discus Women followed by Men
5:00pm	800m trials Women followed by Men TJ Women (Pit 1) TJ Men (Pit 2)
5:15pm	1500m RACE WALK (men & women together)

**5:30pm Billy Mills / Jim Ryun Dinner (site TBA) Tickets \$30/person. Seating is limited so purchase your tickets early to guarantee your seat with Billy and Jim.**

**\*\*Reserved Tickets available for purchase at [www.personalbestsports.net](http://www.personalbestsports.net)**

5:30pm	<b>Distance Carnival Begins</b>
	4 x Mile HS Boys
6:00pm	4 x Mile HS Girls
6:25pm	3000m Steeplechase Men
6:40pm	2000m Steeplechase HS Boys
6:55pm	3000m Steeplechase Women
7:10pm	2000m Steeplechase HS Girls
7:25pm	5000m HS Boys
7:50pm	5000m HS Girls
8:20pm	3000m Men
8:35pm	3000m Women
8:50pm	5000m Men (top 24 entries)
9:15pm	5000m Women (top 24 entries)
9:40pm	10000m Men
10:25pm	10000m Women

**Most up to date information on committed teams, individuals, etc. at [www.personalbestsports.net](http://www.personalbestsports.net)**

## Saturday, April 14, 2012 Running Events

8:00am 5000m Women (Section 2)  
8:30am 5000m Men (Section 2)  
8:50am 3200m Girls  
9:05am 3200m Boys  
9:20am Distance Medley Relay Women  
9:40am Distance Medley Relay Men  
9:55am **National Anthem**  
10:00am 100m Hurdles Girls (4 heats / Slow Heat First)  
10:20am 100m Hurdles Women's FINAL  
10:30am 110m Hurdles Boys (4 heats / Slow heat First)  
10:55am 110m Hurdles Men's FINAL  
11:05am SMR Boys  
11:15am SMR Girls  
11:25am SMR Men  
11:35am SMR Women  
11:45am 400m Boys  
12:05pm 400m Girls  
12:20pm 400m Men  
12:35pm 400m Women  
12:50pm SHR Boys  
1:05pm SHR Men  
1:20pm SHR Girls  
1:35pm SHR Boys  
1:50pm 1600m Girls  
2:05pm 1600m Boys  
2:25pm 4 x 100m Relay Girls  
2:50pm 4 x 100m Relay Boys  
3:15pm 4 x 100m Relay Women  
3:40pm 4 x 100m Relay Men  
3:50pm 800m Men  
4:10pm 800m Women  
4:25pm 800m Boys  
4:50pm 800m Girls  
5:05pm 100m Men  
5:15pm 100m Women  
5:25pm 100m Boys  
5:40pm 100m Girls  
5:50pm 1500m Men  
6:10pm 1500m Women  
6:30pm 400m Hurdles Boys  
6:40pm 400m Hurdles Girls  
6:50pm 400m Hurdles Women  
7:10pm 400m Hurdles Men  
7:25pm 200m Boys  
7:35pm 200m Girls  
7:45pm 200m Men  
8:00pm 200m Women  
8:15pm 4 x 200m Relay Boys  
8:25pm 4 x 200m Relay Girls  
8:35pm 4 x 200m Relay Women  
8:45pm 4 x 200m Relay Men  
8:55pm Invitational Men's Mile  
9:05pm Invitational Women's Mile  
9:15pm 4 x 400m Relay Girls  
9:25pm 4 x 400m Relay Boys  
9:35pm 4 x 400m Relay Women  
9:45pm 4 x 400m Relay Men  
10:00pm Presentation of Team Awards

## Saturday, April 14, 2012 Field Events

10:00am Hammer (Women then Men)  
(Site TBA) not at DCMS  
10:00am PV (Boys then Girls)  
LJ (Boys Pit 1)  
LJ (Girls Pit 2)  
Javelin (Girls then Boys)  
1:00pm HJ (Girls then Boys)  
Shot (Girls then Boys)  
3:00pm Shot (Men then Women)  
5:00pm Discus (Girls then Boys)  
TJ (Boys Pit 1)  
TJ (Girls Pit 2)

GO TO [www.personalbestsports.net](http://www.personalbestsports.net) for updated information.

# Southern Master's Track and Field Championships

Sunday, April 15, 2012 Master's Meet Schedule (to be announced soon)

## GENERAL ANNOUNCEMENTS

- **Packet Pick UP**

Team and Individual packets will be available at the RED EFX tent near the main entrance on the home side outside of the stadium. The packets will include meet information, heat sheets, athlete's numbers, pins, relay cards and a coach's pass. Packet Pick-Up times are as follows:

Friday                      April 13<sup>th</sup> 11:00am to 8:00pm.

