



NORTHWEST TRACK & FIELD

# 45<sup>TH</sup> CLASSIC

**JUNE 12-14, 2020**

**NATHANIEL TRAZ-POWELL STADIUM  
11380 NW 27<sup>TH</sup> AVE, MIAMI, FL 33167**

**INTERNATIONAL COMPETITION  
AGE GROUP | OPEN | MASTERS**

**USA | ANGUILLA | BAHAMAS | BARBADOS | BRITISH VIRGIN ISLANDS  
CANADA | CAYMAN ISLANDS | JAMAICA | GUYANA | MEXICO | PUERTO RICO  
| TRINIDAD AND TOBAGO | US VIRGIN ISLANDS | OTHERS**

Online Registration: [www.meetregister.org](http://www.meetregister.org)  
Website: [mnwexpress.com](http://mnwexpress.com)



1310 N.W. 90<sup>th</sup> Street  
Miami, FL 33147  
Phone: 305-836-2409  
Fax: 305-691-6390



On behalf of our Founder and Visionary, the late, great Jesse Holt, the Board of Directors of the Miami Northwest Express Track Club, Inc., our coaches, parents and athletes, we extend to each of you a warm welcome to the City of Miami, Florida and the 45th Annual Northwest Track and Field Classic. We are excited about your participation in this year's event. Over the next three days, we wish each of you, success in your respective events and we encourage you to form and build new friendships throughout our time together. The Northwest Track and Field Classic has become a signature, can't miss annual event to many of the best track and field athletes in the world, and it is our desire that you will help us continue this tradition and legacy for many years to come. Enjoy the experience, live your life to the fullest!

Sincerely,

*Coach Jesse Holt*

Meet Director Emeritus

Please see the following Directors for assistance while here:

**Entries / Admin / Technical (Alan Holt)**

**Event Marshall (Reggie Holt)**

**Announcing (Darren Holt)**

**For "Live" Meet Results and Updates go to: [www.meetregister.org](http://www.meetregister.org)**

*The Legacy Continues...*

**Host:** Miami Northwest Express Track Club  
Jesse Holt, Meet Director Emeritus  
Alan Holt, Meet Coordinator of Admin /Technical  
Reginald Holt, Meet Coordinator / Marshall  
Darren Holt, Meet Coordinator / Announcer  
1310 NW 90th Street / Miami, Florida 33147  
Office: (305)316-3772 / Fax: (305) 691-6390

**Email:** [alanholt@live.com](mailto:alanholt@live.com)

**Website:** [www.mnwexpress.com](http://www.mnwexpress.com)

**Sanction:** USA Track & Field Florida Association  
**Date:** June 12-14, 2020



**Timer:**

**Site:** Miami Dade College North / Traz Powell Stadium  
11380 NW 27<sup>th</sup> Ave  
Miami, Florida 33167

**Facility:** Mondo 400 meter track 1/8" spikes or sneakers  
(Inspection will be made) eight (8) lanes curve /  
(9) lanes straightaway.

**Admission:** \$8 per day / \$20 for 3-day passes. Tickets can be  
purchased in advance at [www.mnwexpress.com](http://www.mnwexpress.com).

**Parking:** \$3 per vehicle per day

**On-line Registration:** [www.meetregister.org](http://www.meetregister.org)

**Entries Deadline:** Wednesday, June 10, 2020 at 11:59 pm

**Entry Fee:** \$20 per Track & Field Contestant

All Entry Fees must be paid On-line by Credit Card at the time of  
Submission at [www.meetregister.org](http://www.meetregister.org)

**ABSOLUTELY NO REFUNDS FOR ENTRIES!**

**On-site Registration:** **Must Be One Day Before the Scheduled Event!!!**

**Late Entry Fee:** \$30 per Track & Field Contestant

All Entry Fees must be paid by CASH / Credit Card / PayPal at the  
Registration Station.

#### 2020 Age Classifications:

Athletes who will turn 19 after July 31, 2020 are eligible to compete in the  
Young Men/Young Women divisions.

<u>4 &amp; U</u>	<u>5 - 6</u>	<u>7 - 8</u>	<u>9 -10</u>	<u>11 - 12</u>
2016 and after	2015-2014	2013-2012	2011-2010	2009-2008
<u>13 - 14</u>	<u>15 - 16</u>	<u>17 - 18</u>	<u>19 - 29</u>	
2007-2006	2005-2004	2003-2002	2001+	

#### Masters

30 and Up

All Masters Athletes will compete together but will be awarded in 10 year age  
group increments (30-39 / 40-49/ 50-59/ 60-69/ 70+.)

