



JDL Flat Is Fast Invitational
January 23, 2022
FINAL SCHEDULE



Admission Fee

- Admission fee is \$7 per person for adults. Students ages 13 and up are \$5. Children 12 and under are free.
- Wristbands must be worn at all times by all spectators, athletes, coaches and officials. Wristbands are required for re-entry.
- All coaches, please come in and pick up your packet and then return to your buses or vans to hand out wristbands.

RunnerSpace Videos

- The meet will be live streamed as part of RunnerSpace's +Plus subscription package. You can subscribe by going to www.runnerspace.com or www.jdlfasttrack.com. The RunnerSpace video will serve as the official race video in the event of a protest.
- RunnerSpace reserves exclusive rights to all video footage for this meet. Any personal video taken in JDL Fast Track must be solely for personal or private use and cannot be distributed via the Internet or any other medium.

Additional Meet Info

- Track athletes must check-in at clerking no less than 15 minutes prior to the start of their event to receive their hip numbers.
- Field event athletes shall check-in at the event site no later than 30 minutes prior to the competition.
- In all RUNNING events, slower sections will run first, followed by faster sections of timed finals.
- Meet management reserves the right to run as much as 15 minutes ahead of schedule.

8:00 AM – Track Opens

8:45 AM – Officials' Meeting

9:15 AM – Coaches' Meeting

4:00 PM – Packet Pickup Closes

TRACK EVENTS				FIELD EVENTS			
Time	Event	Gender	Event Notes	Time	Event	Gender	Starting Ht
9:30 AM	3000m Race Walk	Mixed	DNF Cut-off = 25:00	THROWS CAGE			
10:00 AM	60m Hurdle Prelims	Women	Heat winners + next fastest	9:30 AM	Shot Put	Men	
10:15 AM	60m Hurdle Prelims	Men	Heat winners + next fastest	1:00 PM	Weight Throw	Men	
10:25 AM	60m Dash Qualifying	Women	Top 2 times advance	3:30 PM	Weight Throw	Women	
10:40 AM	60m Dash Qualifying	Men	Top 2 times advance				
10:55 AM	4x800m Relay	Women	DNF Cut-off = 11:00	HIGH JUMP APRON			
11:10 AM	4x800m Relay	Men	DNF Cut-off = 9:00	9:30 AM	Shot Put	Women	
11:20 AM	3000m Run	Women	DNF Cut-off = 12:30	1:00 PM	High Jump	Women	1.43m
11:50 AM	3000m Run	Men	DNF Cut-off = 10:15	3:30 PM	High Jump	Men	1.78m
12:35 PM	Hurdle Finals						
12:50 PM	60m Dash Prelims	Women	Heat winners + next fastest	POLE VAULT "A"			
1:00 PM	60m Dash Prelims	Men	Heat winners + next fastest	10:00 AM	Pole Vault	Men	3.45m
1:10 PM	600m Run	Women		1:00 PM	Pole Vault	Women	2.85m
1:25 PM	600m Run	Men					
1:35 PM	Unseeded 400m Dash	Women	No blocks!	LONG JUMP "A"			
1:50 PM	Unseeded 400m Dash	Men	No blocks!	10:00 AM	Long Jump	Men	
2:10 PM	400m Dash	Women		2:00 PM	Triple Jump	Men	
2:15 PM	400m Dash	Men					
2:25 PM	Dash Finals			LONG JUMP "B"			
2:35 PM	800m Run	Women		10:00 AM	Long Jump	Women	
2:50 PM	800m Run	Men		2:00 PM	Triple Jump	Women	
3:05 PM	1000m Run	Women					
3:15 PM	1000m Run	Men					
3:30 PM	Unseeded 200m Dash	Women	No blocks!	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.			
3:45 PM	Unseeded 200m Dash	Men	No blocks!				
4:05 PM	200m Dash	Women					
4:15 PM	200m Dash	Men					
4:30 PM	Mile Run	Women	DNF Cut-off = 6:30				
5:00 PM	Mile Run	Men	DNF Cut-off = 5:30				
5:25 PM	4x400m Relay	Women					
5:45 PM	4x400m Relay	Men					

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