

New Balance Dash for Doobie

Athlete Procedures

- Make sure you have paid online and bring your email confirmation.
- Races will run on schedule for travel purposes. A heat schedule will be posted on March 22nd and your heat assignments will be posted the evening of March 24th. Check on the [nc.milesplit.com meet page](https://nc.milesplit.com/meet).
- Athletes should plan to arrive approximately 1 hour before their scheduled race time. We want to avoid large crowds by athletes arriving well before their scheduled race times.
- Once through screening athletes should proceed to the registration tent to get their shirts and bib numbers. All payments need to be done electronically through the online link posted on our meet page by March 24th. No day of meet payments accepted.
- Athletes can set up camps and warmup in our large athletic field adjacent to the stadium.
- Heats will be called for check in and athletes can go to the clerking tent to receive their hip numbers.
- Masks should be worn at all times unless actively competing. Please stay socially distanced.
- Please bring your own water bottles/snacks and do not share equipment.
- ¼" pyramid spikes only are allowed.
- All athletes are unattached from their high school teams. **No team uniforms can be worn.**
- Athletes should report to the start line with masks on. They can be removed once the race begins.
- Masks should be put back on when athletes finish, and they should exit the track in a timely manner.
- After cooling down we ask that participants and their spectators exit the facility to make room for later races. Please take advantage of our Live Stream if you would like to watch the later races: [New Balance Dash for Doobie Live Stream](#)
- Race videos and results will be posted on nc.milesplit.com