

Nike Indoor Championships

Presented by *The National Scholastic Sports Foundation*

Saturday March 15 & Sunday March 16, 2003

Prince George's Sports and Learning Complex, Landover, Maryland

ELIGIBILITY Full-time students in grades 9-12 who are eligible for their high school team and/or any high school athletes born SEPTEMBER 1, 1983 or later, and who have met the entry guidelines, are eligible to compete. (NOTE: Exceptions may be made for athletes in lower grades). **USATF MEMBERSHIP IS REQUIRED** (USATF cards may be purchased at registration or at www.usatf.org).

SANCTION This an open meet and is sanctioned by USATF and governed by USATF rules. It is NOT sanctioned by any high school federation as it is contested after the official high school indoor season in most states.

ENTRY INFORMATION Individual Events (including pentathlon): \$30 per event
Relays: \$100 per relay (All-Star relays NOT allowed).

NORMAL ENTRY: postmarked by Tuesday, February 18, 2003 and may be in the form of a U.S. check or money order.

LATE ENTRY: RECEIVED by Friday, March 7, 2003 and accompanied by a \$40.00 per event late fee – MUST be in the form of a U.S. money order or bank check.

NO MEET-DAY ENTRIES AND NO LONGER EXCEPTIONS FOR STATE MEETS ON THE WEEKEND PRIOR (MARCH 7-8, 2003).

THERE IS A \$25 PER EVENT SURCHARGE FOR ENTRIES RECEIVED WITHOUT ENTRY FEES OR PURCHASE ORDER; NO REFUND FOR ENTRIES RECEIVED NOT MEETING ENTRY GUIDELINES.

RELAY ENTRIES RECEIVED WITHOUT RELAY NAMES WILL BE REJECTED AND RETURNED.

Entries MUST be accompanied by fees **PAID-IN-FULL, INCLUDING LATE FEES** Make check or money orders payable to "NSSF". Your canceled check is your receipt. **NO FAX ENTRIES ACCEPTED.**

Mail to: NSSF - PO Box 16702 - Chapel Hill, NC 27516

FEDEX (OR EXPRESS MAIL) **LATE ENTRIES** TO: NSSF - 111 Mimosa Drive - Chapel Hill, NC 27514

AIR TRAVEL **USAirways** is the OFFICIAL AIRLINE of the 2003 **NIKE INDOOR CHAMPIONSHIPS**. They are offering a 5% discount off the lowest published fares available (10% discount if tickets are purchased 60 days prior to day of travel). To take advantage of these discounts, please call USAirways Group and Meeting Reservation office, toll free, at 877-874-7687, 8am-9:30pm EST. You *must* mention the 2003 **NIKE INDOOR CHAMPIONSHIPS** and refer to Gold File # 48642530. For personalized service, you may call the Raleigh, NC local USAirways office 919 676-7177.

USAirways Reservations (above) will match any web site fares found at www.usairways.com!

FREE USAirways TICKETS Anyone purchasing tickets for the Nike Indoor Championships using the USAirways Gold File # 48642530 will be eligible for a special drawing to take place during opening ceremonies. The winner will receive two Free USAirways tickets good for North American travel (including the Continental U.S., Bermuda, Canada, the Caribbean and Mexico). Only those purchasing their tickets as noted above are eligible.

THE NIKE INDOOR CHAMPIONSHIPS

MEET HEADQUARTERS	<u>MARRIOTT HOTEL</u> -Greenbelt, MD (6400 Ivy Lane Greenbelt, MD 20770) is serving as our Meet Headquarters hotel and offers a special rate of \$105 per night. (301 441-3700)
HOST HOTEL	<u>RAMADA INN</u> -New Carrollton, MD \$94 (301 459-6700)
ADDITIONAL LODGING	<u>HAMPTON INN</u> -Largo, MD \$104 (301-499-4600)

These preferred hotels offer special discounted rates. To obtain these rates, you **MUST** mention the NIKE INDOOR CHAMPIONSHIPS. **IMPORTANT:** Rates are guaranteed on reservations made prior to March 1, 2003.

For additional hotels, please refer to our web site, www.nationalscholastic.org.

