

36th ANNUAL
**NORTHWEST TRACK
& FIELD CLASSIC**

JUNE 10-12, 2011

MIAMI, FLORIDA

AMERICA'S FINEST



Phone#: (305) 836-2409 • **FAX#:** (305) 691-6390
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On line registration: <http://directathletics.com>
Website: <http://mnwexpress.com>

Traz Powell Stadium
Miami-Dade College North Campus

INTERNATIONAL COMPETITION
AGE GROUPS THROUGH MASTERS

BAHAMAS
JAMAICA
CANADA

USA
PUERTO RICO
GUYANA

CAYMAN ISLANDS
BRITISH VIRGIN ISLANDS
OTHERS

Host: Miami Northwest Express Track Club
Sanction: USA Track & Field/Florida Association
Date: June 10-12, 2011
Site: Traz Powell Stadium
 Miami-Dade College, North Campus
 11380 NW 27th Avenue
 Miami, Florida 33167

On line Registration: <http://www.directathletics.com>
Facility: Rubber 400 meter track 1/4" spikes or sneakers
 Only (inspection will be made) eight (8) lanes

2011
Age Classifications: Athletes who will turn 19 after July 31, 2011 are
Primary (6 & under) Eligible to compete in Young Men/Young Women
 2005 and after

Sub-Bantam	Bantam	Midget	Youth
2004-03	2002-001	2000-99	1998-97

Intermediate	Young	Open
1996-95	1994-93	1992 & before

Sub-Masters	Masters	Masters
30-34	40-44	55-59
35-39	45-49	60-64
	50-54	70 & up

Entry Blanks: A separate blank is required for each age division for Male/female athletes. Each club is allowed 6 entries per event. Two (2) Relay teams are allowed in each age group.

Entry Fee: \$ 10 per Track & Field contestant and \$20 per relay team.
 Make money order, cashier or certified check payable to Miami Northwest Express Track Club (**NO REFUNDS**)

Mail all entries: Miami Northwest Express Track Club
 c/o Jesse Holt, Meet Director
 1310 NW 90th Street
 Miami, Florida 33147
 (305)836-2409 **after 9am**—Fax: (305) 696-6390 No collect calls
 Accepted—**Website:** <http://www.mnwexpress.com>

Mothers 4X100 Relay: Minimum total age is 125 (combined). The four Team members combined age must be at least 125 years

Awards

Medals: 1st-3rd places including relays.

Watches: 1st place for the **Young-Open only**

Trophies: MVP each age group male/female

Trophies: top six (6) teams male/female

Baton: Winning relay team

Entries Deadline: Tuesday, June 7th 2011

Entries received after 12 midnight on June 10th will not be opened

Tents/Canopies are permitted only at the top/back of stadium.

Scoring: No points will be awarded in Sub-Masters 30-39 and Masters 40 & over Divisions. Male and female Division will be scored separately.

Scoring shall be: 5 pts. For first 3 pts. For second, 2 pts., third and 1 pt. for fourth..

Baton: Please do not send your team to the Clerk of the Course with a Baton. Batons will be provided by the Host.

Blocks: All blocks are provided by Host. **Personal blocks are not allowed.**

Entries: Each team, is allowed 6 entries per event Two (2) relay teams
Limit: allowed per club in each age group.

Primary (6 & under), Midget: 3 events including relays. Youth and up; 4 events including relays. No one can exceed their limit of events or their team will be disqualified from further competition.

Refreshments: Concession Stands are located throughout the stadium. No alcoholic beverages are allowed. **All concession rights belongs to host team.**

Coaches & Team Area: Coaches & parents and athletes who are not competing in an event must stay off the infield. Absolutely no warming up on field. Failure to comply with this policy will result in disqualification of the team from competition. This policy will be strictly enforced. Warm-up area is located on the west side in front of the stadium. **No tents are allowed below the top/back of stadium.** The no tents rule will be strictly enforced by Police and Security.

Coaches Passes: Two (2) passes per team.. These passes will admit two (2) coaches free.

Athletes: (a) Wear number in front of uniform when competing in a running event. Contestants in field events may wear number in front or back. Athlete will not be allowed to compete without his/her assigned number. **\$5 is required to replace lost number.**

Athletes: (b) Athletes must wear sneakers or 1/4" spikes, a shirt and pants. No one will be allowed to compete barefoot or without a shirt

Two Minute Rule: In all field events, each athlete has two minutes to complete an attempt once called up by field judge. Failure to make an attempt in two (2) minutes will result in a miss or a scratch at the effort. This rule will be strictly enforced.

Admission: \$6 per day. Under 5 years old is admitted **FREE**
 *Three Day Pass \$15 per person

Starting Heights for High Jump

Bantam	3'0"	Midget	3'5"
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Youth	4'0"	Intermediate	5'0"
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Young	5'8"	Open	5'10"
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Check in Procedures: All warm-ups must be completed prior to checking in. Clerk of Course will be located at the North West tent outside of the stadium. **Athletes must check in 30 minutes prior to the start of event.** Athletes having conflict should notify clerk or Judge when checking in. Running events take precedence. When leaving a running event, an athlete is allowed a maximum of 10 minutes to participate in field event.





