36th ANNUAL
NORTHWEST TRACK
& FIELD CLASSIC
JUNE 10-12, 2011
MIAMI, FLORIDA
AMERICA’S FINEST

Phone#: (305) 836-2409 • FAX#: (305) 691-6390
E-Mail: Jholt12121@aol.com, Jholt@mnwexpress.com
On line registration: http://directathletics.com
Website: http://mnwexpress.com

Traz Powell Stadium
Miami-Dade College North Campus

INTERNATIONAL COMPETITION
AGE GROUPS THROUGH MASTERS

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

Entries received after 12 midnight on June 10th

Medals: 1st

Team members combined age must be at least 125 years

Mothers 4X100 Relay:

- Accepted
- (305) 836-2409
- Miami, Florida 33147
- 1310 NW 90th Street
- c/o Jesse Holt, Meet Director

Mail all entries:

Express Track Club

Make money order, cashier or certified check payable to Miami Northwest

Entry Fee

Relay teams are allowed in each age group.

Male/female athletes. Each club is allowed 6 entries per event. Two (2)

Entry Blank:

Intermediate

- Young
- Open

Sub-Masters

- Masters
- Masters

2004-03

Sub-Bantam

Bantam

Midget

2000-99

Youth

1998-97

1996-95

1994-93

1992 & before

30-34

40-44

55-59

35-39

45-49

60-64

50-54

70 & up

Entry Blanks: A separate blank is required for each age division for Male/female athletes. Each club is allowed 6 entries per event. Two (2)

Relay teams are allowed in each age group.

Entry Fee: $ 10 per Track & Field contestant and $20 per relay team.

Make money order, cashier or certified check payable to Miami Northwest Express Track Club (NO REFUNDS)

Mail all entries: Miami Northwest Express Track Club

c/o Jesse Holt, Meet Director

1310 NW 90th Street

Miami, Florida 33147

(305)836-2409 after 9am — Fax: (305) 696-6390 No collect calls

Accepted—Website: http://www.mnwexpress.com

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.

- Watches: 1st place for the Young-Open only
- Trophies: MVP each age group male/female
- Trophies: top six (6) teams male/female

Baton: Winning relay team

Entries Deadline: Tuesday, June 7th 2011

Entries received after 12 midnight on June 10th will not be opened

Tents/Canopies are permitted only at the top/back of stadium.

Scoring:

- No points will be awarded in Sub-Masters 30-39 and Masters 40 & over Divisions. Male and female Division will be scored separately.

- Scoring shall be: 5 pts. for first 3 pts. For second, 2 pts., third and 1 pt. for forth.

- Baton: Please do not send your team to the Clerk of the Course with a Baton. Batons will be provided by the Host.

Blocks:

- All blocks are provided by Host. Personal blocks are not allowed.

- Entries: Each team, is allowed 6 entries per event Two (2) relay teams

- Limit: allowed per club in each age group.

Primary (6 & under), Midget: 3 events including relays. Youth and 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 belongs to host team.

Coaches & Team Area: Coaches & parents and athletes who are not competing in an event must stay off the infield. Absolutely no warming up on 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 west side in front of the stadium. No tents are allowed below the top/back of stadium. The no tents rule will be strictly enforced by Police and Security.

Coaches Passes: Two (2) passes per team. These passes will admit two (2) coaches free.

Athletes: (a) Wear number in front of 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. $5 is required to replace lost number.

Athletes: (b) Athletes must wear sneakers or 1/4” 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 up by field judge. Failure to make an attempt in two (2) minutes will result in a miss or a scratch at the effort. This rule will be strictly enforced.

Admission: $6 per day. Under 5 years old is admitted FREE

*Three Day Pass $15 per person

Starting Heights for High Jump

<table>
<thead>
<tr>
<th>Block</th>
<th>Midget</th>
<th>Intermediate</th>
<th>Open</th>
</tr>
</thead>
<tbody>
<tr>
<td>3’0”</td>
<td>3’5”</td>
<td>5’0”</td>
<td>5’10”</td>
</tr>
</tbody>
</table>

Check in Procedures: All warm-ups must be completed prior to checking in. Clerk of Course will be located at the North West tent outside of the stadium. Athletes must check in 30 minutes prior to the start of event. Athletes having conflict should notify clerk or Judge when checking in.

Running events take precedence. When leaving a running event, an athlete is allowed a maximum of 10 minutes to participate in field event.
Dear Coach:

We are in the process of finalizing our plans for the 36th Annual Northwest Track & Field Classic which is scheduled for Friday, Saturday and Sunday, June 10-12, 2011, at Traz Powell Stadium, Miami-Dade College, North Campus.


*On-line registration only*

We request that you respectfully adhere to the Event Limits of participation. Each team is limited to six (6) athletes per age/sex group, per event. Only two (2) relay teams are permitted per age/sex group per team.

Please do not exceed the six (6) Entry Limit. All entries beyond the sixth one will be scratched regardless of previous performances. We also ask that you pay special attention to the limitation of individual participation.

