

# 2024 NC STATE RALEIGH RELAYS SCHEDULE -FINAL

THURSDAY, MARCH 28th				
TIME	EVENT	SECTION	CLASSIFICATION	STANDARD
4:35 PM	1500m	15 Sections - ~ 1 every 4 min	Men	Seeded
5:44 PM	3000m Steeplechase	Section 1	Men	Seeded
5:55 PM	3000m Steeplechase	Section 2	Men	Seeded
6:06 PM	3000m Steeplechase	Section 3	Men	Seeded
6:17 PM	3000m Steeplechase	Section 4	Men	Seeded
6:33 PM	3000m Steeplechase	Section 5	Men	Seeded
6:49 PM	5000m	Section 1	Men	Seeded
7:05 PM	5000m	Section 2	Men	Seeded
7:21 PM	5000m	Section 3	Men	Seeded
7:37 PM	5000m	Section 4	Men	Seeded
7:53 PM	5000m	Section 5	Men	Seeded
8:09 PM	5000m	Section 6	Men	Seeded
8:25 PM	5000m	Section 7	Men	Seeded
8:41 PM	5000m	Section 8	Men	Seeded
8:57 PM	5000m	Section 9	Men	Seeded
9:25 PM	10,000m	Section 1	Men	Seeded
10:00 PM	10,000m	Section 2	Men	Seeded
10:35 PM	10,000m	Section 3	Men	Seeded
TIME	EVENT	SECTION	CLASSIFICATION	
9:30	Javelin	Final	Men	
9:15	Shot Put	Final	Women	
1:15 PM	Shot Put	Final	Men	
1:15 PM	Javelin	Final	Women	
Implement Inspection				
7:30	Javelin	Men		
7:30	Shot Put	Women		
10:00	Javelin	Women		
10:00	Shot Put	Men		

SATURDAY, MARCH 30th				
TIME	EVENT	SECTION	CLASSIFICATION	STANDARD
1:00 PM	4x100m	Timed Sections	Women	Final
1:15 PM	4x100m	Timed Sections	Men	Final
1:30 PM	800m	Timed Sections	Women	Final
2:30 PM	400mH	Timed Sections	Women	Final
2:55 PM	400mH	Timed Sections	Men	Final
3:20 PM	200m	Timed Sections	Women	Final
3:50 PM	200m	Timed Sections	Men	Final
4:15 PM	800m	Timed Sections	Men	Final
5:15 PM	4x400m	Timed Sections	Women	Final
5:35 PM	4x400m	Timed Sections	Men	Final
TIME	EVENT	SECTION	CLASSIFICATION	
9:30	Hammer	Final	Men	
10:30	Pole Vault	Final - Invitational to Follow	Women	
10:45	Long Jump	Final (2 pits)	Women	
1:30 PM	Hammer	Final	Women	
1:45 PM	Long Jump	Final (2 pits)	Men	

FRIDAY, MARCH 29th				
TIME	EVENT	SECTION	CLASSIFICATION	STANDARD
12:40 PM	100mH	Timed Sections	Women	Final
1:10 PM	110mH	Timed Sections	Men	Final
1:35 PM	100m	Timed Sections	Women	Final
2:00 PM	100m	Timed Sections	Men	Final
2:25 PM	400m	Timed Sections	Women	Final
2:55 PM	400m	Timed Sections	Men	Final
3:35 PM	HS 3200m	Final	Girls	Final
3:49 PM	HS 3200m	Final	Boys	Final
4:05 PM	1500m	15 Sections - ~ 1 every 5 min	Women	Seeded
5:27 PM	3000m Steeplechase	Section 1	Women	Seeded
5:41 PM	3000m Steeplechase	Section 2	Women	Seeded
5:54 PM	3000m Steeplechase	Section 3	Women	Seeded
6:06 PM	3000m Steeplechase	Section 4	Women	Seeded
6:25 PM	5000m	Section 1	Women	Seeded
6:45 PM	5000m	Section 2	Women	Seeded
7:05 PM	5000m	Section 3	Women	Seeded
7:24 PM	5000m	Section 4	Women	Seeded
7:43 PM	5000m	Section 5	Women	Seeded
8:02 PM	5000m	Section 6	Women	Seeded
8:21 PM	5000m	Section 7	Women	Seeded
8:40 PM	5000m	Section 8	Women	Seeded
8:59 PM	5000m	Section 9	Women	Seeded
9:20 PM	10,000m	Invitational	Women	Seeded
9:57 PM	10,000m	Section 1	Women	Seeded
10:35 PM	10,000m	Section 2	Women	Seeded
TIME	EVENT	SECTION	CLASSIFICATION	
9:45	Discus	Final	Women	
10:30	Pole Vault	Final - Invitational to Follow	Men	
11:00	Triple Jump	Final (1 pit)	Women	
11:00	High Jump	Final (2 pits)	Men	
2:00 PM	Triple Jump	Final (1 pit)	Men	
2:15 PM	High Jump	Final (2 pits)	Women	
2:15 PM	Discus	Final	Men	
Implement Inspection				
7:30	Discus	Women		
9:30	Discus	Men		
12:00 PM	Hammer (impounded)	Women		
12:00 PM	Hammer (impounded)	Men		



