

**MIAMI NORTHWEST EXPRESS TRACK CLUB
UNIVERSAL TRACK AND FIELD
XPRESS YOUTH DEVELOPMENT INSTITUTE**

P R E S E N T S

**46TH
ANNUAL
MIAMI NORTHWEST
TRACK AND FIELD CLASSIC
INTERNATIONAL**



**JUNE
11-12
2022**

BLANCHE ELY HIGH SCHOOL
1201 NW 6th Ave, Pompano Beach, FL 33060

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

MEDALS, TROPHIES AND CASH TEAM PRIZES WILL BE AWARDED

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
www.mnwexpress.com





1310 N.W. 90th Street
Miami, FL 33147
Phone: 305-316-3772
www.mnwexpress.com



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 Pompano Beach, Florida and the 46th 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

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

Email: miaminorthwestexpress@gmail.com

Website: www.mnwexpress.com

Sanction: USA Track & Field Florida Association

Date: June 11-12, 2022



Timer:

Site: Blanche Ely High School Stadium
1201 NW 6th Ave
Pompano Beach, Florida 33060

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

Admission: \$8 per day or \$15 for two days.
Tickets can be purchased in advance at
www.mnwexpress.com.

Parking: Free

On-line Registration: www.meetregister.org

Entries Deadline: Wednesday, June 8, 2022 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

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 online by Credit Card / PayPal at the
Time of Registration.**

Meet Results: Will be available to see in real time using the Track Meet
Results App (download from your App Store or Play Store)

2022 Age Classifications:

Athletes who will turn 19 after July 31, 2022, are eligible to compete in the
Young Men/Young Women divisions.

<u>4 & U</u>	<u>5 - 6</u>	<u>7 - 8</u>	<u>9 -10</u>	<u>11 - 12</u>
2018 and after	2017-2016	2015-2014	2013-2012	2011-2010

<u>13 - 14</u>	<u>15 - 16</u>	<u>17 - 18</u>	<u>19 - 29</u>
2009-2008	2007-2006	2005-2004	2003+

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+.)

Awards

Medals: 1st-3rd places including relays.

Trophies: MVP each age group male/female

Trophies: Top six (6) teams male/female

Scoring: 5 -6 thru 17 - 18 age groups will be scored.
Divisions. Male and female Division will be scored separately.

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

Team Cash Prize: Top Team Scores in Each Category:
Sprints / Middle Distance / Field

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. 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 - 2 Athletes 0 Pass

3 - 10 Athletes: 1 Pass

11 - 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

*** SATURDAY • JUNE 11, 2022 ***

TRACK EVENTS @ 8:30 AM

Age Group Order: Younger through Masters

<u>Time</u>	<u>Event #</u>	<u>Event</u>	<u>Division/Sex</u>	
8:30	1	1500 M run (Final)	7 – 8 through Masters (M/F)	
Rolling	2	100 M Dash (Trials)	4&U through Masters (M/F)	8 fastest times to final
Schedule	3	400 M Dash (Trials)	7 – 8 through Masters (M/F)	8 fastest times to final
	4	80 M Hurdles Final	11 – 12 (M/F)	
	5	100 M Hurdles Final	(13 – 14 M/F / 15 – 16 F / Open F)	
	6	110 M Hurdles Final	15 – 16 M / 17-18 M / Open M	
	7	200 M Dash (Trials)	7 – 8 through Masters	8 fastest times to final

Field Events @ 8:30 AM	Long Jump (Masters / Open / 17-18 / 15-16 / 13-14 / 11-12 / 9-10 / 7-8 / 5-6 / 4 &U) (M/F)
	Triple Jump (13-14 / 15-16 / 17-18 / Open / Masters) * Immediately following the Long Jump* (M/F)
	Shot Put (7-8 / 9-10 / 11-12 / 13-14 / 15-16 / 17-18 / Open / Masters) (M/F)
@ 9:00 AM	High Jump (9-10 / 11- 12 / 13-14 / 15-16 / 17-18 / Open /Masters) (M/F)

*** SUNDAY • June 12, 2022 ***

FIELD EVENTS @ 8:00 AM

<u>Time</u>	<u>Event #</u>	<u>Event</u>	<u>Division/Sex</u>
08:00	1	Discus	11 – 12 thru Masters (M/F)
	2	Javelin	11 – 12 thru Masters * Immediately following the Discus* (M/F)

TRACK EVENTS @ 9:00 AM

09:00	1	3000 M Run	11 – 12 through Masters
Rolling	2	50 Meter Dash Final	4 & U
Schedule	3	1500 M Racewalk	9 – 10 through Masters
	4	4X100 M Relay (Final)	All
	5	400 M Dash Final	All
	6	100 M Dash Final	All
	7	Jesse Holt Invitational 100 M	*Special Event*
	8	800 M Run Final	5 – 6 through Masters
	9	200 M Hurdles Final	13 – 14 M / F Only
	10	400 M Hurdles Final	15 – 16 through Masters
	11	200 M Dash Final	7 – 8 through Masters
	12	4X400 M Relay	All
	13	Awards Presentation	Miami Northwest Express Track Club

For Live Meet Results: Go to your App Store



or Play Store



to download the Track Meet Results App



Northwest Track & Field Classic 2022

Listings of Events by Age Group

Online Registration and Payment: www.meetregister.org

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

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

- **Must be done on Friday Evening or 4 Hours Before Event is Contested**

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
80 Meter Hurdles (30")					X (M&F)						
100 Meter Hurdles 30-33						X (M&F) 30"	X (F) 33"	X (F) 33"	X (F) 33"	X	X
110 Meter Hurdles 39-42							X (M) 39"	X (M) 39"	X (M) 42"	X	X
200 Meter Hurdles 30						X (M&F) 30"					
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 (M&F)	X (M&F)	X (M&F)	X	X	X	X
Javelin						X	X	X (M&F)	X (M&F)	X	X
Triple Jump						X (M&F)	X (M&F)	X (M&F)	X (M&F)	X (M)	
4X400 Meter Relay			X	X	X	X	X	X	X		
1500 M Race walk				X	X	X	X	X	X	X	X

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