Saturday                    April 14<sup>th</sup> 7:00am to 4:00pm

Sunday                      April 15<sup>th</sup> 7:00am to 12:00pm

- **ENTRY INTO THE DURHAM COUNTY MEMORIAL STADIUM TRACK**

Athletes: Competitor number will admit athletes into the track stadium.

Coaches: Coach's passes will admit coaches into the stadium. High school coaches will be given one coaches pass per athlete up to four passes.

- **ENTRY FEES: (Fees based on Entered athletes) NO REFUNDS**

Master's \$20 per athlete (includes 3 events) \$5 per event after three. \$10 per relay

High School: \$20 per individual with \$120 max per school (must be paid together)

Open/Unattached: \$25 per Individual, \$10 per relay team.

**College: \$20 per individual with \$400 MAX per SCHOOL IF PAID by 1/06/12**

**School Max of \$500 if paid by February 1, 2012\*\*\***

**School Max of \$600 if paid by March 1, 2012\*\***

**School Max of \$700 if paid by April 14, 2012\***

- **ADMISSION: \$3.00 PER PERSON PER DAY. UNDER 12 IS FREE**

- **PARKING: FREE**

- **AWARDS**

The WINNER in ALL Running and Field Events will receive a 1<sup>st</sup> Class award (individual & all 4 members of Winning relay teams) Open/unattached athletes in the collegiate meet are NOT eligible for awards. Awards will also be given to the 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in all events (individual & relay). Winning Teams (college/HS/masters) based on team scores will be awarded UNIQUE awards. Runner up & third place teams will also receive an award and be recognized.

- **Team Scoring for College / High School and Masters Competition:**

1 <sup>st</sup>	10 points
2 <sup>nd</sup>	8 points
3 <sup>rd</sup>	6 points
4 <sup>th</sup>	5 points
5 <sup>th</sup>	4 points
6 <sup>th</sup>	3 points
7 <sup>th</sup>	2 points
8 <sup>th</sup>	1 point

- **ENTRY GUIDELINES (High School Competition)**

Competitors in the high school competition should use the following outdoor performances as guidelines to participate in the 2012 Southern Track & Field Championships:

	<u>Girls</u>	<u>Boys</u>
100m	12.50	10.90
200m	26.50	22.40
400m	1:01.0	50.80
800m	2:27.0	2:03.0
1600m	5:35.0	4:35.0
Mile Run Inv.	5:20.0	4:27.0
3200m	12:00.0	10:05.0
2000m SteepleChase	5:45 for 1600m	4:45 for 1600m
5000m	19:30 X-C	15:59 X-C
100mH/110mH	16.0	15.30
400mH	49.00 (300mH time)	41.50 (300m H time)
4x100	51.0	43.50
4x200	1:48.0	1:31.0
4x400	4:15.0	3:32.0
SHR	(Top 12 entries)	(Top 12 entries)
SMR	(Top 12 entries)	(Top 12 entries)
4x800	10:15	8:25.0
DMR	(Top 12 entries)	(Top 12 entries)
4xMile	22:20	19:00
Shot	33'6"	48'00"
Discus	100'0"	135'0"
Javelin	(First 16 entries)	(First 16 entries)
Long Jump	16'6"	21'6"
Triple Jump	34'6"	44'0"
High Jump	5'0"	6'2"
Pole Vault	9'0"	12'0"

- **WARM-UP**

Competition Days: All athletes must complete their general warm-up outside the fenced track and field area.

**WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT**

In consideration for participation in the **Southern Track and Field Championships / Weekend of Champions** on **April 13-15, 2012**, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the city of Durham, Durham County, Guilford College, Personal Best Sports LLC, the State of North Carolina, any of their officers, servants, agents, or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such athletic and related events, activities, or while in, on or upon the premises where the activities are being conducted.

To the best of my knowledge, I am in good physical condition and am not aware of any physical infirmity which would place me at risk to participate in the **Southern Track and Field Championships / Weekend of Champions** activities. I am fully aware of risks and hazards connected with the activity including the risk of injury to my neck, back, spine, knees, or other parts of my body, and I hereby elect to participate as a voluntary participant in said activity, and to enter the premises of the Durham County Memorial Stadium facility and engage in such activity knowing that the activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such an activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise. I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS the RELEASEES from any loss, liability, damage or costs, including court costs and attorney's fees, that they may incur due to my participation in said activity, WHETHER CAUSED BY NEGLIGENCE OF RELEASEES or otherwise.

