Piedmont District Indoor Championships

The First Annual Piedmont District Indoor Championships will be held at JDL Fast Track in Winston Salem,

NC on Tuesday, February 6, 2018.

Address:

JDL Fast Track

2505 Empire Drive

Winston-Salem, NC 27103

Directions:

From Interstate 40, take exit 189 for US-158/Stratford Road. At the top of the ramp, turn right onto US-

158/Stratford Road. Proceed approximately 2 miles and turn left on Kimwell Drive. JDL Fast Track will be

approximately 1/2 mile down on the corner of Kimwell and Empire. Spectator parking is in the front. Athletes

and officials should park in the rear of the building.

Schedule of Events:

Track Opens: 3:45 PM

Coaches Meeting: 4:30 PM

Competition will begin at 5:00 PM.

\*This is the tentative schedule, which may be revised depending on the number of heats or sections in an event.\*

Running Events

5:00 PM Girls 4x800Meter Relay

5:15 PM Boys 4x800Meter Relay

5:30 PMGirls 55 Meter Hurdles

5:38 PM Boys 55 MeterHurdles

5:45 PM Girls 55 Meter Dash

5:52 PM Boys 55 Meter Dash

6:00 PM Girls 1600 Meter Run

6:10 PM Boys 1600 Meter Run

6:25 PM Girls 4x200 Meter Relay

6:30 PM Boys 4x200 Meter Relay

6:40 PM Girls 500 Meter Run

6:50 PM Boys 500 Meter Run

7:00 PM Girls 1000 Meter Run

7:05 PM Boys 1000 Meter Run

7:15 PM Girls 300 Meter Run

7:25 PM Boys 300 Meter Run

7:40 PM Girls 3200 Meter Run

7:55 PM Boys 3200 Meter Run

8:10 PM Girls 4x400 Meter Relay

8:15 PM Boys 4x400 Meter Relay

Admission:

Spectator admission is $7 for adults and $5 for students 12 and older. Children under 12 are free.

Field Events

5:00 PM Girls Long Jump

5:00 PM Boys Long Jump

5:00 PM Boys Shot Put

5:00 PM Girls Pole Vault

5:30 PM Girls High Jump

5:45 PM Boys Pole Vault

6:00 PM Girls Shot Put

6:15 PM Boys High Jump

6:15 PM Girls Triple Jump

6:15 PM Boys Triple Jump

Entry Deadline:

Online entries will be done through Milestat.com and are due by Sunday February 4, 2018 at 7:59 PM.

Entry Limits:

Each school is limited to 3 athletes per running or field event and 1 relay per school.

Entries:

Any hand held times should be converted by rounding up to the next tenth and adding .24. Any marks not

verifiable on milestat.com need to be verified by sending the meet director either a POP sheet or a link to a

website that contains such a mark.

POP sheets can be sent to justin.adams@patrick.k12.va.us before Sunday February 4, 2018 at NOON.

Spikes:

ALL athletes must have their spikes checked in once they enter the facility. Athletes whose spikes are not

approved will not be allowed to wear those spikes in competition and will be subjected to disqualification if

they attempt to wear them during competition. JDL Fasttrack takes this very seriously.

Scratches:

Each school will receive a list of their final entries no later than noon on the day of the meet. Each coach is

asked to print their entry list and indicate any scratches on that list. When you arrive at the track, please turn

in your list of scratches to the timers on the timing platform. This will be in lieu of a scratch meeting.

Since this is a championship meet, NO SUBSTITUTIONS will be allowed after entries are due except for

relays.

Scoring:

We will follow the NFHS Track and Field Rules for scoring with 7 teams and scoring positions 1-6.

Individual Scoring

10-8-6-4-2-1

Eligibility:

Piedmont District Indoor Championships is limited to the following Virginia teams: Bassett, Franklin County,

George Washington, Halifax, Magna Vista, Martinsville and Patrick County. No unattached athletes will be

permitted to compete in these meets.

Timing and Results:

Fully automatic timing will be performed by Big Kahuna Timing. Results will be posted at Direct Athletics and

on JDL Fast Track's website. Results will also be sent to Milestat.com.

Athletic Trainer:

JDL Fast Track will be providing a certified athletic trainer onsite during the competition. Schools should send

supplies, such as tape and prewrap, as the onsite athletic trainer will have limited quantities of those supplies.

Relay Scoring

10-8-6-4-2-1

