

ELIGIBILITY: Open to any athlete who has met the qualifying standard and falls within the age division listed below. Each athlete may compete in a maximum of 4 events if at least 1 event is a field event or relay.

AGE DIVISION: Age divisions are determined by year of birth:

| | | |
|-----------------------------|----------------------|-----------------------|
| 8&Under Division | 8 & under | 2007 and after |
| 9-10 Division | 9 – 10 | 2006 – 2005 |
| 11-12 Division | 11 – 12 | 2004 – 2003 |
| 13-14 Division | 13 – 14 | 2002 – 2001 |
| 15-16 Division | 15 – 16 | 2000 – 1999 |
| 17-18 Division | 17 – 18 | 1998 – 1997 |

Athletes who will not turn 19 before August 1, 2015 are eligible to compete in 17-18 age division. A legible copy of birth certificate **must be** available at the meet. **If a protest occurs and a team is unable to provide proof of birth, the athlete will be disqualified from all events entered/participated in.** An athlete must compete in his/her age division throughout the meet. See notes under “QUALIFYING STANDARDS” for variations.

AWARDS: The top six finishers in each event will receive awards. Team awards will be presented to the top two point winners in the overall team, overall male/female team, and the top point winners in the overall male/female for each age group. Outstanding Athlete Award for each age division. The **JIM LAW AWARD** to the 17-18 male/female in the 100 meters and to the first place 17-18 male/female 4x400 meter relay teams. The **MEGHAN M. SMITH AWARD** to the youngest male/female participant.

EQUIPMENT: Athletes must use the starting blocks and batons provided by the meet. Throwers must provide their own implements and have them checked and certified at least one (1) hour before competition.

ENTRY INFO: Entry fee is \$7.00 for **each individual event** an athlete enters and \$15.00 **per relay team.** (see event schedule for events offered) Entry fee for **OPEN/MASTERS** is \$10.00 for **each individual event.** (see event schedule for events offered) **No** entry fee will be transferred or refunded. On-line entries (all teams and MASTERS) will be accepted using **COACHO** (follow instructions carefully). Please visit www.coacho.com to register your team. Entries and changes can be made thru **COACHO**, up to the entry deadline of **Wednesday, June 17, 2015.** Make checks (certified or cashier checks only) payable to the CFTC, P.O. Box 562163, Charlotte, NC 28256.

100 MASTERS: In honor of Dr. Jim Law, 100 meter world record holder. On-line entries accepted using **COACHO.** Please visit www.coacho.com to register for the 100 Masters.. Onsite deadline for entries is **Sunday, June 21, 2015 at 10:00am.** Participants will be seeded according to time. Lane placement in your assigned heat will be determined by age. Medals will be given to the top six finishers (male and female). Top six will be determined by time.

FACILITIES: 400 meter all weather (Martin Surface) track; 8 42” lanes, all weather runways and concrete circles. FAT timing. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents and/or umbrellas will not be allowed on lower levels of the stadium. Team packets will be available at the track on Friday, June 19 from 3:00 pm – 6:00 pm.

HOST HOTEL: Hilton Charlotte University Place
8629 JM Keynes Drive
Charlotte, NC 28262
704-916-2839
Room Rate: \$109.95 (Breakfast Included up to 4 persons per room)

16th ANNUAL JIM LAW INVITATIONAL



JUNE 19 – 21, 2015

Hosted by

The Charlotte Flights Track and Field Club and Mecklenburg County Park and Recreation



University North Carolina - Charlotte
Irwin Belk Track
Charlotte, NC

| | | | |
|---------------|----------|---------|--------------------------------------|
| DATES: | Friday | June 19 | 3:00pm to 9:00pm (OPEN/MASTERS ONLY) |
| | Saturday | June 20 | 9:00am to 8:00pm |
| | Sunday | June 21 | 9:00am to 7:00pm |

MEET DIRECTOR: Anthony James, Charlotte Flights
anthony.james.speed@gmail.com
(704) 492-6903

