



JDL October 3000/3200 Meet

October 3, 2020



GENERAL MEET INFORMATION

Admission:	NO SPECTATORS WILL BE ALLOWED IN THE VENUE FOR THIS EVENT. ONLY ATHLETES AND MEET PERSONNEL WILL BE ALLOWED INTO THE FACILITY. ANY PARENTS WAITING OUTSIDE WILL REMAIN OUTSIDE.
Parking and Entrances:	Parking will be available at the rear of the facility. The only entrance to the facility will be the rear entrance.
Covid-19:	<i>An inherent risk of exposure to Covid-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to severe illness and death. By visiting JDL Fast Track, you voluntarily assume all risks related to exposure to Covid-19.</i> <i>JDL Fast Track will be implementing new policies and procedures to combat Covid-19, but none of these changes are expected to eliminate the risk entirely. As such, if you are fearful of contracting the disease, please refrain from attending JDL Fast Track during the upcoming season.</i>
Athletic Trainer:	JDL Fast Track will be providing a certified athletic trainer on-site during the competition.
On-Site Food Vendors:	There will be no on-site food vendor and the concession stand will not be open during the event. Outside food and beverages WILL be allowed into the facility. We encourage athletes to bring their own water, as no common water stations will be set up due to Covid-19.
RunnerSpace Videos:	RunnerSpace will be on-site recording each track event. The races will be available after the event as part of RunnerSpace's +Plus subscription package. The RunnerSpace video will serve as the official race video in the event of a protest. To get more information about subscribing, go to www.runnerspace.com or www.jdlfasttrack.com .
Timing & Results:	Fully automatic timing will be performed by Rhodes Race Timing. Results will be posted at Direct Athletics and on JDL Fast Track's website. Live results will also be available at jdl.liveresults.io

REGISTRATION INFORMATION

Eligibility:	The JDL October 3000/3200 Meet is open to athletes of all ages who meet the minimum entry standards. Although we anticipate the majority of athletes coming from unattached high school athletes, it is also open to unattached college and open athletes who can meet the minimum entry standards. Athletes may choose between the 3000m and 3200m races, although the intent is that high school athletes will likely select the 3200m races and open/college athletes will likely select the 3000m races, although that is not a requirement. All entries must be unattached. No club, high school or college TEAMS will be invited to compete.
Entry Deadline:	The meet will use Direct Athletics for online registration. Registration will open on Monday, September 21 and will close at 8 AM EST on Wednesday, September 30.
Entry Fees:	The entry fee for the event is \$15 per athlete and must be paid online. Reminder that it is a registration fee and not a competition fee. There will be no refunds for any entries once payment has been submitted online or for failure to comply with Covid-19 procedures on race day, including face mask compliance or for athletes who have a temperature over 100.4 degrees Fahrenheit at packet pickup. Late registration, if available, will be \$50 per athlete. Late registration is not guaranteed to be available and will be up to meet management.
Entry Limits:	The meet will be limited to the first 400 athletes who register and pay online. Athletes may choose one event between the 3000m or 3200m. Heats will be formed as needed.
TFRRS # for Collegians:	For college athletes running unattached, if you wish to have your results posted to your TFRRS profile, you may email craig@jdlcastlecorp.com with your TFRRS number and it will be entered into the system and uploaded with the results.

RUNNING EVENT INFORMATION

Minimum Standards:	There will be minimum standards for the races. For the boys and men, the minimum standards are 11:00 for the 3000m and 12:00 for the 3200m. For the girls and women, the minimum standards are 14:00 for the 3000m and 15:00 for the 3200m.
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Any athletes failing to meet these standards on race day will not be allowed to finish and will be registered as a DNF in the final results.

EVENT PROCEDURES

Entries and Seeding:	Upon closing of registration, all athletes will be placed in heats based on seed times. Seed times may be verified via Milesplit, TFRRS or similar website. Each group will consist of 4 heats with a max of 15-20 athletes per heat.
Packet Pickup:	Packet pickup will be just inside the rear entrance to JDL Fast Track. Athletes may pick up their packets 60 minutes prior to their group's start time. Athletes who arrive more than 60 minutes prior to their group's start time will not be let into the facility past packet pickup for any reason, including to use the restroom. We encourage all athletes to arrive at the facility no more than 60 minutes prior to their start time.
Health Screening:	At pickup packet, athletes will fill out the necessary waiver and complete the health screening form and have their temperature taken. Athletes with a temperature over 100.4 degrees Fahrenheit will not be granted access to the facility. Also, athletes who are exhibiting symptoms of Covid-19 or have been exposed to someone with Covid-19 within 14 days of the event will not be allowed into the facility. There will be no refunds for athletes who fail the health screening.
Entries to Facility:	Each group will be let into the facility 60 minutes prior to their assigned group's start time. Athletes will have color coordinated wristbands. Upon completion of that group's heats, all athletes with that color wristband will be asked to leave the facility to allow for the next group to come in. For instance, Group 1 of boys will be allowed into the facility at 10 am. Upon completion of all group 1 races, all athletes with that assigned wristband will be required to leave the facility. This will keep the number of athletes in the facility to a minimum.
Face Coverings Inside the Facility and During Races:	<p>Due to Covid-19, JDL Fast Track is requiring all athletes to wear FACE MASKS during their warm-ups inside JDL Fast Track. The face masks MUST COVER THEIR MOUTH AND NOSE DURING WARM-UPS. Upon being called to the starting line, athletes may remove their face masks and either pin them to their uniform, tuck them into their shorts, or lower them to their chin. In any of these scenarios, the athlete must keep their face mask with them at all times. Upon completion of their race, athletes are to re-position the face mask to cover their mouth and nose while inside JDL Fast Track.</p> <p>The first instance of failure to comply with the face mask requirement will result in a warning. A second failure to comply with the face mask requirement will result in DQ from the race and removal from the facility.</p> <p>This procedure is designed to reduce the amount of time that athletes are without a face covering and maintain a healthy race environment for all competitors. All officials and meet personnel will also be wearing face masks during their time in the facility.</p>

SCHEDULE

Each group will be let into the building 60 minutes prior to their event.

RUNNING EVENTS			
Event	Race Time	Packets Available	Facility Entry Time
Boys/Men 3200m – Group 1	11:00 AM	10:00 AM	10:00 AM
Girls/Women 3200m – Group 1	12:00 PM	11:00 AM	11:00 AM
Boys/Men 3200m or 3000m – Group 2	1:00 PM	12:00 PM	12:00 PM
Girls/Women 3200m or 3000m – Group 2	2:00 PM	1:00 PM	1:00 PM
<i>Add'l Groups Added As Necessary</i>			

Coaches willing to volunteer as umpires and lap counters may email Craig Longhurst to apply. Those volunteers must be willing to stay for the duration of the event.

Meet Contact Info: Craig Longhurst – craig@jdlcastlecorp.com – 336-448-1656

For additional information about the facility, rules or procedures, please visit the FAQ page on our website. A link to the FAQ page can be found at the top right-hand side of www.jdlfasttrack.com.