

# Winston Salem Developmental Meet

Co-Hosted by Winston Lake Lakers, Tri-City Relays, Charlotte Speed,  
High Point Panthers and Next Level Track Club

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**Saturday, June 7, 2008**

**Simon G. Atkins Academic and Technology High School  
3605 Old Greensboro Road  
Winston Salem, North Carolina**

**Meet Directors:** Perry Cabean [tricitytrack@yahoo.com](mailto:tricitytrack@yahoo.com) and Antwan Hughes [piedmontrackclub@yahoo.com](mailto:piedmontrackclub@yahoo.com)

**Entry Information:** Entries are due by 12:00 midnight on June 6, 2008.

**Entry Fee:** Team Athletes: \$3.00 per athlete.  
Unattached Athletes: \$3.00 per athlete.  
Payments should be made in cashiers check or money order. No personal checks/refunds.

**There are no on-site meet changes.**

Ages 12 & Under maximum 3 events per athlete. Ages 13-18 maximum 4 events.

Maximum of 2 relays per team per event (A & B relays only).

**Maximum of 4 entries per team per age group for 200m run.**

Registration must be done online at: [www.coacho.com](http://www.coacho.com)

Deadline for registration is Friday, June 6, 2008. Payments must be made in cashier's check or money order form. No personal checks and no refunds.

Make checks payable to: Tri-City Relays

Mail to: Tri-City Relays  
339 Witt Street  
Winston-Salem, NC 27103

**Awards:** Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place.

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**Team Packets available at:** 8:00 am

**Coaches meeting:** 8:30am

**Meet begins:** 9:00am

**Field events begin** 9:30am (athletes provide their own implements)

**Participation:** Athlete's age as of December 31 of the current year will determine age division. Birth certificates will serve as proof of participant's age if necessary.

**Age Groups:**

Pee Wee (2002 and later)

Primary (2000 - 2001)

Bantam (1998-1999)

Midget (1996-1997)

Youth (1994-1995)

Intermediate (1992-1993)

Young (1990-1989)

## Saturday (June 7, 2008) Order of Events

<u>Track Events</u>	<u>Ages</u>	<u>Field Events</u>	<u>Ages (Event Order)</u>
4x800m-TF	<i>Midget – Young</i>	<i>Discus</i>	<i>Young - Midget</i>
80/100/110 Hurdles – TF	<i>Midget – Young</i>	<i>Long Jump</i>	<i>Primary - Young</i>
50m - TF	<i>PeeWee</i>	<i>High Jump</i>	<i>Young - Bantam</i>
100m - Preliminaries	<i>Primary - Young</i>	<i>Shot Put</i>	<i>Primary - Young</i>
800m - TF	<i>Primary - Young</i>	<i>Triple Jump</i>	<i>Youth - Young</i>
4x100m-TF	<i>Primary - Young</i>		
300m Pee Wee - TF	<i>PeeWee</i>		
400m - TF	<i>Primary - Young</i>		
100m - Final	<i>Primary - Young</i>		
1500m - TF	<i>Bantam - Young</i>		
*200m -TF	<i>Primary - Young</i>		
4x400 - TF	<i>Bantam – Young</i>		

\*Maximum of 4 entries per team per age group for 200m run.

### Directions:

- From Charlotte:** Take I-85 North. EXIT at 13A toward GREENSBORO. Merge onto US-52 N via EXIT 87 toward LEXINGTON/WINSTON SALEM. Go past I-40 and merge onto I-40 Business Route east/ US 421 south via EXIT 109A toward Greensboro. Drive 2 miles, merge onto REIDSVILLE RD/US-158 E via EXIT 8 toward WALKERTOWN/REIDSVILLE. Drive 1.3 miles, turn LEFT onto OLD GREENSBORO RD. School will be on your right.
- From Durham:** Take I-40 West. Keep RIGHT to take I-40 west/US-421 north via EXIT 36A toward WINSTON-SALEM. Take I-40 Business Route/ US-421 north toward Winston Salem. Take Linville Road exit, EXIT 10. Turn LEFT onto OLD GREENSBORO RD. Drive 2 miles, school will be on your right.
- From Hickory:** Take I-40 East. Merge onto I-40 BR E/US-421 S via EXIT 188 on the LEFT toward WINSTON-SALEM. merge onto REIDSVILLE RD/US-158 E via EXIT 8 toward WALKERTOWN/REIDSVILLE. Drive 1.3 miles, turn LEFT onto OLD GREENSBORO RD. School will be on your right.