

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

**Meet Information**

**Entries** Men's and Women's entries can only be done online at [flashresults.com/ncstate](http://flashresults.com/ncstate) and RECEIVED NO LATER THAN SATURDAY, MARCH 22<sup>TH</sup> 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](http://www.flashresults.com)  
[www.gopack.com](http://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 27<sup>th</sup> 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](mailto:dnicely@brownstonehotel.com)  
Marriott Properites– Jim Preston (919) 795-1737, [james.preston@mattriott.com](mailto:james.preston@mattriott.com)  
Alliance Hospitality Group (Area Hotels)– Mark Rosoff (919) 417-3494, [mrosoff@alliancehospitality.com](mailto:mrosoff@alliancehospitality.com)

**Equipment** Spike length will be 1/4" 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](http://flashresults.com) and at [gopack.com](http://gopack.com)

# 2008 RALEIGH RELAYS

## Tentative Meet Schedule

### FRIDAY, MARCH 28<sup>th</sup>, 2008

TIME	EVENT	CLASSIFICATION	STANDARD
10:00 AM	10,000 M	SECTION – II	MEN UNSEEDDED
10:45 AM	5000 M	SECTION – III	WOMEN UNSEEDDED
11:10 AM	5000M	SECTION –III	MEN UNSEEDDED
11:35 AM	5000M	SECTION – IV	MEN UNSEEDDED
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	<b>(TIME FINAL)</b>	MEN TOP 72
2:40 PM	400 M	<b>(TIME FINAL)</b>	WOMEN TOP 72
3:20 PM	400 M IH	<b>(TIME FINAL)</b>	MEN TOP 72
3:50 PM	400 M IH	<b>(TIME FINAL)</b>	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 UNSEEDDED
6:30 PM	5000 M	SECTION-II	MEN UNSEEDDED
6:55 PM	5000 M	SECTION- <b>SEEDED</b>	WOMEN TOP 20
7:20 PM	5000 M	SECTION- <b>SEEDED</b>	MEN TOP 20
7:45 PM	3200M / High School	INVITATIONAL	GIRLS
8:00 PM	3200M / High School	INVITATIONAL	BOYS
7:45 PM	10,000 M	(FINAL)	WOMEN TOP 24
8:30 PM	<b>10,000 M*</b>	(SECTION- I) <b>SEEDED</b>	MEN TOP 24

### FIELD EVENTS

TIME	EVENT	CLASSIFICATION	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' ½ "
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 ½"
2:00 PM	HIGH JUMP –SECTION A	MEN	2.00M 6'6 ¾" top 15 entries
	HIGH JUMP – SECTION B – TO FOLLOW	MEN	1.95M 6'4 ¾"
2:00 PM	LONG JUMP	MEN	6.95M 22'9 ¾"

\* 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 29<sup>th</sup>, 2008

TIME	EVENT	CLASSIFICATION	STANDARD
10:30 AM	3000 steeplechase	(SECTION II)	WOMEN UNSEEDDED
10:45 AM	3000steeplechase	(SECTION II)	MEN UNSEEDDED
11:00 AM	1500 M	(SECTION II) (heats as needed)	MEN UNSEEDDED
11:15 AM	1500 M	(SECTION II) (heats as needed)	WOMEN UNSEEDDED
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	<b>(2 HEATS) – COLLEGE ATH. ONLY</b>	MEN FINAL
1:45 PM	800 M-INVITATIONAL	<b>(2 HEATS) – COLLEGE ATH. ONLY</b>	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 29<sup>th</sup> 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	<b>(1 HEAT) - COLLEGE ATH. ONLY</b>	MEN	FINAL
4:05 PM	200 M-INVITATIONAL	<b>(1 HEAT) - COLLEGE ATH. ONLY</b>	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

<u>FIELD EVENT</u>		<u>MINIMUM MARK MEASURED</u>		
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 3/4 " 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)
<b>Saturday</b>	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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