**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.

**Trophies:** MVP each age group male/female

**Trophies:** Top six (6) teams male/female

**Scoring:** No points will be awarded in Sub-Masters and Masters

Divisions. Male and female Division will be scored separately.

**Scoring shall be:** 1<sup>st</sup> Place: 5 points / 2<sup>nd</sup> Place: 3 points  
3<sup>rd</sup> Place: 2 points / 4<sup>th</sup> Place: 1 point

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

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

#### **Event Limitations:**

**4 & U - 11 - 12:** 3 events including relays

**13 - 14 & 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 belong to host team!**

**Tents/Canopies** are allowed in the designated areas only. **They are allowed in the  
East Stadium Stands Only.** The tents rule will be strictly enforced by the Police  
and Security. Thank you.

**Coaches & Team Area:** Coaches & parents and athletes who are not  
competing in an event must stay off the infield. Absolutely no warming  
up on the field. Failure to comply with this policy will result in disqualification of  
the team from competition. This policy will be strictly enforced. Warm-up areas are  
designated at the stadium.

#### **Coaches Pass Allocations:**

1 - 3 Athletes	0 Pass
3 - 10 Athletes:	1 Pass
10 - 20 Athletes:	2 Passes
21 - 30 Athletes:	3 Passes
31 - 40 Athletes:	4 Passes
41 - 50 Athletes:	5 Passes
51+ Athletes	This formula continues....

**Athletes:** Must wear their competition number in front of their 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.

**\*Replacement Numbers / Bands: \$5 is required to replace lost number\***

**Athletes:** (b) Athletes must wear sneakers or 1/8" 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 by field judge. Failure to make an attempt in two (2) minutes  
will result in a miss or a scratch of the attempt. This rule will be strictly enforced.

#### **Starting Heights for High Jump**

9 - 10	3'0"	11 - 12	3'5"
13 - 14	4'0"	15 - 16	5'0"
17 - 18	5'8"	19 - 29	5'10"

**Check in Procedures:** All warm-ups must be completed prior to checking  
in. The Clerk of Course Area is located at the North West tent outside of the  
stadium. **All Athletes must check in 30 minutes prior to the  
start of their event.** Athletes having conflict should notify Clerk or Judge  
when checking in. Running events take precedence over field events. When  
leaving a running event, an athlete is allowed a maximum of 10 minutes to  
participate in their field event.

## **SCHEDULE OF EVENTS \* FRIDAY • JUNE 12, 2020\***

**Field Events: 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	17 – 18 (M&W)	15 – 16 (B)	9 – 10 (G)	-	-	-
5:30	-	-	9 – 10 (B)	-	-	-
6:00	15 – 16 (B&G)	15 – 16 (G)	11 – 12 (G)	-	-	-
6:30	-	-	11 – 12 (B)	-	-	-
7:00	7 -8 (B&G)	17 – 18 (M)	13 – 14 (G)	-	-	-
7:30	9 – 10 (B&G)	-	13 – 14 (B)	-	-	-
8:00	11 – 12 (B&G)	17 – 18 (W)	-	-	-	-

**Track Events:**

<u>Time</u>	<u>Event #</u>	<u>Event</u>	<u>Division/Sex</u>
5:30	1	200 M Dash (Trials) 16 fastest times	All/All
<b>Rolling</b>	2	4X100 Relay (Semi) 8 fastest times	All/All
<b>Schedule</b>	3	3000 M Run	13 – 14 through 40 & Up Male and Female
	4	200 M Hurdles (Semi) 8 fastest times	13 - 14
	5	1500 M Racewalk	9 – 10 through Masters