It is my express intent that this Waiver of Liability and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES, I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of North Carolina. In signing this release, I acknowledge and represent that I have read and understand it and sign it voluntarily: I am at least eighteen (18) years of age and fully competent: and I execute this Release for full, adequate and complete consideration fully intending to be bound by same.

I HAVE READ THIS WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

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Participant's Printed Name (If eighteen (18) years of age or older)	Signature	Date
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Parent's Printed Name (If Participant under eighteen (18) years of age)	Signature	Date
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- **CHECK-IN PROCEDURE**

Athletes need to check into the Clerk of Course (location TBA) a minimum of one (1) hour prior to their scheduled event time. Heats will be assigned and seeded for Friday events on Thursday evening, for Saturday events on Friday night and for Sunday events on Saturday night. Scratches need to be done before this time following below guidelines.

- **PREFERRED LANES**

For the 200m and all other races conducted in lanes, the order of preferred lanes is 6, 7, 5, 8, 4, 3, 2, 1.

- **ATHLETES NUMBERS**

Athletes numbers will be worn on the front for all events except the pole vault.

- **COACHING**

No coaches will be allowed on the infield during Saturday's competition. Athletes competing in the field events may leave the field to consult with their coach. If it does not interfere with the competition. Coaches will be allowed in the field events areas where noted during the three day competition.

- **FIELD EVENT CONDUCT**

LJ/TJ/SP/D/J/HT competitors will receive three (3) attempts with the top nine (9) athletes advancing to the final, to receive three (3) additional attempts. Each field event contestant must have a legal mark to receive additional attempts. The HJ/PV will be contested in continuous flights.

- **HIGH SCHOOL DISTANCE RACES**

Lapped runners in the 4 x Mile relay, 5000m and 3200m will be pulled from the track down to 12 teams or individuals.

- **FALSE STARTS**

The No False Start rule will be in effect.

- **COLLEGIATE INFORMATION**

Athletes representing colleges/universities must be eligible according to the rules, which govern the athletic participation of their schools: i.e., NCAA, NAIA, or NJCAA. NCAA rules will prevail. There is NO limitation on the number of athletes each college or university may run in any event at the Southern Track and Field Championships.

- **COLLEGIATE OPENING HEIGHTS AND MINIMUM MEASUREMENTS**

All opening heights and minimum measurements will be determined after entries are closed.

- **HIGH SCHOOL OPENING HEIGHTS AND MINIMUM MEASUREMENTS**

All opening heights and minimum measurements will be determined after entries are closed.

- **HIGH SCHOOL INFORMATION**

Athletes representing high schools must be eligible according to the rules, which govern the athletic participation of their schools; i.e., NCHSAA, NSSF, etc. No athlete will be allowed to participate in more than four (4) events, only three (3) of which may be running events.

- **FIELD SIZES (High School)**

<u>EVENT</u>	<u>NUMBER ACCEPTED</u>
Field Events	36
Relays	32
All Running Events	48

- **HIGH SCHOOL OPENING HEIGHTS and MINIMUM MEASUREMENTS**

Opening Heights and Minimum Measurements will be determined prior to the meet based upon the field accepted into the meet.

- **PROTEST**

Protests must be filed, in writing, at the clerk tent no later than 30 minutes following the involved incident or decision.

- **FACILITY**

Beynon Sports Surfaces: 8-48" lanes; two LJ/TJ pits; Maximum length of spikes- ¼" pyramids or Christmas trees. Needle or Pin spikes WILL NOT BE ALLOWED.

- **TRAINING AREA**

A large tent for athletic trainers and medical staff will be set up on the track level.

- **RESULTS**

Results will be posted in or around the main level concessions on the home side of the stadium. Results will also be quickly posted at [www.personalbestsports.net](http://www.personalbestsports.net)

- **SCRATCHES**

Scratches can be made for Friday's events up until Thursday April 12<sup>th</sup> at MIDNIGHT and for Saturday's events by 6PM at the meet at the clerk's tent or at Packet Pick Up. SCRATCHES are appreciated and can be emailed to [trackandfield@guilford.edu](mailto:trackandfield@guilford.edu).



★ SOUTHERN ★

TRACK AND FIELD

*Championships*

1 2 3 4 5 6

WEEKEND of CHAMPIONS

COLLEGE | HIGH SCHOOL | MASTERS

DURHAM COUNTY MEMORIAL STADIUM

20TWELVE