# NC STATE



## **RALEIGH RELAYS**

### **MARCH 28-30, 2024**

#### Contact Information

North Carolina State University  
c/o Meet Director  
Track & Field Office  
Campus Box 8502  
Raleigh, NC 27695

Email: [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com)

Website: [www.gopack.com](http://www.gopack.com) & [www.flashresults.com](http://www.flashresults.com)

Entries: [www.directathletics.com](http://www.directathletics.com)

**IMPORTANT DATES**

- Monday, February 5, 2024 – Online entries open at [www.directathletics.com](http://www.directathletics.com).
- Sunday, March 17<sup>th</sup> – Final day for Unattached/Open entry approval (see Unattached entry section on page 4 for more details).
- **Wednesday, March 20<sup>th</sup> - 11:00 pm EST – College online entries close.**
- Sunday, March 24<sup>th</sup> – Accepted entry list will be posted.
- Tuesday, March 26<sup>th</sup> – Heat Sheets will be posted at [www.flashresults.com](http://www.flashresults.com)
- Thursday, March 28<sup>th</sup>, 8:30am-8:00pm – Packet Pick-up
- Friday, March 29<sup>th</sup>, 8:00 am – Packet Pick-up Opens
- Saturday, March 30<sup>th</sup>, 8:00 am – Packet Pick-up Opens

**ENTRIES & FEES****College Teams and Athletes**

- All entries will be handled through Direct Athletics.
- All entries are at the discretion of the meet management staff.
- **Late Entries** – Meet administration reserves the right to accept late entries.
- **Entry Limits**
  - Meeting the suggested entry standard will guarantee entry into the meet. **Entries not meeting the suggested entry standard will be accepted as field sizes allow. Please see the entry standards on page 3.**
  - Teams are limited to 5 entries per event and 2 relay teams per relay, unless otherwise approved by meet management.
- **Entry Marks**
  - Entry marks for the Raleigh Relays must be TFRRS marks from March 23, 2022 through March 20, 2024.
  - If an athlete does not have a TFRRS mark for a particular event (e.g. freshman, transfer, new event, etc.) then the entry will be entered as a No Mark (NM). Coaches should email VERIFIABLE performances in the event or relevant information in other events in order to justify an entry mark to [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com). Entries entered with NT/NM will automatically be scratched, unless the meet administration has been emailed at [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com).
  - If a coach has additional seeding notes regarding an athlete, please email the meet administration at [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com).
  - If entering more than one relay team in a particular relay event, please send seeding notes for the second relay to [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com).
- **Entry Fees**
  - **College Teams:**
    - **All entry fees must be paid online via Direct Athletics** by the close of the entry window at 11:00 pm EST on March 20<sup>th</sup>.
    - \$1200.00 per gender per team.
    - \$120 per individual athlete entered.
    - \$160 if only a relay is being entered.
    - Teams with fewer than 10 athletes will pay the “individual” fee.
    - **THIS IS AN ENTRY FEE, NOT A COMPETITION FEE** – There are no refunds for non-accepted entries, scratches or no-show athletes.

### College Students

- A limited number of college students **who are part of a university's intercollegiate team** but need to compete unattached may be permitted to compete at the discretion of meet management. The entry request needs to be emailed to [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com). You need to supply your name, event being entered and a link to a verifiable entry mark.
  - Emailed entry requests must be received to the meet account at [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com) by **Sunday, March 17<sup>th</sup>**.
  - Entry request does not guarantee that your entry will be accepted.
- **Entry Marks**
  - Entry marks for the Raleigh Relays must be **VERIFIABLE** times and marks that were achieved from January 1, 2023 through March 17, 2024.
  - The verifiable mark must meet the published entry standard in order to be considered.
- **Entry Fees**
  - There is no entry fee for unattached collegiate athletes that are accepted into the meet.

