

2008 adidas Raleigh Relays
Presented By: North Carolina State University
Friday and Saturday - March 28th & 29th 2008
Director: Chris Seaton

Meet Information

Entries Men's and Women's entries can only be done online at flashresults.com/ncstate and RECEIVED NO LATER THAN SATURDAY, MARCH 22TH 2008.

Mail check to: North Carolina State University
C/O Jackie Brooks
Track & Field Office
Box 8502
Raleigh, NC 27695

Inquiries Call: 919-515-1113
919-515-1112

website: www.flashresults.com
www.gopack.com

Entry Fee An entry fee of \$25.00 per each athlete, including each relay member, or \$300.00 per team (a team consists of 10 or more athletes). Men's and Women's teams from the same institution are considered separate teams. The fee is an entry fee not a competition fee. Fees are based on the number of entries and not on the number of athletes who compete. **All entries are to be done on-line, mail entry fee to the address above. Entries will not be processed until entry fees have been received. Entry fees are to be received by Saturday March 22, 2008.**

MAKE CHECKS PAYABLE TO: North Carolina State University (mail to address above)

Entry Limitation For the \$300.00 team entry fee you may enter up to **THREE** athletes in every event and **ONE** relay team. For an **Additional \$10.00 per athlete per event you may enter unlimited number of athletes in any given event.**

For example: 3 entries in 1500m (no additional charge)
4 entries in 1500m (\$10 extra)
5 entries in 1500m (\$20 extra)

****You will be charged per entry, regardless of whether an athlete scratches or competes**

WHEN ENTERING AN ATHLETE DO NOT USE A PREDICTED BEST MARK, US AN ACTUAL MARK

****PLEASE NOTE THE 200m & 800m INVITATIONAL WILL BE FOR COLLEGIATE ATHLETES ONLY****

Declarations Athletes must check in at clerking area 20 min. prior to the start of the event or be scratched. Heats will be drawn after clerking
Remember to Report or you will be Scratched!

Location The Paul Derr Track & Field Stadium located on Cates Avenue on the North Carolina State University campus.

Showers Will be available upon request, please call Heidi Humphrey at (919) 819-1044, you will need to schedule by March 27th w/ Heidi.

Lodging **The following hotels are in close proximity to the track, please contact the following people below for great Raleigh Relays room rates:**
Holiday Inn Brownstone – Dayna Nicely (919) 828-0811, dnicely@brownstonehotel.com
Marriott Properites– Jim Preston (919) 795-1737, james.preston@mattiott.com
Alliance Hospitality Group (Area Hotels)– Mark Rosoff (919) 417-3494, mrosoff@alliancehospitality.com

Equipment Spike length will be _” maximum. Implements must be certified and will be weighed at a designated tent. Starting blocks will be provided.

Information All races will be seeded by time and run against time. Long Jump, Triple Jump, Shot Put, Discus, Hammer, and Javelin, – Flights will compete from top seed down with first 2 flights completing their trials and finals (6 attempts or 3 fouls). Each flight after that an athletes first legal mark will be measured. Subsequent efforts must meet the following minimum marks to be measured.
Triple and Long Jump board distances are: Women 10m and 1m / Men 13m and 1m.
High Jump & Pole Vault – These events will be contested as “individual” and “open” sections. The top 15 entries will be in the Invitational section with the remaining entries in the Open section. Starting heights for each are listed in the time schedule.

Results All results will be posted at the top of the stands, at flashresults.com and at gopack.com

