

Saturday April 21, 2012
Patriot Track & Field Classic
Southern Alamance High

Location: 631 Southern High School Road, Graham, NC 27253. It is less than 10 miles away from the New Tanger Outlets off I-85/I-40.

Facility: We have a 6 lane rubberized track, rubberized high jump platform, 2 jump pits throwing events secluded and the pole vault. We will have concessions, bathrooms and plenty of space for team areas.

Schedule: Track will be open at **8:30am** for warming up and team packet pick up. **9:15am** Coaches' Meeting, **10:00am** Field Events, **10:45am** 3200 Relay, **11:45am** Sprint Trials (100/110 High Hurdles, 100m dash, 400m dash, 300 Intermediate Hurdles, 200m dash). Finals will begin 30-45 minutes after the sprint trials have finished.

Awards: Top 3 individuals in each event will receive medals and the top men's and women's teams will receive awards.

Entry Fees: \$50.00 for men's or women's team (7 or more is a team!), \$90 for both teams, \$10.00 for an individual athlete, \$20.00 for a Relay team per relay event. We will accept cash and money orders. Checks/money orders *must* be made out to **SOUTHERN ALAMANCE HIGH TRACK & FIELD**. Please bring your money the day of the meet.

Spikes: Only ¼ pyramids

Rules: All National Federation Rules will be in effect.

Entries: Each school can enter 3 athletes per individual event and 1 team per relay event. Entries will need to be submitted by April 16th by fax or email (preferably). The fax number is (336)570-6404. You can email **Coach Cecilio Mitchell** Cecilio_Mitchell@abss.k12.nc.us or **Coach Rodney Cain** sales@yourfiresite.com with contact information and your entries in a spreadsheet format.