## **\* SATURDAY • June 13, 2020 \***

**Field Events: Competition begins at 11:30 A.M except the Javelin (check in at 8:00 am)**

<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	-	-	-	-	-	-	8:30am
9:15	-	-	-	-	-	-	(All age groups)
9:30	-	-	-	-	-	-	(Including Open)
10:00	-	-	-	-	-	-	
10:30	-	-	7 – 8 (B)	-	-	-	
10:45	6 & U (B&G)	-	7 – 8 (G)	-	-	-	
11:00	-	9 – 10 (B)	15 – 16 (B)	11 – 12 (B)	15 – 16 (B)	13 – 14 (B)	
11:30	13 – 14 (B&G)	9 – 10 (G)	15 – 16 (G)	11 – 12 (G)	15 – 16 (G)		
12:00	-	13 – 14 (B)	17 – 18 (W)	15 – 16 (B)	17 – 18 (M)	13 – 14 (G)	
12:15	-	-	-	-	17 – 18 (W)	-	
12:30	-	13 – 14 (G)	17 – 18 (M)	15 – 16 (G)	<b>19 – 29 (M)</b>	-	
1:00	-	11 – 12 (B)	30 – 39	13 – 14 (B)	<b>19 – 29 (W)</b>	15 – 16 (B&G)	
2:00	30-39	11 – 12 (G)	40 & up	13 – 14 (G)	13 – 14 (B)	17 – 18 (M&W)	
2:30	-	40 & up	-	30 – 39	13 – 14 (G)	30 – 39 (M)	
3:00	40 & Up	30 - 39	-	40 & Up	-	40 & up (M)	
3:30	-	-	-	17 – 18 (W)	-	-	
4:00	-	-	-	17 – 18 (M)	-	-	

**\*Open Men and Women LJ / HJ / SP / DISC / TJ are scheduled for 3:00 pm on Sunday.**

**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
<b>Rolling</b>	2	80 M Hurdles (Final)	11 – 12 (B&G)
<b>Schedule</b>	3	800 M Run (Final)	5 – 6 – (17 – 18) plus 30 & Up
	4	200 M Dash (Semi)	All/All
	5	100 M Hurdles (Final)	13-14 (B&G) / 15 – 16 (W) / 17-18 (W) 19 – 29 (W)
	6	110 M hurdles (Semi)	8 fastest times to final 15 – 16 / 19 – 29 (M)
	7	400 M Dash (Semi)	8 fastest times to final All/All
	8	1500 M run (Final)	7 – 8 thru 17 – 18, plus 30 & Up

## **\* SUNDAY • June 14, 2020 \***

<u>Time</u>	<u>Event</u>	<u>Event</u>	<u>Division/Sex</u>
10:00	1	100 M Dash (Semi)	8 fastest times to final All/All
<b>Rolling</b>	2	<b>Legend 50 Meter Dash (Men &amp; Women)</b>	Special*
	3	50 Meter Dash Final	4 & U
<b>Schedule</b>	4	800 M Dash Final	19 – 29 Only
	5	100 M Dash Final	All/All
	6	200M Hurdles Final	* 13-14
	7	400M Hurdles Final	<b>*Bershawn Batman Jackson / Tiffany Williams Invitational*</b>
	8	200 M Dash Final	All/All
	9	19 – 29 Field Events	19 – 29 Only
	10	1500 M Run	19 – 29 Only
	11	400 M Dash Final	All/All
	12	<b>*Jesse Holt Invitational 100 M*</b>	*Special*
	13	110 M Hurdles Final	15 – 16 Thru 19 – 29 (M)
	14	<b>*Special Event Relays (Coaches / Mothers / Police and Fire Departments)</b>	
	15	4X100 M Relay (Final)	All/All
	16	<b>*Claudette Holt Invitational 200 M*</b>	*Special*
	17	4X400 M Relay	All/All
		<b>Awards Presentation</b>	

# Northwest Track & Field Classic

2020

## Listings of Events by Age Group

Online Registration and Payment: [www.meetregister.org](http://www.meetregister.org)

**Entry Fee:** \$20.00 Entry Fee Per Athlete (Track & Field)

**Late / Onsite Entry:** \$30.00 Entry Fee Per Athlete (Track & Field)

**Event Limitations:** 4 & U thru 11 – 12: 3 events including relays  
13 – 14 thru 19 – Masters: 4 events including relays

Event	4&U	5 - 6	7 - 8	9 - 10	11 - 12	13-14	15 - 16	17 - 18	19 -29	Sub-Masters	Masters
50 Meter Dash	X										
100 Meter Dash	X	X	X	X	X	X	X	X	X	X	X
200 Meter Dash		X	X	X	X	X	X	X	X	X	X
80 Meter Hurdles (30")					X (B&G)						
100 Meter Hurdles 30-33						X (B&G) 30"	X (G) 33"	X (W) 33"	X (W) 33"	X	X
110 Meter Hurdles 39-42							X (B) 39"	X (M) 39"	X (M) 42"	X	X
200 Meter Hurdles 30						X (B&G) 30"				X	X
400 Meter Hurdles 30-36							X	X	X	X	X
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
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	X
Shot Put			X	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	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

## 45th Annual NORTHWEST TRACK & FIELD CLASSIC



**JUNE 12-14, 2020**