

48th Annual Northwest Track & Field Classic

June 8 – 9, 2024

Traz Powell Stadium

11380 NW 27th Avenue, Miami, FL 33167

Event Website: www.mnwexpress.com

Registration Website: www.meetregister.org

Contact for event details, international invitations, registration, hotel, transportation, sponsorships, advertising, press passes, vending, officiating and more:

Pastor Alan Holt <alanholt@live.com> (tel: 305-316-3772)

Contact to receive technical assistance with registration:

Roderick Florence <so.fl.timing@gmail.com> (tel: 786-663-4203)

Entry Rules: USATF / Youth, Open, Masters, Grand Masters Age Groups

On-line entry closes: 06/05/2024 at 11:59 PM ET

Athlete Entry Fee:

\$30.00 per athlete at www.meetregister.org - No Refunds

All Fees must be paid online with a credit card by the close of the registration. Accuracy of data is the responsibility of each club or athlete. * Late Entries Will Not Be Allowed *

Spectator Gate Fees: \$10 entry Fee per day - No Refunds

Weekend Pass: \$18 entry Fee for Saturday/Sunday Pass

Rules Conduct & Facility: Traz Powell is a Tobacco Free Zone. No Pets, outside of Guide Dogs of any kind will be allowed on the campus. No Firearms or Weapons are allowed. No unauthorized Grilling, Cooking, or Vending will be allowed on the campus. Tents will be allowed in designated areas only. There is a Zero Tolerance for fighting, bad language, and unruly behavior. This will be a cause for removal from the event.

Coaches Pass Allocations:	2 – 3 Athletes	1 Pass
	4 – 10 Athletes	2 Passes
	11 – 20 Athletes	3 Passes
	21 – 30 Athletes	4 Passes
	31 – 40 Athletes	5 Passes
	41 – 50 Athletes	6 Passes
	51+ Athletes	Trend Continues

Awards:

Medals:	1 st – 3 rd places including relays
Trophies:	MVP award for each male/female age group
Trophies:	Top six teams scores in male/female divisions

Scoring: 5 – 6 thru 17 – 18 age groups are scored in male/female divisions using the following points system:

Points:	1st Place: 5 pts	2nd Place: 3 pts
	3rd Place: 2 pts	4th Place: 1 pt

Please assign a Coach, Team Parent or Contact to pick up your Medals after each event Finals is completed. **There will be a Presentation of Individual and Team Awards after the Meet is completed on Sunday.**

Event Check-In:

There will be separate check-in areas for Running and Field Events. Field Event Athletes will check in at their designated Field Event locations. Athletes must check in at these designated areas 30-45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

Competition Bib Numbers:

All competitors must wear their assigned bib numbers during the competition on the front of their uniforms. If an athlete loses their bib number, **a replacement bib can be purchased for a fee of \$10.** Bib numbers will be distributed at the Packet Pick Up Area.

Event Results:

Events will be posted in real time at www.milesplit.live/meets/560272 or <http://milesplit.live/overall>

Waivers:

Every athlete that competes in the Classic must complete a Participant Waiver and Release form. This form must be turned in when you pick up your individual or team.

Meet Schedule (Rolling Schedule):

The Meet can start one hour early or late. Meet Management has no responsibility in scheduling to allow an athlete to do multiple events. That is clearly a Coach, Parent and Athlete's decision. Once the entries are in, we will time the events until we have completed each event on the schedule.

Age Divisions & Eligibility Requirements:

4 & U Born 2020 and after	5 – 6 Born 2019 – 2018	7 – 8 Born 2017 - 2016
9 – 10 Born 2015 – 2014	11 – 12 Born 2013 – 2012	13 – 14 Born 2011 - 2010
15 – 16 Born 2009 – 2008	17 – 18 Born 2007 – 2006*	19 – 39 Born 2005 – 1985
Masters Born 1984 - 1975	Grand Masters Born 1974 or earlier	

**athletes born in 2005 must turn 19 after 07/31/2024 to compete in the 17-18 division.*

Event Limitations:	4 & U thru 11 – 12:	3 events including relays
	13 – 14 thru 17 – 18*:	4 events including relays
	Open (19 - 39):	4 events including relays
	Masters (40 - 49):	4 events maximum
	Grand Masters (50 – 80):	4 events maximum

Individuals: Athletes must compete in his/her age division only. There will be no “moving up” in any events, including relays. Proof of Age may be requested during the event. Please be prepared to show proof of age if asked (Birth Certificate/Passport).