ENDORSEMENT: USATF

REGISTRATION: UNC- Charlotte

ALL AAU, USATF and UNATTACHED ATHLETES ARE ELIGIBLE

JIM LAW INVITATIONAL QUALIFYING STANDARDS

Events offered: (In meters except where indicated)

| | 8 Under | | 9 10 | | 11 12 | | 13 14 | | 15 16 | | 17 18 | |
|------------------------|---|-------|-------|-------|--------|--------|---------|---------|--------------------|--------------------|--------------------|--------------------|
| | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls | Boys |
| 100 | 17.0 | 16.5 | 15.0 | 14.8 | 14.0 | 13.5 | 13.1 | 12.2 | 12.9 | 11.5 | 12.5 | 11.3 |
| 200 | 34.5 | 34.0 | 31.5 | 31.0 | 29.0 | 28.5 | 28.2 | 25.0 | 27.5 | 23.0 | 26.5 | 22.5 |
| 400 | 85.0 | 80.0 | 72.0 | 70.0 | 68.0 | 65.0 | 64.0 | 57.0 | 62.0 | 53.0 | 61.0 | 52.0 |
| 800 | 3:08 | 3:08 | 3:00 | 2:49 | 2:49 | 2:33 | 2:38 | 2:20 | 2:34 | 2:08 | 2:30 | 2:02 |
| 1500 | X | X | 6:15 | 5:45 | 5:45 | 5:25 | 5:30 | 4:58 | 5:20 | 4:40 | 5:15 | 4:20 |
| 3000 | X | X | X | X | X | X | 12:00 | 10:40 | 11:40 | X | 11:30 | X |
| High | X | X | X | X | 18.0 | 16.0 | 17.0 | 16.5 | 16.5 | 16.0 | 15.8 | 15.2 |
| Hurdles | | | | | 80/30" | 80/30" | 100/30" | 100/33" | 100/33" | 110/39" | 100/33" | 110/39" |
| Interm. | X | X | X | X | X | X | 33.0 | 31.0 | 75.0 52.0(300H) | 62.0 41.5(300H) | 72.0 52.0(300H) | 59.0 41.5(300H) |
| Hurdles | | | | | | | 200/30" | 200/30" | 400/30" | 400/36" | 400/30" | 400/36" |
| 4x100 | 68.0 | 68.0 | 63.0 | 62.0 | 56.0 | 55.0 | 53.0 | 51.0 | 51.0 | 46.0 | 50.0 | 48.0 |
| 4x400 | X | X | 5:40 | 5:20 | 4:45 | 4:35 | 4:30 | 4:15 | 4:20 | 3:50 | 4:15 | 3:40 |
| 4/800*** | X | X | X | X | X | X | 10:50 | 9:40 | X | X | 10:20 | 8:30 |
| LJ** | 8'0" | 9'0" | 10'0" | 12'0" | 13'0" | 14'5" | 15'0" | 17'0" | 16'0" | 19'0" | 17'0" | 20'10" |
| TJ** | X | X | X | X | X | X | 28'0" | 33'0" | 32'0" | 40'0" | 36'0" | 44'0" |
| HJ* | X | X | 3'2" | 3'4" | 3'6" | 4'2" | 4'4" | 4'6" | 4'7" | 5'9" | 4'8" | 6'0" |
| Shot Put** | 14'0" | 15'0" | 18'0" | 19'0" | 23'0" | 26'0" | 30'0" | 36'0" | 30'0" | 38'0" | 33'0" | 43'0" |
| | 6lbs | 6lbs | 6lbs | 6lbs | 6lbs | 6lbs | 6lbs | 4kg | 4kg | 12lbs | 4kg | 12lbs |
| Discus** | X | X | X | X | 60'0" | 80'0" | 69'0" | 109'0" | 89'0" | 115'0" | 99'0" | 127'0" |
| | | | | | 1kg. | 1kg. | 1kg. | 1kg. | 1kg. | 1.6kg | 1kg | 1.6kg. |
| Pole Vault | X | X | X | X | X | X | X | X | 8'0" | 10'0" | 8'0" | 10'6" |
| Turbo Javelin** | New event offered for these age groups (7-8, 9-10, 11-12) | | | | | | X | X | X | X | X | X |
| | | | | | | | | | | | | |
| Javelin** | X | X | X | X | X | X | 60'0" | 80'0" | 80'0" | 110'0" | 90'0" | 130'0" |
| | | | | | | | 600gr | 800gr | 600gr | 800gr | 600gr | 800gr |