The maximum number of individual events, including relays, is three (3) events for age groups Primary through Midget and four (4) events for age groups Youth and Up. Proof of age is required upon request.

We are urging that each of you abide by the meet rules. Please remain in the stands during the competition and keep your athletes in the stands, unless they are preparing for the upcoming event.

Let’s have a great meet and good luck to your athletes.

Sincerely,

Ted M. Staples
Meet Manager

*On-line registration only*   http://www.directathletics.com
Participating Hotels:

**Homewood Suites**
Hilton
Miami – Blue Lagoon
5500 Blue Lagoon Drive
Miami, FL 33126
Phone: (305) 261-3335  Fax: (305) 261-0641

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**Northwest Track & Field Classic**

**GROUP RATE**

**$99.00 – One Bedroom Suite**
King or 2 Double Beds - Sleeper Sofa in Living Area

**$139.00 – Two Bedroom Suite**
King Bed and 2 Double Beds - Sleeper Sofa in Living Area

Rate Includes……
Full American Breakfast Daily
Dinner – Monday through Thursday – 5:30pm-7:30pm
Wireless Internet Access
Parking & Airport Transportation Service – 5am-1am

The Homewood Suites by Hilton® Miami-Lagoon is an all suite hotel featuring fully equipped kitchens with a separate living area and guestroom.

For further information please contact
Yvette Alonso, Area Director of Sales – Yvette.Alonso@dimdev.com

786-662-3958

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**El Palacio Sports Hotel & Conference Center**
21485 NW 27th Avenue
Miami Gardens, FL 33056
305-621-5801 Main Line
305-370-7008 Sales Direct
305-624-8202 Fax
vincent@elpalaciorent.com

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**Northwest Track & Field Classic**

**Group Rate Code: NTFC**

**Special Rate - $69**
King or 2 Double Beds

Your accommodations include:

- Free Continental Breakfast,
- Free Wireless Internet Access,
- Free parking,
- Microwave, Refrigerator and Coffee in room
- $10 in Play Credits for the Calder Casino

To receive additional information

**Contact: Vincent Pla**
305-621-5801 / 305-370-7008
Remember to use code: NFTC
When reserving your rooms

The closet official Hotel to the event site:
Miami-Dade College / Traz Powell Stadium

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www.homewoodsuitesmiami.com

www.miamielpaciosportshotel.com
### Field Event: Competition begins at 5:00 pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Lj</th>
<th>HJ</th>
<th>SP</th>
<th>DISC</th>
<th>PV</th>
<th>TJ</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00</td>
<td></td>
<td>Inter(B)</td>
<td>Bantam(G)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td></td>
<td>Bantam(B)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00</td>
<td>Inter(B&amp;G)</td>
<td>Inter(G)</td>
<td>Bantam(B)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>6:30</td>
<td></td>
<td>Bantam(B)</td>
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</tr>
<tr>
<td>6:45</td>
<td></td>
<td>Bantam(B)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>7:00</td>
<td>Sub-Bantam(B&amp;G)</td>
<td>Young(M)</td>
<td>Bantam(B)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30</td>
<td></td>
<td>Young(B)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td>Midget(B&amp;G)</td>
<td>Young(W)</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Track Events:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event #</th>
<th>Event</th>
<th>Division/Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30</td>
<td>1</td>
<td>200 M Dash(Trials) 6 fastest times</td>
<td>All/All</td>
</tr>
<tr>
<td>7:30</td>
<td>2</td>
<td>4X100 Relay(Semi) 8 fastest times</td>
<td>All/All</td>
</tr>
</tbody>
</table>

* **FRIDAY • JUNE 10, 2011** *

Field Events: Competition begins at 11:30 A.M. except the Javelin.

### Check In Time:

**SATURDAY • June 11, 2011** *

Javelin Throw – 7:30 a.m.

*Field Events(except Javelin and Pole Vault) for open men and women are scheduled for 3:00 p.m. on Sunday, Triple jump immediately follows the Long Jump. All Pole Vault and Javelin will be contested on Saturday only.*

**Track Events:** Competition begins at 10:00 a.m.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event #</th>
<th>Event</th>
<th>Division/Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>1</td>
<td>100 M Dash(Trials)</td>
<td>16 fastest times to semi All/All</td>
</tr>
<tr>
<td>12:00</td>
<td>2</td>
<td>80 M Hurdles(Final)</td>
<td>Midget/All</td>
</tr>
<tr>
<td>12:30</td>
<td>3</td>
<td>800 M Run(Final)</td>
<td>Bantam – Young, plus 30 &amp; Up</td>
</tr>
<tr>
<td>2:00</td>
<td>4</td>
<td>200 M Dash(Semi)</td>
<td>Bantam – Young, plus 30&amp;Up</td>
</tr>
<tr>
<td>3:00</td>
<td>5</td>
<td>100 M Hurdles(Final)</td>
<td>Inter(W) – Open(W) – Youth (B&amp;G)</td>
</tr>
<tr>
<td>3:20</td>
<td>6</td>
<td>110 M hurdles(Semi)</td>
<td>8 fastest times to final Inter – Open(M)</td>
</tr>
<tr>
<td>3:35</td>
<td>7</td>
<td>400 M Dash (Semi)</td>
<td>8 fastest times to final All/All</td>
</tr>
<tr>
<td>5:35</td>
<td>8</td>
<td>1500 M run(Final)</td>
<td>Bantam – Young, plus 30 &amp; Up</td>
</tr>
</tbody>
</table>