Dear Coach:

We are in the process of finalizing our plans for the 36th Annual Northwest Track & Field Classic which is scheduled for Friday, Saturday and Sunday, June 10-12, 2011, at Traz Powell Stadium, Miami-Dade College, North Campus.

You may register on-line at [Http://www.directathletics.com](http://www.directathletics.com) .

****On-line registration only****

We request that you respectfully adhere to the Event Limits of participation. Each team is limited to six (6) athletes per age/sex group, per event. Only two (2) relay teams are permitted per age/sex group per team.

Please do not exceed the six (6) Entry Limit. All entries beyond the sixth one will be scratched regardless of previous performances. We also ask that you pay special attention to the limitation of individual participation.

The maximum number of individual events, including relays, is three (3) events for age groups Primary through Midget and four (4) events for age groups Youth and Up. Proof of age is required upon request.

We are urging that each of you abide by the meet rules. Please remain in the stands during the competition and keep your athletes in the stands, unless they are preparing for the upcoming event.

Let's have a great meet and good luck to your athletes.

Sincerely,

Ted M. Staples
Meet Manager

Participating Hotels....



**HOMEWOOD
SUITES®**

Hilton

*Miami – Blue Lagoon
5500 Blue Lagoon Drive
Miami, FL 33126*

Phone: (305) 261-3335 Fax: (305) 261-0641



Northwest Track & Field **GROUP RATE**

\$99.00 – One Bedroom Suite

King or 2 Double Beds - Sleeper Sofa in Living Area

\$139.00 – Two Bedroom Suite

King Bed and 2 Double Beds - Sleeper Sofa in Living Area

Rate Includes.....

Full American Breakfast Daily

Dinner – Monday through Thursday – 5:30pm-7:30pm

Wireless Internet Access

Parking & Airport Transportation Service – 5am-1am

The Homewood Suites by Hilton® Miami-Lagoon is an all suite hotel featuring fully equipped kitchens with a separate living area and guestroom.

**For further information please contact
Yvette Alonso, Area Director of Sales –
Yvette.Alonso@dimdev.com**

786-662-3958

www.homewoodsuitesmiami.com



Sports Hotel & Conference Center

21485 NW 27th Avenue

Miami Gardens, FL 33056

305-621-5801 Main Line

305-370-7008 Sales Direct

305-624-8202 Fax

vincent@elpalaciosort.com



Northwest Track & Field Classic **Group Rate Code: NTFC**

Special Rate - \$69

King or 2 Double Beds

Your accommodations include:

Free Continental Breakfast, Free Wireless Internet

Access, Free parking,

Microwave, Refrigerator and Coffee in room

\$10 in Play Credits for the Calder Casino

To receive additional information

Contact: Vincent Pla

305-621-5801 / 305-370-7008

Remember to use code: **NFTC**

When reserving your rooms

The closet official Hotel to the event site:
Miami-Dade College / Traz Powell Stadium

www.miamielpalaciosportshotel.com

*** SCHEDULE OF EVENTS ***

* On-line Registration • <http://www.directathletics.com>

*** FRIDAY • JUNE 10, 2011 ***

Field Event: Competition begins at 5:00 pm

<u>Time</u>	<u>LJ</u>	<u>HJ</u>	<u>SP</u>	<u>DISC</u>	<u>PV</u>	<u>TJ</u>
5:00	Young(M&W)	Inter (B)	Bantam(G)	-	-	-
5:30	-	-	Bantam(B)	-	-	-
6:00	Interm(B&G)	Inter(G)	Midget(G)	-	-	-
6:30	-	-	Midget(B)	-	-	-
7:00	Sub-Bantam(B&G)	Young(M)	Youth(G)	-	-	-
7:30	Bantam(B&G)	-	Youth(B)	-	-	-
8:00	Midget(B&G)	Young(W)	-	-	-	-

Track Events:

<u>Time</u>	<u>Event #</u>	<u>Event</u>	<u>Division/Sex</u>
5:30	1	200 M Dash(Trials) 6 fastest times	All/All
7:30	2	4X100 Relay(Semi) 8 fastest times	All/All

*** SATURDAY • June 11, 2011 ***

Check In Time:

Field Events: Competition begins at 11:30 A.M. except the Javelin

Javelin Throw – 7:30 a.m.