Relay Teams: Athletes can compete in both individual and relay events as members of the team, school, or club they were registered to represent. All uniforms must be consistent, and the names of the competitors must have been registered for the specific relay event. Both the uniforms and the bib numbers will be checked by the Clerks.

Electronic Timing System: Fully Automatic Timing (F.A.T)

*** SATURDAY •JUNE 8, 2024 ***

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 Grand Masters (M/F)
Rolling	2	100 M Dash (Trials)	4&U through Grand Masters (M/F) 8 fastest times to final
Schedule	3	400 M Dash (Trials)	7 – 8 through Grand 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 Grand Masters 8 fastest times to final

Field Events @ 8:30 AM

Long Jump (Grand Masters/ 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/ Grand Masters) * Immediately following the Long Jump* M/F)

Shot Put (7-8 / 9-10 / 11-12 / 13-14 / 15-16 / 17-18 / Open / Masters / Grand Masters) (M/F)

Field Events @ 9:00 AM

High Jump (9-10 / 11-12 / 13-14 / 15-16 / 17-18 / Open / Masters / Grand Masters) (M/F)

*** SUNDAY • June 9, 2024 ***

FIELD EVENTS @ 8:00 AM

Time	Event #	Event	Division/Sex
8:00	1	Javelin	11 – 12 thru Grand Masters (M/F)
	2	Discus	11 – 12 thru Grand Masters (M/F) *Immediately following the Javelin* (M/F)

TRACK EVENTS @ 8:30 AM

Age Group Order: Younger through Masters

Time	Event #	Event	Division/Sex
8:30	1	3000 M Run Final	11 - 12 through Grand Masters (M/F)
Rolling	2	50 Meter Dash Final	4&U
Schedule	3	1500 M Relay (Final)	9 - 10 through Grand Masters
	4	4X100 M Dash Final	All
	5	400 M Hurdles Final	All
	6	100 M Hurdles Final	All
	7	Jesse Holt Invitational 100 M	*Special Event*
	8	800 M Run Final	5 - 6 through Grand 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 Grand Masters
	12	4X400 M Relay	All
	13	Awards Presentation	Miami Northwest Express Track Club

List of Events

Female Events:

Sprints

50m dash 4 & U

100m dash 4 & U 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

200m dash 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

400m dash 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

Hurdles

80m hurdles 11-12

100m hurdles 13-14 15-16 17-18 Open

200m hurdles 13-14

400m hurdles 15-16 17-18 Open

Distance

800m run 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

1500m run 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

3000m run 11-12 13-14 15-16 17-18 Open Masters Grand Masters

Walk

1500m walk 9-10 11-12 13-14 15-16 17-18 Open Masters Grand Masters

Field

long jump 4 & U 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
triple jump 13-14 15-16 17-18 Open Master Grand Masters
discus throw 11-12 13-14 15-16 17-18 Open Master Grand Masters
turbo-javelin 7-8 9-10 11-12
javelin throw 13-14 15-16 17-18 Open Master Grand Masters
shot put 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
high jump 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

Relays

4x100m relay 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open
4x400m relay 7-8 9-10 11-12 13-14 15-16 17-18 Open

Male Events

Sprints

50m dash 4 & U
100m dash 4 & U 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
200m dash 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
400m dash 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

Hurdles

80m hurdles 11-12
100m hurdles 13-14
200m hurdles 13-14
400m hurdles 15-16 17-18 Open

Distance

800m run 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
1500m run 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
3000m run 11-12 13-14 15-16 17-18 Open Masters Grand Masters

Walk

1500m walk 9-10 11-12 13-14 15-16 17-18 Open Masters Grand Masters

Field

long jump 4 & U 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
triple jump 13-14 15-16 17-18 Open Master Grand Masters
discus throw 11-12 13-14 15-16 17-18 Open Master Grand Masters
turbo-javelin 7-8 9-10 11-12
javelin throw 13-14 15-16 17-18 Open Master Grand Masters
shot put 7-8 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters
high jump 9-10 11-12 13-14 15-16 17-18 Open Master Grand Masters

Relays

4x100m relay 5-6 7-8 9-10 11-12 13-14 15-16 17-18 Open
4x400m relay 7-8 9-10 11-12 13-14 15-16 17-18 Open



To Get Live Results & Scores Scan QR Code

48th ANNUAL MIAMI NORTHWEST EXPRESS CLASSIC

June 8, 2024 - June 9, 2024 Traz Powell Stadium - MDC North

Miami, FL Timing/Results: South Fla. Timing

MileSplit.live QR Code

