



JDL DMR Invitational
February 15-16, 2019
Final Schedule



Admission Fee

- Admission fee for SATURDAY is \$7 per person for adults. Students ages 12 and up are \$5. Children 12 and under are free. Friday's events will be FREE to spectators.
- Wristbands must be worn at all times by all spectators, athletes, coaches and officials. Wristbands are required for re-entry.

RunnerSpace Videos

- **The meet will be live streamed** and all races will be captured for on-demand viewing 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 Procedures for JDL DMR Invitational

- In order to expedite the throws, we will be measuring each contestant's first legal throw. After their first legal throw, only throws beyond the 10m line in the women's shot put and the 12m line in all other throws events will be measured.
- HJ/PV Starting Heights and Progressions
 - Women's HJ – 1.47m and 0.05m progressions; Men's HJ – 1.82m and 0.05m progressions
 - Women's PV – 2.90 and 0.15m progressions; Men's PV – 3.50 and 0.15m progressions

FRIDAY, FEBRUARY 16 **4:00 PM - Track Opens** **4:45 PM - Officials' Meeting** **5:15 PM - Coaches' Meeting**

RUNNING EVENTS		
Time	Event	
6:00 PM	5000m	Women
6:25 PM	5000m	Men
6:45 PM	DMR	Women
7:00 PM	DMR	Men
7:30 PM	Invite DMR	Women
7:45 PM	Invite DMR	Men

FIELD EVENTS		
Time	Event	Area
6:00 PM	Men's Shot Put	Throws Cage
6:00 PM	Women's Shot Put	HJ Apron

SATURDAY, FEBRUARY 17 **8:00 AM - Track Opens** **8:45 AM - Officials' Meeting** **9:15 AM - Coaches' Meeting**

RUNNING EVENTS		
Time	Event	
11:00 AM	60m Hurdles	Women
11:10 AM	60m Hurdles	Men
11:30 AM	3000m Run	Women
12:15 PM	3000m Run	Men
1:00 PM	Hurdle Finals	
1:10 PM	60m Dash	Women
1:20 PM	60m Dash	Men
1:30 PM	400m Dash	Women
1:50 PM	400m Dash	Men
2:15 PM	Dash Finals	
2:25 PM	800m Run	Women
2:45 PM	800m Run	Men
3:00 PM	200m Dash	Women
3:20 PM	200m Dash	Men
3:40 PM	Mile Run	Women
4:10 PM	Mile Run	Men
4:35 PM	4x400m Relay	Women
4:45 PM	4x400m Relay	Men

FIELD EVENTS		
Time	Event	Area
10:00 AM	Weight Throw – men	Throws Cage
11:30 AM	Weight Throw – women	Throws Cage
10:00 AM	Long Jump – men	LJ "A"
12:30 PM	Triple Jump - men	LJ "A"
10:00 AM	Long Jump – women	LJ "B"
12:30 PM	Triple Jump - women	LJ "B"
10:00 AM	High Jump – women	HJ Apron
11:30 AM	High Jump – men	HJ Apron
10:00 AM	Pole Vault – men	PV "A"
12:30 PM	Pole Vault – women	PV "A"

Italicized field event times are estimates based on entries. Starting times will be determined by the end of the previous event at an event area. Athletes should pay attention to announcements and be prepared to begin warming up as soon as the previous event is complete.