



*43rd Annual*

**Classic**

*The Legacy Continues*

**JUNE 8-10, 2018**

**Ansin Sports Complex  
10801 Miramar Blvd. Miramar, FL 33025**

**INTERNATIONAL COMPETITION / AGE GROUP / OPEN / MASTERS**

**USA / BAHAMAS / CAYMAN ISLANDS / JAMAICA / PUERTO RICO  
BRITISH VIRGIN ISLANDS / CANADA / GUYANA / OTHERS**

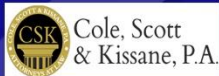


**CONTACT:**

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**Sponsors :**



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

**\* Website: <http://mnwexpress.com>**



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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 Miramar, Florida and the 43rd 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  
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**Email:** [alanholt@live.com](mailto:alanholt@live.com)

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

**Sanction:** USA Track & Field Florida Association  
**Date:** June 8-10, 2018



**Timer:**

**Site:** Ansin Sports Complex  
10801 Miramar Blvd  
Miramar, Florida 33025

**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.com](http://www.meetregister.com)

**Entries Deadline:** Wednesday, June 6, 2018 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.com](http://www.meetregister.com)!

**ABSOLUTELY NO REFUNDS FOR ENTRIES!**

**On-site Registration:** Must be Three hours 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.

#### 2018 Age Classifications:

Athletes who will turn 19 after July 31, 2018 are eligible to compete in the  
Young Men/Young Women divisions. **4 Years -** Born in 2014 or after

<u>6 &amp; U</u>	<u>7 - 8</u>	<u>9 -10</u>	<u>11 - 12</u>
2013-2012	2011-2010	2009-2008	2007-2006
<u>13 - 14</u>	<u>15 - 16</u>	<u>17 - 18</u>	<u>19 - 29</u>
2005-2004	2003-2002	2001-2000	1999+

#### 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 Y - 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 not allowed  
in the stadium stands.** 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 area is  
located on the east side in front of 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 8, 2018 \***

### **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	-	15 – 16 (G)	9 – 10 (B)	-	-	-
6:00	4 Y (B&G)		11 – 12 (G)	-	-	-
6:30	6 & U (B&G)	13 – 14 (B)	11 – 12 (B)	-	-	-
7:00	7 - 8 (B&G)	13 – 14 (G)	13 – 14 (G)	-	-	-
7:30			13 – 14 (B)	-	-	-
8:00	9 – 10 (B&G)	-	-	-	-	-

### **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	1500 M Racewalk	9 – 10 through Masters

## **\* SATURDAY • June 9, 2018 \***

### **Field Events: Competition begins at 10:45 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>
8:30	-	-	-	-	-	-	(All age groups) <b>(Including Open)</b>
10:45	15 – 16 (B&G)	17 – 18 (M)	7 – 8 (B)	17 – 18 (M)	-	-	
11:00		17 – 18 (W)	7 – 8 (G)	17 – 18 (W)	15 – 16 (B)		
11:30	13 – 14 (B&G)	30 – 39	15 – 16 (B)	11 – 12 (B)	15 – 16 (G)		
12:00		40 & Up	15 – 16 (G)	11 – 12 (G)	17 – 18 (M)		
12:15	11 – 12 (B&G)		-	-	17 – 18 (W)	-	
12:30		9 - 10 (B)	17 – 18 (M)	13 – 14 (B)	<b>19 – 29 (M)</b>	-	
1:00	30 - 39	9 – 10 (G)	17 – 18 (W)	13 – 14 (G)	<b>19 – 29 (W)</b>		
1:30	40 & Up	11 – 12 (B)	30 - 39	15 – 16 (B)	-		
2:00		11 - 12 (G)	40 & Up	15 – 16 (G)	13 – 14 (B)	17 – 18 (M&W)	
2:30		-	-	30 – 39	13 – 14 (G)	15 – 16 (B&G)	
3:00		-	-	40 & Up		13 – 14 (B&G)	
3:30	-	-	-			30 – 39 (M)	
4:00	-	-	-			40 & Up (M)	

\* 15 – 16 through Master Hammer Throw will be contested on Sunday at 9 am.

All Open Men/Women Field Events are scheduled for 3:00 pm Sunday except the Javelin and Pole Vault which is contested on Saturday

### **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)	6 & U – (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 10, 2018 \***

<u>Time</u>	<u>Event</u>	<u>Event</u>	<u>Division/Sex</u>
<b>9:00</b>	<b>Field Event</b>	<b>Hammer Throw</b>	<b>15-16 through Masters</b>
10:00	1	100 M Dash (Semi)	8 fastest times to final All/All
<b>Rolling</b>	2	<b>Jesse Holt Legendary 55 Meter Dash (Men, Women and 4 Year Olds)</b>	Special*
<b>Schedule</b>	3	800 M Dash Final	19 – 29 Only
	4	100 M Dash Final	All/All
	5	<b>(Olympic Developmental 400M Hurdles) *Bershawn Jackson Invitational*</b>	*Special*
	6	<b>(Olympic Developmental 400M Hurdles) *Tiffany Williams Invitational*</b>	*Special*
	7	Mothers Relay	All/All
	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>*Bob Hayes Invitational 100 M*</b>	*Special*
	13	110 M Hurdles Final	15 – 16 Thru 19 – 29 (M)
	14	<b>*Coaches Relay (Men &amp; Women)*</b>	*Special*
	15	4X100 M Relay (Final)	All/All
	16	<b>*Jimmy Douglas Invitational 200 M*</b>	*Special*
	17	4X400 M Relay	All/All
		<b>Awards Presentation</b>	

# Northwest Track & Field Classic

2018

## 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 Years through 11 – 12: 3 events including relays  
13 – 14 through 19 – Masters: 4 events including relays

Event	4 yrs	6 & U	7 – 8	9 – 10	11 – 12	13-14	15 - 16	17 - 18	19 -29	Sub-Masters	Masters
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					X (B&G)						
110 High Hurdles							X (B&G) 39"	X (M) 39"	X (M) 42"		
100 High Hurdles						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
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	X
50 Meter Dash	X										

## 43rd Annual NORTHWEST TRACK & FIELD CLASSIC



**JUNE 8-10, 2018**