ENTRY GUIDELINES: These marks are guidelines. Exceptions may be made. (Events with entry numbers associated with them are the events to be contested)

Event	Event	Event	Event	Event	Event			
#	<u>BOYS</u>	#	<u>GIRLS</u>	#	<u>BOYS</u>	#	<u>GIRLS</u>	
55m	6.1/6.40		6.9/7.20	Two Mile	11	9:33.0	12	11:16.0
60m	1 6.9/7.23	2	7.7/8.00	55mH		7.3/7.60		8.2/8.5
200m	3 22.8/22.94	4	25.8/25.94	60mH	13	8.1/8.43	14	9.1/9.43
300y			37.7/37.94	4x200m*	15	1:32.5	16	1:46.5
300m			40.5/40.83	4x400m*	17	3:27.5	18	4:04.0
400m	5 50.5/50.64	6	58.7/58.84	4x800m*	19	8:12.0	20	9:46.0
400y			59.0/59.14	4xMile*	41	18:00.0	42	21:30
500y	1:03.0		1:12.0	1600m Medley*	21	3:40.0	22	4:20.0
500m	1:08.5		1:18.0	DMR*	23	10:45.0	24	12:48.0
600y	1:16.5		1:30.0	High Jump	25	6-6.75	26	5-5
600m	1:26.0		1:38.0	Pole Vault	27	14-8	28	12-0
800m	7 1:58.0	8	2:18.5	Long Jump	29	22-8	30	18-0
1000y			2:50.0	Triple Jump	31	45-4	32	36-9
1000m			3:00.0	Shot Put	33	54-6	34	39-6
1500			4:46.0	Weight Throw	35	47-0	36	28-0
Mile	9 4:23.0	10	5:06.0	Pent (Hept)	37	3400 (5100)	38	3100 (4000)
Frosh Mile	45 4:55.0 @	46	5:25.0 @	Mile Walk	39	7:15.0	40	8:15.0
3000			10:49.0	Hurdle Relay	43	32.0	44	33.5

- @ Freshman mile is limited to best 30 entries per sex. *Limited to ninth-graders ONLY.*
- * All-Star Relays are *NOT* permitted.
- Order of Medley Relay Events 1600m Medley: 200-200-400-800. Distance Medley: 1200-400-800-1600.
- Comparable outdoor performances from the 2002 season may be acceptable as well. Relay performances from the 2002 indoor or outdoor season may not be used for qualifying unless all members are returning for the 2002-2003 season.

YOUTH EVENTS

Relays for Bantam, Midget and Youth age categories will again be contested in an effort to develop young athletes at a high level. The events are 4x200m and 4x400m for boys and girls. All Youth relays will be held on Saturday, March 15, 2003. USATF Youth age group category rules apply. Entry fees are \$30.00 per relay.

ONLY THE FIRST 30 ENTRANTS PER RELAY WILL BE ACCEPTED.

ONLY ONE RELAY PER CLUB PER RELAY EVENT (that is, a club may enter 1 relay for Bantam, Midget, Youth 4x200 and 4x400 per sex, meaning a maximum total of 12 entries per club IS ALLOWED). Note separate event numbers:

	Event #			Event #	
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Bantam 4x200	61	62	Bantam 4x400	67	68
Midget 4x200	63	64	Midget 4x400	69	70
Youth 4x200	65	66	Youth 4x400	71	72

Specific age categories must stay within their age group. That is, "moving up" to the next age group, as from Bantam to Midget, is not allowed. Youth teams will **NOT** be eligible for championship rings and All American status.