2008 RALEIGH RELAYS

Tentative Meet Schedule

FRIDAY, MARCH 28th, 2008

TIME	EVENT		CLASSIFICATION	STANDARD
10:00 AM	10,000 M	SECTION – II	MEN	UNSEEDED
10:45 AM	5000 M	SECTION – III	WOMEN	UNSEEDED
11:10 AM	5000M	SECTION –III	MEN	UNSEEDED
11:35 AM	5000M	SECTION – IV	MEN	UNSEEDED
12:00 noon	110 M HH	(TIMES TO FINAL)	MEN	TOP 72
12:30 PM	100 M HH	(TIMES TO FINAL)	WOMEN	TOP 72
1:00 PM	100 M	(TIMES TO FINAL)	MEN	TOP 72
1:30 PM	100 M	(TIMES TO FINAL)	WOMEN	TOP 72
2:00 PM	400 M	(TIME FINAL)	MEN	TOP 72
2:40 PM	400 M	(TIME FINAL)	WOMEN	TOP 72
3:20 PM	400 M IH	(TIME FINAL)	MEN	TOP 72
3:50 PM	400 M IH	(TIME FINAL)	WOMEN	TOP 72
4:10 PM	4 X 1500 Top 24 teams	(TIMES TO FINAL)	MEN	TOP 36
4:35 PM	4 X 1500 Top 24 teams	(TIMES TO FINAL)	WOMEN	TOP 36
5:00 PM	SPRINT MEDLEY	(FINAL)	MEN	TOP 12
5:20 PM	SPRINT MEDLEY	(FINAL)	WOMEN	TOP 12
6:05 PM	5000 M	SECTION-II	WOMEN	UNSEEDED
6:30 PM	5000 M	SECTION-II	MEN	UNSEEDED
6:55 PM	5000 M	SECTION- SEEDED	WOMEN	TOP 20
7:20 PM	5000 M	SECTION- SEEDED	MEN	TOP 20
7:45 PM	10,000 M	(FINAL)	WOMEN	TOP 24
8:30 PM	10,000 M*	(SECTION- I) SEEDED	MEN	TOP 24

FIELD EVENTS

			MINIMUM MARK MEASURED	
10:00 AM	Discus	MEN	45.72M	150'0"
10:00 AM	SHOT	WOMEN	12.50M	41' 0"
10:00 AM	HIGH JUMP –SECTION A	WOMEN	1.65m	5'5" top 15 entries
	HIGH JUMP – SECTION B -TO FOLLOW	WOMEN	1.60m	5'3"
11:00 AM	LONG JUMP	WOMEN	5.40M	18' _"
11:00 AM	POLE VAULT - SECTION A	MEN	4.75M	15'7" top 15 entries
	POLE VAULT – SECTION B-TO FOLLOW	MEN	4.60M	15'1"
2:00 PM	DISCUS	WOMEN	40.84M	134' 0"
2:00 PM	SHOT PUT	MEN	15.00M	49' 2 _"
2:00 PM	HIGH JUMP –SECTION A	MEN	2.00M	6'6 _" top 15 entries
	HIGH JUMP – SECTION B – TO FOLLOW	MEN	1.95M	6'4 _"
2:00 PM	LONG JUMP	MEN	6.95M	22'9 _"

* All races will be seeded by time and run against time. Long Jump, Triple Jump, Shot Put, Discus, Hammer and Javelin – flights will compete from top seed down with first 2 flights completing their trial and finals (6 attempts or 3 fouls) Each flight after that an athlete's first legal mark will be measured. Subsequent efforts must meet the following minimum marks to be measured.

SATURDAY, March 29th, 2008

TIME	EVENT		CLASSIFICATION	STANDARD
10:30 AM	3000 steeplechase	(SECTION II)	WOMEN	UNSEEDED
10:45 AM	3000steeplechase	(SECTION II)	MEN	UNSEEDED
11:00 AM	1500 M	(SECTION II) (heats as needed)	MEN	UNSEEDED
11:15 AM	1500 M	(SECTION II) (heats as needed)	WOMEN	UNSEEDED
12:00 noon	110 M HIGH HURDLE2	section final – top 18	MEN	FINAL
12:05 PM	100 M HIGH HURDLE	2 section final – top 18	WOMEN	FINAL
12:10 PM	100 M	2 section final – top 18	MEN	FINAL
12:15 PM	100 M	2 section final – top 18	WOMEN	FINAL
12:25 PM	1500 M	(SECTION I)(2 HEATS)	MEN	FINAL
12:45 PM	1500 M	(SECTION I)(2 HEATS)	WOMEN	FINAL
1:00 PM	4 X 100 M	(SECTION I)	MEN	FINAL
1:05 PM	4 X 100 M	(SECTION II)	MEN	FINAL
1:10 PM	4 X 100 M	(SECTION III)	MEN	FINAL
1:15 PM	4 X 100 M	(SECTION IV)	MEN	FINAL
1:20 PM	4 X 100 M	(SECTION I)	WOMEN	FINAL
1:25 PM	4 X 100 M	(SECTION II)	WOMEN	FINAL
1:30 PM	4 X 100 M	(SECTION III)	WOMEN	FINAL
1:40 PM	800 M-INVITATIONAL	(2 HEATS) –COLLEGE ATH. ONLY	MEN	FINAL
1:45 PM	800 M-INVITATIONAL	(2 HEATS) - COLLEGE ATH. ONLY	WOMEN	FINAL
1:55 PM	4 X 200 M RELAY	(SECTION I)	MEN	FINAL
2:00 PM	4 X 200 M RELAY	(SECTION II)	MEN	FINAL
2:05 PM	4 X 200 M RELAY	(SECTION III)	MEN	FINAL
2:15 PM	4 X 200 M RELAY	(SECTION I)	WOMEN	FINAL
2:20 PM	4 X 200 M RELAY	(SECTION II)	WOMEN	FINAL
2:25 PM	4 X 200 M RELAY	(SECTION III)	WOMEN	FINAL

