



BE PART OF SOMETHING AMAZING
CENTRAL DAKOTA RESILIENCE

CDR TRACK AND FIELD CLUB IS LOOKING FOR
ATHLETES THAT ARE INTERESTED IN QUALIFYING
AND BEING ON TEAM CDR FOR NIKE OUTDOOR
NATIONALS!

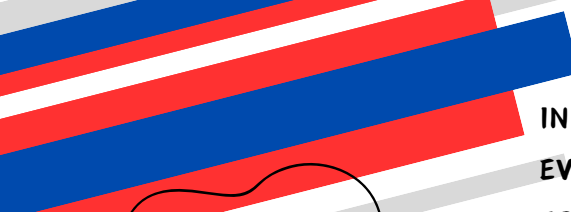
** MORE INFORMATION ON THE BACK OF THIS
HANDOUT AND ON THE WEBSITE!



**NORTH
DAKOTA**



WWW.CENTRALDAKTRACK.WEEBLY.COM



IF YOU ARE WANTING TO REGISTER AND ENTER INTO NIKE. PLEASE CONTACT FIRST - CDR WILL TAKE CARE OF ALL REGISTRATION!

IN ADDITION TO THE SUMMER TRACK CLUB PRACTICES AND EVENTS CENTRAL DAKOTA RESILIENCE OFFERS, THE CLUB WANTS TO UNITED ALL NORTH DAKOTANS AND EVEN OTHER STATES IN OUR REGION TO REPRESENT AT NIKE OUTDOOR NATIONALS! HOW AMAZING WOULD IT BE TO REPRESENT OUR TALENT AS A TEAM OF NORTH DAKOTA/MIDWEST??!!

NIKE OUTDOORS DATES - WEDNESDAY JUNE 12 - SATURDAY JUNE 15

SCHEDULE OF EVENTS HERE - t.ly/54ybg

CDR IS TRYING TO FIND LODGING AND SPONSOR COACHES. JERSEYS WILL HAVE TO BE PURCHASED (ON CDR WEBSITE) AND REGISTRATION FEES/TRAVEL IS ON OWN EXPENSE (IF THERE IS MORE SPONSOR FUNDING AVAILABLE, CDR WILL APPLY IT TO HELP ATHLETES)

QUALIFYING STANDARDS - ALL FAT - ANY EVENT AFTER JANUARY 1, 2024 APPLIES - t.ly/4u8lv
WANT TO RUN A RELAY?? WITH OTHER ATHLETES FROM OTHER TEAMS??

NIKE OUTDOORS WILL LET YOU!

SEE INFORMATION BELOW:

RELAY QUALIFYING:

- RELAY TEAMS MUST QUALIFY WITH MARKS SINCE JANUARY 1, 2024 THE 2024 OUTDOOR SEASON. COMPOSITE TIME WILL BE ALLOWED. MARKS MUST BE FROM OPEN EVENTS, NOT RELAY EVENTS.
- FOR ALL RELAYS, EXCEPT THE 4 X 100, FAT TIMES FROM OPEN OUTDOOR EVENTS MAY BE USED AS A TEAM'S ENTRY TIME. FAT RELAY SPLITS ARE NOT ACCEPTABLE AND CANNOT BE USED.
- PLEASE INCLUDE A LINK TO RESULTS WITH ENTRY. ALL MARKS ARE SUBJECT TO VERIFICATION BY MEET MANAGEMENT.
- WHEN CALCULATING COMPOSITE TIMES FOR RELAYS THAT INCLUDE 200-METER LEGS, THOSE LEGS MUST BE INDIVIDUAL FAT VERIFIABLE RESULTS.
- WHEN CALCULATING COMPOSITE RELAY TIMES, NO ADJUSTMENTS MAY BE MADE FOR RUNNING STARTS.

MORE INFORMATION ABOUT NIKE OUTDOORS HERE - t.ly/3w58T

INTERESTED? PLEASE EMAIL CENTRALDAKTRACK@GMAIL.COM OR TALK TO YOUR COACH.

YOU DO NOT NEED TO BE PART OF THE CDR SUMMER CLUB - BUT THE PRACTICES/EVENTS ARE OFFERED FOR YOU.

ONCE COMMUNICATION HAS BEEN MADE, **CDR WILL TAKE CARE OF REGISTRATION AND HAVE A FORUM FOR MORE INFORMATION ABOUT THIS MEET.**

*** LET'S PUT NORTH DAKOTA ON THE MAP!! **