

**2010 International Friendship Freedom Games
North Carolina A&T State University
Greensboro, NC
Saturday 4/17/2010**

Track & Field Meet

ELIGIBILITY: Open to any athlete that falls within the categories listed below. The maximum event entry limit for this meet is four.

DIVISIONS: College/Open Division:

- College teams/athletes must be entered by the college coach.
- Open athletes can be entered as unattached or club athletes. To be considered as an open athlete in this meet, the athlete must have completed their high school eligibility. No youth age group athletes or age group clubs will be allowed to enter in the Open Division.

High School Division:

- All National Federation and NCHSAA rules will be in effect.
- Must be a current, eligible, member of the high school's 2010 track team.
- Must register as a member of your high school team by your high school coach.
- No UNATTACHED or CLUB athletes will be allowed to enter.

ENTRY FEES: High School - \$5.00 for *each individual event* and \$10.00 per relay. College/Open - \$7.00 per event and \$12.00 per relay. No entry fee will be transferred or refunded.

ENTRY PROCESS:

Entries and changes can only be made *on-line* at www.CoachO.com. At the conclusion of the entry process you can pay your fees on-line with a VISA or MasterCard. Fees can also be paid by school or certified check (no personal checks accepted). Payments by this method must be received, not postmarked, by the **April 13** deadline. Send payable to:

Durham Striders
P.O. Box 15758
Durham, NC 27704

If you are unfamiliar with CoachO.com on-line meet entry process, click the Help button on the Main Menu and read the topic *How to enter a meet*. On-line meet entry will be available from mid January until the deadline, **April 13**. Performance List will be placed on, (www.internationalfriendshipfreedomgames.com) on the morning of April 20.

RELAYS: Four (4) members and two (2) alternates may be entered per relay. Relay entries count towards event maximums. High School relay uniforms must conform to NFHS rules.

AWARDS: The top 3 finishers in each event will receive awards.

EQUIPMENT: Athletes must use the starting blocks and batons provided by the meet. Throwers must provide their own implement. Throwing implements will be weighed in designated area on Friday starting at 8:00 a.m.

SPONSORS: TBD

SANCTION: NFHS

RULES: Division rules apply.

NUMBER: Number must be worn on front of uniform. A \$2.00 fee will be charged to replace a lost competitor's number.

FACILITIES: 400 meter all-weather track. Only ¼” pyramid spikes will be allowed. FinishLynx timing. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents and/or umbrellas will not be allowed below marked levels of the stadium.

Team packets will be available at the track from 7:00 p.m. to 9:00 p.m. on Friday and after 7:00 am, Saturday.

MEET DIRECTORS: Brooks Johnson (Executive Director) (sutrac@aol.com)
 DePaul Mittman (High School) (depaulmittman@bellsouth.net)
 TBD (College/Open) ()

HOST HOTEL: Holiday Inn Express

PARTICIPATING HOTEL

Hotel	Rate	Comments	Cutoff	Contact
<i>Holiday Inn Express 3111 Cedar Park Rd. Greensboro, NC 27405</i>	TBD	IFFG Group Rate	TBD	Ms. Adams 336-697-0101

Be sure to ask for the International Friendship Freedom Games group rate

Rates do not include applicable sales and occupancy taxes.

**International Friendship And Freedom Games Events
(Running Events in Meters)**

Events	Women	Men	Boys	Girls
100 **	X	X	X	X
200	X	X	X	X
400	X	X	X	X
800	X	X	X	X
1500	X	X	----	----
1600	----	----	X	X
3000	X	X	X	X
3200	----	----	X	X
High	X-	X	X	X
Hurdles				
300M Int. Hurdles	----	----	X	X
400M Int Hurdles	----	----	X	X
4X100	X	X	X	X
4X200	----	----	X	X
4X400	X	X	X	X
4x800	----	----	X	X
LJ	X	X	X	X
TJ	X-	X	X	X
HJ	X	X	X	X
Pole Vault	X	X	X	X
Shot Put	X	X	X	X
Discus	X	X	X	X
Javelin	X	X	----	----

X – Events offered.

In the 100 meters and high hurdles for College/Open division, the top sixteen (16) times recorded will qualify for the 2 heat finals