### **COLLEGE ENTRY STANDARDS**

	MEN	WOMEN
EVENT	STANDARD	STANDARD
100m	10.70	12.05
200m	21.62	24.49
400m	49.00	56.82
800m	1:52.51	2:13.03
1500m	3:47.04	4:26.52
5000m	14:14.85	16:40.92
10,000m	29:39.87	35:05.16
100m/110m H	14.96	14.29
400m H	55.77	1:03.62
3000m SC	8:59.39	10:37.10
4x100m Relay	-	-
4x400m Relay	-	-
High Jump	2.03m	1.70m
Pole Vault	4.97m	3.94m
Long Jump	7.33m	5.92m
Triple Jump	14.68m	12.25m
Shot Put	16.59m	14.36m
Discus Throw	50.73m	46.95m
Hammer Throw	56.49m	54.68m
Javelin Throw	60.00m	41.27m

**Unattached (non-college)/Open Athletes**

- A limited number of open/unattached entries may be accepted.
- Entries will be handled by sending your entry request to the [raleighrelays@gmail.com](mailto:raleighrelays@gmail.com) by March 17<sup>th</sup>. You need to supply your name, affiliation, event you are entering and a verifiable mark. If the entry is approved, then you will enter via [www.directathletics.com](http://www.directathletics.com). *If you enter and pay the entry fee without meet management approval and the entry is not accepted, the entry fee will not be refunded.*
- **Entry Marks**
  - Entrants must only enter **VERIFIABLE** times and marks in the space provided. The entry marks must have been achieved from January 1, 2023 through March 17, 2024. In the notes area provide a link to the where the entry mark can be verified.
  - **The verifiable mark must meet the published entry standard for Open/Unattached entries below.**
  - Meeting the published entry standard does not guarantee acceptance of the entry request.
- **Entry Fees**
  - Entry fee is \$60.00 per athlete per event (no club team rate).
  - Entry for a relay is \$150.00 per relay entered.
  - The entry fee must be paid via Direct Athletics for the entry to be finalized.
  - **NO REFUNDS.** *The \$60 (\$150.00 for relay entries) is an entry fee and will not be refunded for scratches or no-show athletes.*

**UNATTACHED/OPEN ENTRY STANDARDS**

	MEN	WOMEN
EVENT	STANDARD	STANDARD
100m	10.55	11.76
200m	20.50	23.10
800m	1:48.00	2:02.00
400m	48.00	55.10
1500m	3:42.57	4:15.21
5000m	13:36.00	15:37.00
10,000m	28:35.00	32:50.00
100m/110m H	13.86	14.28
400m H	52.72	1:00.42
3000m SC	8:40.00	9:57.00
4x100m Relay	-	-
4x400m Relay	-	-
High Jump	2.14m	1.77m
Pole Vault	5.24m	4.10m
Long Jump	7.68m	6.23m
Triple Jump	15.67m	12.77m
Shot Put	18.42m	15.76m
Discus Throw	56.37m	53.61m
Hammer Throw	65.89m	60.58m
Javelin Throw	69.57m	49.63m

**PACKET PICK-UP**

- Team packets will be distributed to the first coach (it will not be issued to team athletes) who arrives at the packet pick-up. Packets will not be held at pick-up for additional coaches that are arriving later. The packet will contain access credentials for the entire team.
- Packets will be picked-up from the tent located adjacent to the east end javelin runway, immediately outside of the fence.
- All entry fees must be paid in full prior to the packet being issued.
- Packet Pick-up Times
  - Thursday, March 28<sup>th</sup>: 8:30am-8:00pm
  - Friday, March 29<sup>th</sup>: 8:00am-8:00pm
  - Saturday, March 30<sup>th</sup>: 8:00am-3:00pm

**DECLARATIONS/CHECK-IN**

- Athletes must check-in at least 30 minutes prior to the scheduled start of their events with the clerk. In open events 400m and below (including the hurdle events), final heats will be drawn after clerking. **If an athlete does not check-in 30 minutes prior to the scheduled time of an event, he/she will be SCRATCHED.**
- Clerking will be done on the south side of the track just outside of the track, midway down the backstretch.

**EVENT INFORMATION**

All events will take place at the Paul Derr Track and Field facility located on the North Carolina State campus at **2481 Cates Avenue, Raleigh, NC 27695**.