<u>Time</u>	<u>LJ</u>	<u>HJ</u>	<u>SP</u>	<u>DISC</u>	<u>PV</u>	<u>TJ</u>	<u>JAV</u>
8:00	-	-	-	-	-	-	8:00am
9:15	-	-	-	-	-	-	(all)
9:30	-	-	-	-	-	-	
10:00	-	-	-	-	-	-	
10:30	-	-	-	-	-	-	
10:45	Primary (B&G)	-	-	-	-	-	
11:00	-	Bantam (B)	Interm (B)	Midget (B)	Interm (B)	Youth (B)	
11:30	Youth (B&G)	Bantam (G)	Interm (G)	Midget (G)	Young (M)		
12:00	-	Youth (B)	Young (W)	Interm (B)	Open (M)	Youth (G)	
12:15	-	-	-	-	Youth (G)	-	
12:30	-	Youth (G)	Young (M)	Interm (G)	Young (W)	-	
1:00	-	Midget (B)	30-39	Youth (B)	Open (W)	Interm (B&G)	
2:00	30-39	Midget (G)	40 & up	Youth (G)	Youth (G)	Young (M&W)	
2:30	-	40 & up	-	30-39	Youth (B)	30-39 (M)	
3:00	40 & Up	-	-	40 & Up	-	40 & up (M)	
3:30	-	-	-	Young (W)	-	-	
4:00	-	-	-	Young (M)	-	-	

***Field Events(except Javelin and Pole Vault) for open men and women are scheduled for 3:00 p.m. on Sunday, Triple jump immediately follows the Long Jump. All Pole Vault and Javelin will be contested on Saturday only.**

Track Events: Competition begins at 10:00 a.m.

<u>Time</u>	<u>Event#</u>	<u>Event</u>	<u>Division/Sex</u>
10:00	1	100 M Dash(Trials)	16 fastest times to semi All/All
12:00	2	80 M Hurdles(Final)	Midget/All
12:30	3	800 M Run(Final)	Bantam – Young, plus 30 & Up
2:00	4	200 M Dash(Semi)	Bantam – Young, plus 30& Up
3:00	5	100 M Hurdles(Final)	Interm(W) – Open(W) – Youth (B&G)
3:20	6	110 M hurdles(Semi)	8 fastest times to final Interm – Open(M)
3:35	7	400 M Dash (Semi)	8 fastest times to final All/All
5:35	8	1500 M run(Final)	Bantam – Young, plus 30 & Up

*** SUNDAY • June 12, 2011 ***

<u>Time</u>	<u>Event</u>	<u>Event</u>	<u>Division/Sex</u>
10:00	1	1500 M Racewalk	All/All
10:30	2	100 M Dash(Semi)	8 fastest times to final All/All
11:30	3	3000 M Run	Youth thru 40 & Up/All
12:00	4	Legend 50 yard Dash (Men & Women)	Special*
12:15	5	100 M Dash Final	All/All
1:45	6	800 M Run	Open/All
2:00	7	(Olympic Developmental 400M Hurdles) *Bershawn Jackson Invitational*	*Special*
2:15	8	(Olympic Developmental 400M Hurdles) *Tiffany Williams Invitational*	*Special*
2:00	9	Mothers Relay	All/All
2:15	10	200 M Dash Final	All/All
3:00	11	Open Field Events	Open M/F
3:45	12	1500 M Run	Open M/F
4:00	13	400 M Dash Final	All/All
5:15	14	*Bob Hayes Invitational 100 M*	*Special*
5:30	15	110 M Hurdles Final	Interm Thru Open (M)
Rolling	16	*Coaches Relay (Men & Women)*	*Special*
Schedule	17	4X100 M Relay(Final)	All/All
	18	*Jimmy Douglas Invitational 200 M*	*Special*
	17	4X400 M Relay	All/All

Awards Presentation

Northwest Track & Field Classic

2011

Listings of Events by Age Group

On line registration: <http://www.directathletics.com>

Each Team: Allowed Only 6 Entries per Event \$10.00 Entry Fee per Athlete (Track & Field)
Relays: Two per Age Group are allowed \$20.00 per Relay Team
Each Athlete: Allowed (3) Events (Primary-Midget) relays included. Allowed (4) events (Youth & up) relays included.

Event	Primary	Sub-Bantam	Bantam	Midget	Youth	Interm	Young	Open Div.	Sub-Master	Master
100 Meter Dash	X	X	X	X	X	X	X	X	X	X
200 Meter Dash		X	X	X	X	X	X	X	X	X
80 Meter Hurdle (30")				X(B&G)						
110 High Hurdle 39"-42"						X(B&G) 39"	X(M) 39"	X(M) 42"		
100 High Hurdle (30"-36"M)					X(B&G) 30"	X(G) 30"	X(W) 36"	X(W) 36"		
400 Meter Dash		X	X	X	X	X	X	X	X	X
800 Meters	X	X	X	X	X	X	X	X	X	X
1500 Meters		X	X	X	X	X	X	X	X	X
3000 Meters			X	X	X	X	X	X	X	X
4X100 Meter Relay	X	X	X	X	X	X	X	X		
High Jump			X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X
Shot Put			X	X	X	X	X	X	X	X
Discus				X(B&G)	X(B&G)	X(B&G)	X	X	X	X
Javelin					X	X	X(M&W)	X(M&W)	X	X
Triple Jump					X(B&G)	X(B&G)	X(B&G)	X(M&W)	X(M)	
4X400 Meter Relay		X	X		X	X	X	X		
Pole Vault					X	X(B&G)	X(M&W)	X(M&W)	X(M&W)	
1500 M Race walk		X	X		X	X	X	X	X	X

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