THE NIKE INDOOR CHAMPIONSHIPS

GENERAL INFORMATION ... Please Read Carefully

- PACKET PICKUP** Will take place entirely at the Prince George's Sports and Learning Complex, Suite A.
- | | | | |
|----------|-----------|------------|--|
| Friday | March 14: | 5pm -10pm | {Packets MUST be picked up 30 minutes prior to the start of the event} |
| Saturday | March 15: | 8am - 6pm | |
| Sunday | March 16: | 7am - noon | |
- BIOGRAPHICAL INFORMATION** You may not pick up your packet until a biographical form is filled out (this applies to those competing in individual events only, not relays). To save time, we recommend that you fill the bio information on line at www.nationalscholastic.org (click on the Nike Indoor Championship link). The form will be stored electronically and you will be automatically cleared for packet pickup.
- SPRINT SUMMIT**
Friday March 14
7pm-9:30pm
- The *Nike Sprint Summit* features a clinic with elite Nike athletes, nationally renowned sprint coaches and the nation's leading high school sprinters. Admission is free to all athletes. For all others, the admission is \$10.00. It will take place on the track at the facility.
- DIRECTIONS TO THE TRACK**
- The Prince Georges Sports and Learning Complex is located east of Washington, DC in Landover, MD, next to the Washington Redskins Fedex stadium. From North: I-95 southbound to Capital Beltway I-95 South/I-495 South towards Richmond, VA. Exit at MD Hwy 202 West (Landover Road) exit #17B towards Bladensburg. Merge onto Landover Road. Left onto Brightseat Road, then right onto Sheriff Road. The complex is located at 8003 Sheriff Road. From South: I-95 northbound. Exit at MD Hwy 202 West (Landover Road) exit, #17B and continue as noted above. There is ample FREE parking at the facility.
- AIRPORT TRANSPORTATION**
- Complimentary *return* shuttles will be provided on Sunday March 16 only to Baltimore-Washington International Airport (BWI) direct from the complex beginning at 2:30pm on a first come first served basis.
- SOUVENIRS**
- Each participant will receive a meet souvenir. In order to receive this, athletes MUST participate in the competition, not merely enter.
- AWARDS AND RINGS**
- Nike Indoor Championships medals will be awarded to the top 6 in each event, and each champion in the high schools division (exclusive of the Youth division) will receive a championship ring.
- ALL AMERICANS**
- The first six finishers in each event attending U.S. high schools will be named to the 2003 Nike Indoor Championships All America Team and receive All America certificates. This applies to the high school division only and not to the Youth division.
- FACILITY**
- 6 lane 200 meter Martin Surfacing track. Any standard-sized (1/4" or less) spikes or flats permitted - NO hexagonal elements. All shoes will be checked. Acceptable spikes will be available for purchase at themeet.
- RULES**
- USATF rules will apply. Protests must be filed in writing within 30 minutes of the results being announced and accompanied by a \$50 cash deposit, refundable only if the protest is upheld. Athletes may wear a singlet of their choosing as long as it does not conflict with their state association's rules. **USATF CARDS, VALID IN YEAR 2003, ARE REQUIRED. YOU MAY PURCHASE THEM AT YOUR LOCAL USATF OFFICE, AT MEET REGISTRATION OR VIA www.usatf.org.**
- ADMISSION**
- Entry to the facility will be by competition number, credential or ticket only. Tickets will be sold at registration and at the track. Each team or individual will receive one coach's pass ONLY. Please do not request more. Admission for the general public: \$15 Saturday, \$20 Sunday, or \$30 for both days. Children under 12 - \$5 per day. Special finish line/VIP seating will be available at \$40 (2 day passes only) Competition numbers / credentials will be distributed at registration.
- RESULTS**
- Complete results will be available at the NSSF web site: www.NationalScholastic.org
- FURTHER INFORMATION** info@nationalscholastic.org
- ENTRY FORM CHANGES**
- The relay entry blank now requires the same information as that for individual entries.
 - Use the same relay entry blank for Youth events as with high schools.
 - Use one entry form per relay. You may make copies of the entry form.

THE NIKE INDOOR CHAMPIONSHIPS

INDIVIDUAL EVENTS ENTRY FORM \$30 Per Event – Form may be copied – PLEASE PRINT LEGIBLY

ENTRY REMINDERS: Fill out the entry blank completely. Enclose ALL fees (entry and late fees, if applicable). Make checks payable to NSSF. Fees are non-transferable and non-refundable. **** USE BLACK INK ****

PRE-ENTRY DEADLINE: Postmarked by February 18, 2003.

LATE ENTRIES **MUST** be received by March 7, 2003 and require an additional \$40 per event late fee.