SATURDAY, March 29th 2008

2:35 PM	4 X 800 M RELAY	(SECTION I)	MEN	FINAL
2:45 PM	4 X 800 M RELAY	(SECTION II)	MEN	FINAL
2:55 PM	4 X 800 M RELAY	(SECTION III)	MEN	FINAL
3:05 PM	4 X 800 M RELAY	(SECTION I)	WOMEN	FINAL
3:15 PM	4 X 800 M RELAY	(SECTION II)	WOMEN	FINAL
3:25 PM	3000 M STEEPLECHASE	(SECTION I)	MEN	FINAL
3:35 PM	3000 M STEEPLECHASE	(SECTION I)	WOMEN	FINAL
3:55 PM	200 M-INVITATIONAL	(1 HEAT) - COLLEGE ATH. ONLY	MEN	FINAL
4:05 PM	200 M-INVITATIONAL	(1 HEAT) - COLLEGE ATH. ONLY	WOMEN	FINAL
4:20 PM	4 X 400 M RELAY	(SECTION I)	MEN	FINAL
4:25 PM	4 X 400 M RELAY	(SECTION II)	MEN	FINAL
4:30 PM	4 X 400 M RELAY	(SECTION III)	MEN	FINAL
4:35 PM	4 X 400 M RELAY	(SECTION IV)	MEN	FINAL
4:40 PM	4 X 400 M RELAY	(SECTION V)	MEN	FINAL
4:50 PM	4 X 400 M RELAY	(SECTION I)	WOMEN	FINAL
4:55 PM	4 X 400 M RELAY	(SECTION II)	WOMEN	FINAL
5:00 PM	4 X 400 M RELAY	(SECTION III)	WOMEN	FINAL

FIELD EVENT

MINIMUM MARK MEASURED

10:00 am	JAVELIN	MEN	55.m	180'5"
10:00 am	HAMMER	MEN	47.85.m	157'
11:00 am	TRIPLE JUMP	MEN	14.00m	45' 11 "
10:00 am	POLE VAULT – SECTION B	WOMEN	3.40M	11' 2"
12:00 am	POLE VAULT –SECTION A	WOMEN	3.60m	11' 9 _" top 15 entries
1:00 pm	HAMMER	WOMEN	45.00m	149'
1:00 pm	JAVELIN	WOMEN	38.50m	126' 4"
2:00 pm	TRIPLE JUMP	WOMEN	11.10m	36'6"

Implement Weigh-In Friday

(located next to hammer/disc cage)

Discus	Men	8:30am	
Shot	Women	8:30am	
Discus	Women	12 noon	
Shot	Men	12 noon	
Hammer	women	1:00pm (then impounded)	
Hammer	Men	1:00pm (then impounded)	
Saturday	Javelin	Men	8:15 am
	Javelin	Women	12 noon

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COACHES – WHEN ENTERING AN ATHLETE DO NOT USE A PREDICTED BEST MARK, US AN ACTUAL MARK

Results:

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