



Mondo College Invitational
January 13, 2024



GENERAL MEET INFORMATION

Admission:	Spectator admission is \$8 for adults and \$5 for students 12 and older. Children under 12 are free.
Waiver of Liability:	Each institution and individual will be required to provide either a certificate of insurance or waiver of liability. The waiver of liability forms can be found at the top of the Schedule page at jdlfasttrack.com . Forms will be available to fill out at packet pick-up, but we urge schools and individuals to submit their documentation prior to the meet. Only one form is needed for the entire season.
Athletic Trainer:	JDL Fast Track will be providing a certified athletic trainer on-site during the competition. Schools not traveling with a trainer should send supplies, such as tape and pre-wrap, as the on-site athletic trainer will have limited quantities of those supplies.
On-Site Food Vendor:	PDQ will be on-site during the meet to provide food services to teams, officials and spectators. Teams interested in purchasing catering from PDQ may do so at catering.eatpdq.com
RunnerSpace Videos:	RunnerSpace will be live streaming this event , and the races will also be available after the event, both 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, TFRRS and on JDL Fast Track's website. Live results can be found at live.jdlfasttrack.com .

REGISTRATION INFORMATION

Eligibility:	Mondo College Invitational is open to all NCAA, NJCAA and NAIA institutions, as well as individual, unattached athletes. Teams must be in good standing with JDL Fast Track. Please remember that all fees are registration fees and not competition fees. If you register for a meet and fail to show up, you will still owe that money and will not be allowed to return until those fees are paid.
Entry Deadline:	Online entries via Direct Athletics will open on Monday, January 1 and will close on Wednesday, January 10 at 8 pm EST . Some events may reach their entry limits prior to the deadline, so coaches are encouraged to register early.
Team Entry Fees:	\$30 per athlete per event and \$60 per relay . Entry fees for those entries registered through Direct Athletics are capped at \$750 per team per gender . There will be no refunds for scratches after the entry deadline. Entries after the deadline will be applied above and beyond the team cap. Teams are encouraged to pay online. The <u>online payment deadline is Friday, January 12 at 12 pm EST</u> . Late entries or entries beyond the cap must be paid at packet pickup, as there will be no way to apply them to the Direct Athletics registration fees. Checks should be made payable to JDL Fast Track.
Entry Limits:	The schedule on page two indicates the maximum number of entries per gender in each event. Each school is limited to a total of 30 athletes per gender and no more than 5 athletes per running event, 3 per field event and 1 relay teams. Running event entries will be handled on a first come, first served basis. For field event entries, each school will be guaranteed one entry per field event. That guaranteed entry will be the school's best TFRRS mark. After that, the remaining field will be based on TFRRS. Schools may email Craig Longhurst with verified marks for incoming freshmen or transfers, if applicable. Schools wishing to enter additional athletes beyond these entry limits MAY have the opportunity to do so. If you would like to request additional slots, please email Craig Longhurst. If additional slots are available, the fee for those slots will be the standard entry fee, but may take you over the team fee cap.
Individual Entry:	Unattached athlete registration fees are \$30 per event . All individuals must pay online. Additional Direct Athletics fees may apply. There will be no refunds for scratches once payment has been received online. Late registration after the deadline may be available and will be up to meet management depending upon the number of available slots. If available , the late registration fee will be \$50 per event.

SCHEDULE AND EVENT NOTES

Schedule & Seeding: Track events will be run fast to slow. A final schedule and performance list will be sent to all coaches via email no later than 5 pm on Thursday, Jan 11. Starting lists for all events will be sent via email no later than Friday, January 12 at 5 pm. They will also be posted on the JDL Fast Track website on the Schedule page.

8:00 AM - Track Opens

8:45 AM - Officials' Meeting

9:15 AM - Coaches' Meeting

This meet will use a CHECK-IN procedure. Starting lists will be emailed to all coaches no later than Friday, January 12 at 5 pm. They will also be posted online on the Schedule page of the JDL Fast Track website and will also be available on the live results page. Athletes will be required to check-in no less than 15 minutes prior to the start of their event to receive their hip numbers.

DNF cut-off – For distance races with a DNF cut-off time, when that time is reached, the starter will shoot their gun twice and any athletes still on the track will be escorted from the track and not allowed to finish and will be marked as a DNF in the official results.

RUNNING EVENTS			
Time	Event	Max	Event Notes
9:15 AM	3000m Race Walk		Athletes failing to meet 25:00 for both genders on race day will be a DNF
10:00 AM	60m Hurdle Prelims	48	Heat winners and next fastest advance
	60m Dash Qualifying	64	Top 30 seed times bypass to prelims; top 2 Qualifying times advance to prelims; if 48 or fewer total entries, Qualifying round will be cancelled and everyone will advance to Prelims
	4x800m Relay	20	DNF cutoff = 9:00 (M) and 11:00 (W). See note above
	3000m Run	48	DNF cutoff = 10:15 (M) & 12:30 (W). See note above
	Hurdle Finals		
	60m Dash Prelims	32	Heat winners and next fastest advance
	600m Run	36	
	400m Dash	80	Top sections will be "seeded." Unseeded sections = no blocks. Cut-off TBD
	Dash Finals		
	800m Run	50	
	1000m Run	36	
	200m Dash	80	Top sections will be "seeded." Unseeded sections = no blocks. Cut-off TBD
	Mile Run	60	DNF cutoff = 5:15 (M) & 6:30 (W). See note above
	4x400m Relay	24	

For Field Event entries, each team will be guaranteed one entry per event, which will be their school's best TFRRS entered athlete. After that, the remaining field sizes will be based on TFRRS. Teams may enter as many as three athletes in each field event, but only one spot is guaranteed. Also, field event athletes shall check-in at the event site no later than 30 minutes prior to the competition.

FIELD EVENTS				
Time	Event	Area	Max	Event Notes
10:00 AM	Shot Put (M)	Cage	48	All throwing implements will be weighed in next to the throws cage. Weigh-ins will be open from 8:30-9:15 and then again after the men's SP.
	Weight Throw (M)		32	
	Weight Throw (W)		32	
10:00 AM	Shot Put (W)	HJ Apron	48	See above
	High Jump (W)		24	Starting height = 1.42m and progressions = 0.05m
	High Jump (M)		24	Starting height = 1.77m and progressions = 0.05m
10:00 AM	Pole Vault (M)	PV "A"	20	Starting height = 3.40m and progressions = 0.15m
	Pole Vault (W)		20	Starting height = 2.80m and progressions = 0.15m
10:00 AM	Long Jump (M)	LJ "A"	48	
	Triple Jump (M)		32	
10:00 AM	Long Jump (W)	LJ "B"	48	
	Triple Jump (W)		32	

HOTEL INFORMATION (All hotels Winston-Salem, NC 27103)

COURTYARD BY MARRIOTT
 (336-760-5777)
 1600 Westbrook Plaza Drive
[Courtyard by Marriott Website](#)

HAMPTON INN HANES MALL
 (336-760-1660)
 1990 Hampton Inn Court
[Hampton Inn Website](#)

HILTON GARDEN INN
 (336-765-1298)
 1325 Creekshire Way
[Hilton Garden Inn Website](#)

SPRINGHILL SUITES
 (336-765-0190)
 1015 Marriott Crossing Way
[Springhill Suites Website](#)

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.