NO DAY OF MEET ENTRY! Mail entries to: NSSF, PO Box 16702, Chapel Hill, NC 27516 **NO FAXED ENTRIES!**

Name _____ Phone () _____ - _____ e-mail _____

Home Address _____
Last First MI City State Zip

High School _____ City _____ State _____

USATF# _____ Birthdate (mm/dd/yy) _____ Graduation Year _____ Sex: M F (circle one)

Coach's Name _____ Coach's Phone () _____ - _____ e-mail _____

Enter the event number in which you wish to compete (see second page of this entry blank for event numbers associated with your event). If qualifying performance was from an event not being contested, please note the event (i.e., if you wish to compete in the 400m and your qualifying time was from a 500m race, enter event # - 5 or 6 - for 400m, the event name – 400m, and the 500m time with a notation that the time was for 500m on the Qualifying Performance line).

Event # _____ Event _____ Qualifying Performance _____ FAT/HAND
Entered
Date of Performance _____ Meet _____

Event # _____ Event _____ Qualifying Performance _____ FAT/HAND
Entered
Date of Performance _____ Meet _____

Event # _____ Event _____ Qualifying Performance _____ FAT/HAND
Entered
Date of Performance _____ Meet _____

WAIVER: In consideration of my child's entry in the Nike Indoor Championship; I automatically waive and release all claims for damages and injury I may have against the competition and all its sponsors including, but not confined to the *National Scholastic Sports Foundation, Inc., Prince George's Sports and Learning Complex, Nike, Inc.,* and any and all participating sponsors and/or representatives. I verify he/she is physically fit and has trained for this competition. I further grant full permission to any and all of the foregoing and/or their representatives to use any photographs, names and/or video for legitimate purposes.

Parent's Name _____ Signature _____

University Sponsored Research WAIVER: I hereby consent for my child/ward to be a subject of a study involving Origins and Demographics of the High School Track and Field Athlete, to be conducted by Chelo L. Canino from Princeton University. I understand that my child/ward's participation is voluntary, and may compete regardless of my consent to research participation. By signing this agreement I do not waive any legal rights or release Princeton University, its agents, or Chelo L. Canino from negligence.

Parent's Name _____ Signature _____

THE NIKE INDOOR CHAMPIONSHIPS

RELAY ENTRY BLANK (use this for youth relay events as well). **PLEASE PRINT LEGIBLY**

Standard (scholastic) Relays: \$95 per relay Youth (bantam, midget, youth): \$30 per relay

PRE-ENTRY DEADLINE: Postmarked by **February 18, 2003.**

LATE ENTRIES **MUST** be received by **March 7, 2003** and require an additional \$40 per event late fee.

NO DAY OF MEET ENTRY! ***** USE BLACK INK ***** **NO FAXED ENTRIES!**

(*** ENTRY WILL BE REJECTED AND RETURNED IF RELAY NAMES ARE NOT LISTED)

--- MAXIMUM 5 ATHLETES PER RELAY --- **ENTER ONE RELAY PER RELAY ENTRY FORM** ---

--- RELAY MEMBERS MUST ATTEND THE SAME HIGH SCHOOL FOR NON-YOUTH EVENTS ---

School (or club, for Youth) _____ City _____ State _____

Coach's Name _____ Phone () _____ - _____

Relay (circle one): 4x200 4x400 4x800 4xMile 1600m Med DMR Hurd R Male Female (circle one)

Youth events (circle one): bantam 4x200 midget 4x200 youth 4x200 Male Female (circle one)
bantam 4x400 midget 4x400 youth 4x400

Qualifying Performance _____ FAT / HAND Meet _____ Date _____

RELAY MEMBERS (Last Name, First Name) *** NO HIGH SCHOOL ALL-STAR RELAYS PERMITTED *******

Name # 1 _____ Phone () _____ - _____ e-mail _____

Last First MI

Home Address _____ City _____ State _____ Zip _____

USATF# _____ Birthdate (mm/dd/yy) _____ Graduation Year _____ Sex: M F (circle one)

Name # 2 _____ Phone () _____ - _____ e-mail _____

Last First MI

Home Address _____ City _____ State _____ Zip _____

USATF# _____ Birthdate (mm/dd/yy) _____ Graduation Year _____ Sex: M F (circle one)

