

2018 Cardinal Gibbons Track and Field Classic

Saturday, March 24th 2018

Cardinal Gibbons High School
1401 Edward Mill Road, Raleigh, NC

Basic Meet Information

We are excited to be able to put on an elite meet to showcase some of the top athletes in North Carolina and surrounding states. Our goal is to put on a high-level meet with some of the top student athletes in and around North Carolina. This meet is only sanctioned for schools from North Carolina and the bordering states. **No unattached athletes** will be allowed to compete. The meet will not include a team competition.

We will be limiting entries to the top 15-20 entries per track event. All relays and field events will be capped at 16 entries. We will be running unique events (including an elite mile, 5000 meter run, and DMR) along with some of the more standard events for high school track meets. There have been a handful of teams invited who will be given the opportunity to enter 3 athletes per event. We will then fill the remainder of the events from individuals who enter the meet. Meet management reserves the right to make final decisions regarding accepted entries and heat placement.

Our facilities do not allow for elite competitions in the pole vault or discus and so these events will not be included in the meet program. Included events and suggested standards can be found on the next page.

Entries

Entries will be done through milesplit.com and will close on Monday, March 19th at 11:59 P.M. We will have a wait list for individuals not initially accepted. If there are scratches we will contact athletes on the wait list to fill events.

Entry Fee

\$5 per athlete. \$10 per relay. Entry fees will be collected the day of the meet and schools will only be charged for accepted entries. Checks should be made out to Cardinal Gibbons High School.

Timing

FAT timing will be provided by Slipstream Timing and Meet Management.

Facility

The track is an 8 line rubberized track. We have two jumping pits and a high jump apron, all with rubberized surfaces. Spikes should not exceed ¼ inch. The shot put circle is a concrete pad.

Meet Sanctioning

The meet will be sanctioned for schools from North Carolina and the bordering states (VA, SC, TN, and GA).

Questions

Questions regarding the meet can be directed to John Henderson: jhenderson@cghsnc.org

Nearby Hotels

Comfort Suits Arena
1200 Hurricane Alley Way
(919) 854 – 0502

Wingate by Wyndham
6115 Corporate Ridge Road
(866) 578-5952

Ramada Raleigh
1520 Blue Ridge Road
(919) 832-4100

Hampton Inn and Suites
111 Hampton Woods Lane
(919) 233-1798

Track Events**Estimated Time Schedule**

100 meter hurdles	5:30
110 meter hurdles	5:40
100 meter dash (prelims)	5:50
800 meter run	6:00
4x200 meter relay	6:15
1600 meter run	6:30
Elite Mile	6:40
100 meter dash (finals)	6:50
100 meter wheelchair	6:55
400 meter dash	7:00
300 meter hurdles	7:15
200 meter dash	7:30
5000 meter run	7:45
4x400 meter relay	8:25

Field Events:

High Jump, Long Jump, Triple Jump, Shot Put

Field events will begin at 5:00pm.

Girls Long Jump (followed by boys long jump in the outside pit)

Boys Triple Jump (followed by girls triple jump in the inside pit)

Boys Shot Put (followed by wheelchair shot put and then girls shot put)

Girls High jump (followed by the boys high jump)

Entry Standards

Please use the following as guides. Student athletes do not necessarily need to have run these marks, but should be close to ensure an efficient meet is run. If you have any questions then please feel free to contact John Henderson at jhenderson@cghsnc.org

Girls Entry Standards

100 meter hurdles: 16.0
300 meter hurdles: 48
100 meter dash: 12.5
100 meter wheelchair: 27.5
200 meter dash: 25.5
400 meter dash: 1:03
800 meter run: 2:30
1600 meter run: 5:35
5000 meter run: 12:45 for 3200

Boys Entry Standards

110 meter hurdles:15.5
300 meter hurdles: 41.5
100 meter dash: 10.9
100 meter wheelchair: 24.5
200 meter dash:22.5
400 meter dash: 51.5
800 meter run: 2:03
1600 meter run: 4:40
5000 meter run: 10:30 for 3200