- All races run as a final will be seeded by time and run against time.
- **Shot Put, Discus, Hammer & Javelin** –After all flights have completed three throws, the top-9 competitors will advance to the finals.
- **Long Jump & Triple Jump** –After all flights have completed three jumps, the top-9 competitors will advance to the finals.
  - **Jump Boards**
    - Long Jump – 3.65m/12'-0"
    - Women Triple Jump – 9.90m/32'-6" & 11.0m/36'-0"
    - Men Triple Jump – 11.0m/36'-0" & 12.5m/41'-0"

**COMPETITION SHOES/SPIKES*****SPIKES***

Pyramid spikes no longer than ¼" (9mm) must be worn on the track for all events, excluding the javelin and high jump. Athletes whose spikes are found to be too long will not be permitted to compete using those spikes.

***Approved Shoes***

The Raleigh Relays is an approved World Rankings Competition. If an athlete wishes to have his/her performance count toward the World Rankings, then a completed show declaration form must be submitted to the clerking team along with visual verification of the shoes listed on the form. A copy of the required form is included at the end of this document.

For a list of approved shoes, please go to: <https://www.worldathletics.org/about-iaaf/documents/technical-information> (and select "World Athletics Approved Shoe List).

**WEIGHTS & MEASURES**

Implements must be certified and will be weighed at the track building located at the east end of the facility near the throwing cage. Please see the meet schedule for implement weigh-in times.

**SAFETY RULES**

In an effort to conduct a safe and quality meet for all participants, no headphones, cell phones or radios will be permitted inside the competition areas. These devices can present a safety risk for competitors due to having several events competing simultaneously in the venue. Please notify your athletes in advance that they can only use these items outside the competition areas.

**FACILITY ACCESS**

Only athletes and coaches will be permitted inside the competition areas. Credentials will be required to have access to these areas. Contestants will be escorted into the facility after completing check-in with the clerk. Access to the infield and competition areas will be limited to immediate events. Spectators will be required to remain outside the competition areas at all times.

**PRACTICE SCHEDULE**

Facility practice availability will be posted on the GoPack.com meet site approximately 2 weeks out from the event. If practice times are available during the conduct of the meet, they will be very limited. Please plan accordingly.

**SPORTS MEDICINE**

- Please contact Tony Sutton at [afsutton@ncsu.edu](mailto:afsutton@ncsu.edu) or call him at 919.817-6676 for any questions regarding medical or training room questions.
- A trainer credential will be included in the team packet.
- Each participating team should provide it's own taping supplies.
- The team physician will also be on call or present during competition.

**ADDITIONAL NOTES**

- No tents will be allowed in the stands.
- Concessions will be available.
- Additional warm-up area will be available on the intramural field located to the west of the track facility through the tunnel that passes under Morrill Dr.
- Shipping of Pole Vaults – Contact Jackie Brooks ([jjbrooks@ncsu.edu](mailto:jjbrooks@ncsu.edu)) and ship to the following address:
  - Track Building  
2481 Cates Ave  
Raleigh, NC 27607

**PARKING**

Please check the GoPack.com meet site closer to the meet for the most up-to-date information on parking.

**CURRENT FUTURE DATES FOR THE RALEIGH RELAYS****2025 adidas Raleigh Relays – March 27-29, 2025****2026 adidas Raleigh Relays – March 26-28, 2026****2027 adidas Raleigh Relays – March 25-27, 2027**

# ATHLETE SHOE DECLARATION



Name and date of Competition: **Raleigh Relays, March 28-30, 2024**

Member Federation of Athlete:

Event / Gender:

Given Name, FAMILY NAME:

I declare, agree and acknowledge that:

a. the shoes I will compete in at the event are:

<b>Company</b>	
<b>Model</b>	
<b>Size</b>	
<b>Colour</b>	
<b>Orthotics (i.e. if you have an insole for medical reasons)</b>	

- b. I confirm / have been advised by my coach / shoe provider / Athlete Representative verbally / in writing (please circle or underline) that my competition shoes comply with the requirements set out in Rule 5 of the Technical Rules;
- c. I will follow the shoe check procedure at the event and understand that, even though the shoes are checked, they could be submitted for further random tests or full testing after I have finished competing;
- d. I cannot change my shoe for another shoe without having the replacement shoe checked in accordance with Rule 5 of the Technical Rules and in accordance with the kit and shoe check procedure at the event. I understand that it is at my risk, if I change my shoes without having them checked;
- e. After I have finished competing, the Referee has the right to request that I submit my shoe for further tests by an independent laboratory. I acknowledge and understand that, to confirm compliance with the requirements set out in Rule 5 of the Technical Rules, the further tests carried out by the independent laboratory may include the shoes being cut up.

Date:

Signature (Athlete):