**SUNDAY • June 12, 2011** *

<table>
<thead>
<tr>
<th>Time</th>
<th>Event #</th>
<th>Event</th>
<th>Division/Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>1</td>
<td>1500 M Racewalk</td>
<td>All/All</td>
</tr>
<tr>
<td>10:30</td>
<td>2</td>
<td>100 M Dash(Semi)</td>
<td>8 fastest times to final All/All</td>
</tr>
<tr>
<td>11:30</td>
<td>3</td>
<td>3000 M Run</td>
<td>Youth thru 40 &amp; Up/All</td>
</tr>
<tr>
<td>12:00</td>
<td>4</td>
<td>Legend 50 yard Dash (Men &amp; Women)</td>
<td>Special*</td>
</tr>
<tr>
<td>12:15</td>
<td>5</td>
<td>100 M Dash Final</td>
<td>All/All</td>
</tr>
<tr>
<td>1:45</td>
<td>6</td>
<td>800 M Run</td>
<td>Open/All</td>
</tr>
<tr>
<td>2:00</td>
<td>7</td>
<td>(Olympic Developmental 400M Hurdles)</td>
<td><em>Bershawn Jackson Invitational</em></td>
</tr>
<tr>
<td>2:15</td>
<td>8</td>
<td>(Olympic Developmental 400M Hurdles)</td>
<td><em>Tiffany Williams Invitational</em></td>
</tr>
<tr>
<td>2:00</td>
<td>9</td>
<td>Mothers Relay</td>
<td>All/All</td>
</tr>
<tr>
<td>2:15</td>
<td>10</td>
<td>200 M Dash Final</td>
<td>All/All</td>
</tr>
<tr>
<td>3:00</td>
<td>11</td>
<td>Open Field Events</td>
<td>Open M/F</td>
</tr>
<tr>
<td>3:45</td>
<td>12</td>
<td>1500 M Run</td>
<td>Open M/F</td>
</tr>
<tr>
<td>4:00</td>
<td>13</td>
<td>400 M Dash Final</td>
<td>All/All</td>
</tr>
<tr>
<td>5:15</td>
<td>14</td>
<td><em>Bob Hayes Invitational 100 M</em></td>
<td><em>Special</em></td>
</tr>
<tr>
<td>5:30</td>
<td>15</td>
<td>110 M Hurdles Final</td>
<td>Interm Thru Open (M)</td>
</tr>
<tr>
<td>Roll</td>
<td>16</td>
<td><em>Coaches Relay (Men &amp; Women)</em></td>
<td><em>Special</em></td>
</tr>
<tr>
<td>Schedule</td>
<td>17</td>
<td>4X100 M Relay(Final)</td>
<td>All/All</td>
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<tr>
<td>18</td>
<td>4X400 M Relay</td>
<td>All/All</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>Awards Presentation</td>
<td></td>
</tr>
</tbody>
</table>
Northwest Track & Field Classic  
2011  
Listings of Events by Age Group  
On line registration: http://www.directathletics.com

**Each Team:**  Allowed Only 6 Entries per Event  
**Relays:**  Two per Age Group are allowed  
**Each Athlete:**  Allowed (3) Events (Primary-Midget) relays included. Allowed (4) events (Youth & up) relays included.

<table>
<thead>
<tr>
<th>Event</th>
<th>Primary</th>
<th>Sub-Bantam</th>
<th>Bantam</th>
<th>Midget</th>
<th>Youth</th>
<th>Interm</th>
<th>Young</th>
<th>Open Div.</th>
<th>Sub-Master</th>
<th>Master</th>
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<tbody>
<tr>
<td>100 Meter Dash</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>200 Meter Dash</td>
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<tr>
<td>80 Meter Hurdle (30&quot;)</td>
<td>X(B&amp;G)</td>
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<tr>
<td>110 High Hurdle 39&quot;-42&quot;</td>
<td>X(B&amp;G)</td>
<td>X(B&amp;G) 39&quot;</td>
<td>X</td>
<td>X</td>
<td>X(M) 39&quot;</td>
<td>X(M) 42&quot;</td>
<td>X</td>
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<tr>
<td>100 High Hurdle (30&quot;-36&quot;M)</td>
<td>X(B&amp;G)</td>
<td>X(B&amp;G) 30&quot;</td>
<td>X</td>
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<tr>
<td>Triple Jump</td>
<td>X(B&amp;G)</td>
<td>X(B&amp;G)</td>
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<tr>
<td>Pole Vault</td>
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<tr>
<td>1500 M Race walk</td>
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<td>X</td>
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36th Annual  
NORTHWEST TRACK & FIELD CLASSIC  

JUNE 10-12, 2011