Name # 3 _____ Phone () _____ - _____ e-mail _____

Last First MI

Home Address _____ City _____ State _____ Zip _____

USATF# _____ Birthdate (mm/dd/yy) _____ Graduation Year _____ Sex: M F (circle one)

Name # 4 _____ Phone () _____ - _____ e-mail _____

Last First MI

Home Address _____ City _____ State _____ Zip _____

USATF# _____ Birthdate (mm/dd/yy) _____ Graduation Year _____ Sex: M F (circle one)

Name # 5 _____ Phone () _____ - _____ e-mail _____

Last First MI

Home Address _____ City _____ State _____ Zip _____

USATF# _____ Birthdate (mm/dd/yy) _____ Graduation Year _____ Sex: M F (circle one)

WAIVER: In consideration of my child's entry in the Nike Indoor Championships; I automatically waive and release all claims for damages and injury I may have against the competition and all its sponsors including, but not confined to the *National Scholastic Sports Foundation, Inc., Prince George's Sports and Learning Complex, Nike, Inc.,* and any and all participating sponsors and/or representatives. I verify he/she is physically fit and has trained for this competition. I further grant full permission to any and all of the foregoing and/or their representatives to use any photographs, names and/or video for legitimate purposes.

Coach's Name _____ Signature _____

THE NIKE INDOOR CHAMPIONSHIPS - SCHEDULE OF EVENTS

A final time schedule will be available at registration – no significant changes are expected. Girls' events will precede Boys' events unless otherwise noted. Seeded sections will be run last.

SATURDAY, MARCH 15, 2003

PENTATHLON

60m Hurdles	G – 9:30am	B – 9:50am
Long Jump	B – 10:30am	G – 1:45pm (est.)
Shot Put	G – 12:15pm (est.)	B - 12:30pm (est.)
High Jump	G – 10:15am	B – 2:00pm (est.)
800m	G – 4:00pm (est.)	1000m B – 4:15pm (est.)

TRACK EVENTS (Girls precede Boys)

11:00am	1 Mile Walk	FINAL
11:30am	Bantam, Midget, Youth 4x400	FINAL
1:00pm	Shuttle Hurdle Relay	FINAL
2:00pm	4xMile Relay	FINAL
3:00pm	400m	Trials
4:30pm	200m	Trials
6:00pm	Distance Medley Relay	FINAL
6:45pm	Bantam, Midget, Youth 4x200	FINAL
7:45pm	1600m Medley Relay	FINAL

FIELD EVENTS (FINALS)

2:00pm	Triple Jump	B
4:00pm	Weight Throw	G
4:00pm	Pole Vault	B
4:30pm	Triple Jump	G
6:00pm	Weight Throw	B

SUNDAY, MARCH 16, 2003

FIELD EVENTS

Long Jump	B – 10:00am	G – 12:30am
High Jump	G – 10:00am	B – 1:30pm
Shot Put	G – 10:00am	B – 1:30pm
Pole Vault	G – 10:15am	

TRACK EVENTS (Girls precede Boys)

8:25am	2 Mile Run - G/B	FINAL (“unseeded”)
8:55am	60m Hurdles	Trials
9:45am	60m Dash	Trials
10:25am	4x800m Relay	FINAL (all sections)
11:25am	60m Hurdles	Semi-Finals
11:45am	60m Dash	Semi-Finals
12:00pm	Freshman 1 Mile Run	FINAL
12:25pm	OPENING CEREMONIES	
12:45pm	1 Mile Run	FINAL
1:25pm	400m	FINAL
1:35pm	60m Dash	FINAL
1:45pm	60m Hurdles	FINAL
2:00pm	200m	FINAL
2:10pm	800m	FINAL
2:45pm	2 Mile Run - G	FINAL (“seeded”)
3:00pm	4x200m Relay - HS	FINAL
3:15pm	2 Mile Run - B	FINAL (“seeded”)
3:30pm	4x400m Relay - HS	FINAL

NSSF
PO Box 16702
Chapel Hill, NC 27516