

TAR HEEL FAST TIMES
INDOOR TRACK & FIELD MEET

DATE: January 17, 2004

WHERE: UNC-Chapel Hill, North Carolina – Dick Taylor Track in Eddie Smith Field House

Who: UNC, Georgetown, UNCW, Campbell, Davidson, NC A&T, NC State, Winthrop, Charlotte, High Point, ECU, Hampton, NC Central, St Augustines, Charleston Southern, Duke, Georgia State AND invited athletes *ONLY*

Entry Fee: \$300.00/ Team (combine programs \$600 make checks payable to UNCAA; 3 entries per event \$25 per unattached athlete unlimited events. Individuals are by invitation only
Entry fees are just that, if you are unable to compete there is no refund!

Entry Deadline: Monday, January 12th by 5:00 PM – Final entries and declarations online at www.cfpitiming.com
***Final Entries/changes are due Wednesday January 14th. * Print off a confirmation of your entries
*Late entry, changes or substitutions Fee of \$10 per individual, will be charged***

Packet Pick-up: Eddie Smith Field House at the track starting at 9:00 AM;

Questions or More Info: Call Coach Mike Whittlesey at 919-962-5215 or E-mail – mjwhit@unca.unc.edu

Time Schedule: We are listing an order of events and start times. We will have a complete and final time schedule posted on Thursday after 5:00 PM on our Carolina Web Site – tarheelblue.com – under our sport of track and field.

Timing System CFPI Timing with Cleon Fowler and staff

Parking We are still working with parking to find out what they will let us do. Please check the website the week of the meet for the finalized Plans. You will be able to drop off the athletes at Carmichael Auditorium off 54. Located just above the outdoor track.

Entrance From the outdoor track directly into the indoor track

Check-In All running events will be finalized and heats and sections redone if need be one hour before each event. Check-in by that time or be scratched. Field events check in at the event one hour prior to your event.

Warm-up Inside the facility where you first enter on the practice lanes and on the far side straight-away until the oval races begin. Use the outdoor track or 3rd floor area if you need to. Carmichael Gym will also be open on the hill overlooking the outdoor track for extra bathrooms and a warm place to stretch. Athletes are not allowed on the infield or 2nd floor.

Coaches 2nd floor is reserved for you as well as the backstretch close to the track close to clerking. You cannot be on the infield or out on the track. Athletes will be disqualified if this happens – no exceptions. Athletes are not permitted on the 2nd floor. You go to them.

Motel Info: Call Mark Rosoff – Sales Manager for five motels in our area at 919-471-6100 Ext. 533. Or email him at hotelguy@ihcco.com Or try the new hotels on 54 Holiday Inn express and Hampton Inn contact Randie Bills at 919 313-1389 or email at randiebills@earthlink.net

Dennis Craddock
Head Track & Field Coach
Men & Women

Tar Heel Fast Times

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Tentative Schedule

Schedule for Saturday

Field Events

10:00 AM	Men followed by Women	Weight Throw
10:00 Noon	Men and Women	Long Jump
12:00 Noon	Men followed by Women	Pole Vault
12:00 PM	Men followed by Women	High Jump
2:00 PM	Men followed by Women	Shot Put
2:30 PM	Men and Women	Triple Jump

Running Events

11:00 AM	Women	5000
11:30	Men	5000
11:50	Women	60 HH Prelim's
12:05	Men	60 HH Prelim's
12:20	Women	60 Meter Dash Prelim's
12:35	Men	60 Meter Dash Prelim's
12:50	Women	Mile
1:05	Men	Mile
1:20	Men	60 HH Finals
1:25	Women	60 HH Finals
1:30	Women	400 Meter Dash
1:50	Men	400 Meter Dash
2:10	Women	60 Meter Dash Finals
2:15	Men	60 Meter Dash Finals
2:20	Women	800 Meter Run
2:40	Men	800 Meter Run
3:00	Women	200 Meter Dash
3:20	Men	200 Meter Dash
3:40	Women	3000 Meter Run
3:55	Men	3000 Meter Run
4:10	Women	DMR
4:25	Men	DMR
4:40	Women	4 X 400 Meter Relay
4:50	Men	4 x 400 Meter Relay