



Mid Atlantic Track and Field Juco Invitational April 10th -11th, 2026

Meet Information

Meet Director

Philippe DeRosier

Phone: (443) 518-4685

Email: pderosier@howardcc.edu

Meet Entry: All participating teams must enter through **ATHLETIC.NET**

Hotels and accommodations: Please inquire by sending an email to pderosier@howardcc.edu

Entry Information: Please e-mail Phil DeRosier at pderosier@howardcc.edu if you are interested.

Entry Eligibility: Open to men's and women's junior collegiate competition. Unattached athletes are welcome. NCAA schools can enter as well. The meet director reserves the right to accept or deny any entry.

Entry Fee: \$900 if you are entering both a Men's and Women's Team (Must pay by check if using this benefit). \$ 500 per gender of ten (10) or more team members. Individual entries are \$50 per athlete. This applies to collegiate and unattached athletes. OPEN/Unattached athletes must be invited, please email pderosier@howardcc.edu if you plan to form a relay or make an entry. We encourage all participants to **ENTER** pay their registration fees on **ATHLETIC.NET** at the time of registration.

Entry Deadlines: All entry deadlines will be posted on **ATHLETIC.NET**. Entries will close at 11:59pm (eastern) on Tuesday, April 7th. Performance lists and final schedules will be posted no later than 11:59pm on Wednesday, April 8th on our team sports page: www.howardccdragons.com. We will also email them to all head coaches.

Team Camp Areas/Parking: All teams will be provided with a map of the facility showing a designated team camp area, along with bus parking.

Warm-up Area: Athletes are welcome to warm-up in the designated warm up area. Athletes will not be permitted on the infield as this will be a **hazardous zone** due to the javelin. Clerking will provide hurdlers and short sprinters with ample time to get practice starts in before the start of the race.

Restrooms: Porta-Potty's will be available in a designated area marked on your map.

Campus Building: All campus buildings are strictly off limits. In the case of an emergency and/or inclement weather, designated safe zones will be highlighted for use.

Locker Rooms/Showers: Locker rooms and showers will not be available

The Facility: The facility features an 8-lane polyurethane embedded track with one long jump pit, a pole vault runway, and high jump section. Fully automatic timing will be provided by Howard Community College Sports Information and Technology with live results posted on-line. The throwing facilities feature a full hammer/discus cage, and the javelin is thrown off a runway.



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Check-in Procedures: Check-in will take place at the area marked **CHECK IN** on the map.

Track Events: Check in will begin 60 minutes prior to an event and all athletes **must be checked in at least 30 minutes prior to the scheduled start time**. Declarations: **Sprint athletes need to declare an hour before their event!** Scratches will then be made; the race will be re-seeded. (This allows for full heats of each race)

- To run the meet on time without delay, the 5k and the 10k will have a time limit. If the athlete has not completed the run within the specified time limit, then they will be politely ushered off the track and receive a DNF. Please review the cut-off times below:

Event	Men	Women
5k	20	24
10k	40	48

Field Events: Report to the event site at least 30 minutes prior to scheduled start time.

Warm-up times for all throws events will be limited to 20 minutes due to the size of the fields.

Warm-ups between each flight will also be limited to 10 minutes. Athletes will each have **four (4)** attempts to get their best mark. Please review the field events notes below.

- Horizontal Jumps Take off boards**
 - Long Jump 8'
 - Triple Jump 28', 34' and 38'
 - No additional boards will be made

- Vertical Jumps starting at Heights:**

Event	Men	Women
High Jump	5'2"	3'11"
Pole Vault	7'	6'2"
High Jump (Multi)	4'	3'
Pole Vault (Multi)	6'2"	na

House Rules:

- If you do not check in on time, you may be scratched.
- Keep the track clear during all running events. If you are not competing, we ask that you remain off the track unless actively warming up in a safe area.
- Please help us keep our facility clean by cleaning up your team's area when you leave.
- Infield may be used for warm-ups, please be mindful of athletes that may be warming up while coaching or spectating.

Athletic Trainers: We will have athletic trainers on site one hour prior to when competition begins.

No modalities will be provided for visiting teams so please plan accordingly (heat, ultrasounds, stem, etc.) They will be available for taping needs and ice if needed.

Spikes: Maximum spike length will be ¼ inch pyramids. Athletes may be disqualified for illegal spikes. Spikes will be checked and certified by the clerk. Starting officials will look for certification when competing.

Implements: All implements will be weighed in at the check-in time provided on the schedule. If there are any extenuating circumstances we will try to be as accommodating as possible.

Results: Live results will be posted on our home page. A link to the page is provided below. www.howardccdragons.com

Refunds: There are no refunds

Weather Delays: We will delay the meet due to any inclement weather (Thunderstorms, Heavy Rain, Snow) that prohibits the meet from running in a safe and effective manner.



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Order of Events: The meet will go according to the time schedule but please expect that we will run on a rolling schedule if we get behind. The order of events listed below.

Order of Events

Day 1	
Track	Field
M/W 10,000m Run	M/W Hammer Throw
M 110m Hurdle's	M/W Long Jump
W 100m Hurdles	M/W Javelin
M/W 100m Dash PRELIMS	M/W Pole Vault
M/W 400 m Hurdles	
M/W 4x800m Relay	
M/W 200m Dash PRELIMS	
Day 2	
Track	Field
M/W 3000m Steeple Chase	M/W Shot Put
M/W 4x100m Relay	M/W Triple Jump
M/W 1500m Run	M/W High Jump
M 110m Hurdle FINAL	M/W Discus
W 100m Hurdle FINAL	
M/W 100m Dash FINAL	
M/W 400m Dash	
M/W 800m Run	
M/W 200m Dash Final	
M/W 5000m Run	
M/W 4x400m Relay	



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Tentative Meet Schedule: The meet director will make every attempt to run according to the schedule below. We reserve the right to alter the schedule and/or flow of the meet. Such as moving to a rolling schedule.

Day1

9:00 Pole-vault M/W
9:45 Javelin M/W
10:30 Long jump M/W
12:00 Hammer M/W
12:00 10k M/W
1:40 110h/100h
2:30 100m dash prelims M/W
3:00 4x800 relay M/W
4:00 200m dash prelims M/W

Day 2

9:00 Shotput M/W
9:00 Triple Jump M/W
11:00 Discus M/W
11:00 High Jump M/W
11:00 Steeple M/W
12:10 4X100m RELAY
12:15 1500M run M/W
12:40 110mh/100mh
*1:00 OFFICIALS BREAK
1:50 100m FINALS M/W
2:05 400m dash M/W
2:30 800m run M/W
2:55 400mh
3:15 200m FINALS M/W
3:30 5k M/W
4:50 4x400m M/W