X EVENT NOT OFFERED IN AGE DIVISION

* STARTING HEIGHT IN HIGH JUMP WILL BE 2" BELOW QUALIFYING STANDARD

** DISTANCES 1 FOOT OR MORE BELOW QUALIFYING STANDARDS WILL NOT BE MEASURED

*** THE 4x800 METER RELAY WILL BE RUN IN TWO AGE BRACKETS ONLY: 14 & UNDER AND 15-18

***ATHLETES CAN COMPETE WITH OLDER AGE GROUP IF STANDARDS ARE MET

SCHEDULE OF EVENTS

OPEN/MASTERS ONLY – Friday June 19, 2015

RUNNING EVENTS:

Running Order: Masters to Open

Friday, June 19 3:00 pm – 9:00 pm (All Finals)

3:00 pm – 3000M
3:40 pm – Steeplechase
4:10pm – 100M Semis
4:30 pm – 80M Hurdles
4:40 pm – 100M Hurdles
4:50 pm – 110M Hurdles
5:00 pm – 100M Finals
5:15 pm – 800M
5:45 pm – 4x100M
5:55 pm – 400M
6:20 pm – 1500M
7:05 pm – 400M Hurdles
7:15 pm – 200M
7:45 pm – 5000M
8:30 pm – 4x400

FIELD EVENTS:

Friday, June 19

3:00 pm
Hammer (M then W)
Long Jump (M then W)
High Jump (W then M)
Javelin (W then M)

5:00 pm
Shot Put (M then W)
Discus (W then M)
Triple Jump (M then W)
Pole Vault – (M)

7:00 pm
Weight Throw (M then W)
Pole Vault (W)

RUNNING EVENT: (Sunday Only)

Sunday, June 21, 2015 (Female and Male)

100M (In honor of Dr. Jim Law)

ALL AAU, USATF and UNATTACHED – Saturday June 20 – Sunday June 21, 2015

RUNNING EVENTS:

Saturday, June 20 9:00am – 8:00pm

1500M Run (Finals)
200M Hurdles (Finals)
400M Hurdles (Finals)
4x800M Relay (Finals)
80M Hurdles (Semis)
100M Hurdles (Semis)
110M Hurdles (Semis)
100M Dash (Semis)
400M Dash (Semis)
200M Dash (Semis)
4x100M Relay (Semis)

Sunday, June 21 9:00am – 5:00pm (All Finals)

3000M Run
5000M Run
800M Run
Opening Ceremonies
80M Hurdles
100M Hurdles
110M Hurdles
100M Dash (Masters)
100M Dash
400M Dash
200M Dash
4x100M Relay
Outstanding Athlete Awards
4x400M Relay
Team Awards

FIELD EVENTS:

Saturday

High Jump (13-14, 15-16, 17-18)
Long Jump (all age groups; starting with 7-8 year olds)
Turbo Javelin (11-12, 9-10, 7-8)
Javelin (13-14, 15-16, 17-18)
Shot Put (all age groups; starting with 7-8 year olds)

Sunday

High Jump (11-12, 9-10)
Triple Jump (13-14, 15-16, 17-18)
Discus (11-12, 13-14, 15-16, 17-18)
Pole Vault (15-16, 17-18)

MEET WILL RUN ON A ROLLING TIME SCHEDULE AFTER THE START OF THE 1ST RUNNING EVENT
Field events will begin at 9:00am and will run according to age group shown on the above schedule.

Other Hotels (Breakfast Included)

All rates are approximate and not guaranteed by CFTC

| | |
|---|-------------------------------|
| Courtyard by Marriot University | 301-820-6036 / \$89 night |
| Holiday Inn University | 704-319-5184 / \$119 night |
| Springhill Suites University Research Park | 704-547-1122 / \$119.00 night |