COACH O WINTERFEST PBCO
December 12, 2026

LOCATION

Tryon International Center – 25 International Blvd., Mill Spring, NC 28756

LICENSED BY

Coach O Event Management

HOST

Coach O Event Management – Yolanda Freeman, Meet Director, coacho.officials@gmail.com

ELIGIBLITY

This meet is open to any athlete that falls within the age divisions listed below. Each athlete aged **13-18, Open & Masters years** may enter in up to a **maximum of 4 events**. Athletes aged **12 and younger** based on year of birth below may only enter in **3 events**. ***If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification***

Age Division: 5, 6, 7, 8, 9, 10, 11, 12, 13,14, 15-16, 17 –18, 19-30 Open, 31 & Old Master (age as of 12/31/2027)

MEET ENTRY FEE

Meet Entry Fee: Early Bird Entry fee is $40.00 for each athlete (13-18) until December 6th will be $50.00 for Track & Field Events until the Deadline December 10th. All members of relay teams, including alternates, who have not entered on individual event, pay a Early Bird fee of $40.00 until December 6th and $50.00 until the Deadline December 10th.ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL ENTRY FEES MUST BE PAID ONLINE. Entry will not be Processed unless entry fee is paid by the deadline. All major credit cards accepted online.

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MEET UPDATE

All updates for this event will be listed on this page as well as Coach O Track Facebook group.

TENTATIVE

ENTRY PROCESS

All teams and unattached athletes must utilize the online entry process via CoachO.com. This will permit a very efficient registration process that is easy to use. Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving in Mill Spring, NC if possible.

Coaches: The 4x800 Relay is for one single age group including all athletes ages 15-18. When entering your team, you may need to enter a partial team in the 15-16 age group and a partial team in the 17-18 age group. Our timers will merge the partial teams at the meet. However, if all four athletes are in the same age group, just enter all 4 of them in that group as usual.

Example: Billy and Jamal are 15 years old and you want them to run with Steve and Tony who are both 17 years old. Enter Billy and Jamal as a partial team in the 15-16 age group leaving two spots blank. Enter Steve and Tony in the 17-18 age group leaving two spots blank. Follow the same steps if you have only one athlete in a different age group than the other three. When they compete they will be one 4-person team. The results will also show them as one team.

Questions about the 4x8? Email clientrelations@coacho.com.

PACKET PICKUP

Saturday, December 12, 2026, 7am – 4:00pm
Tryon International Center – 25 International Blvd., Mill Spring, NC
A packet will be provided for each team consisting of team rosters. A team representative will be responsible for picking up the packets.

ADMISSION

$15 per person. (Children 4 and under will be admitted free) Athletes must show bib number to enter free). **It is strongly recommended that parents and coaches with less than 4 athletes entered should purchase spectator tickets when entries are completed.**
https://coachoregistration.com/dbi-bin/buytickets.pl?Meet_Id=coaowinpbc2601

All coaches will receive **one** free pass for **4** athletes, **two** free passes for **5 to 15** athletes and **three** free passes for **16 or more** athletes.

PARKING

There will be a Parking fee of $10

IMPLEMENTS

You must bring your own implements and relay batons to compete. There will not be any house implements or relay batons.
All implements must be weighed in and approved 1 hour before event check in.

DRAFTED

AWARDS AREA

In individual and relay events, medals will be presented for participants who finish 1st – 3rd place.

RESULTS

Competitors will come pickup their medals at the designated area.
Results will be posted online at www.coacho.com

COMPETITOR BIB NUMBERS

All athletes will be required to wear their bib numbers on the front of your competition singlet at all times of competition. There is a ten-dollar ($10.00) replacement fee for lost bib numbers. Replacement bib

PROTESTS

numbers can be purchased at the packet pickup area.
Protests concerning the status or eligibility of any competitor must be made to the Coach O Event Management Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet, must be made to the Referee and be filed at once, but in any case, **not more than 30 minutes after the result has been announced**. Protests **MUST be filed in writing and presented to the Meet Director accompanied by a cash deposit of $100.00.** The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. ***PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED***.

PRACTICE TIMES

**We will have 1 pole vault pits, 2 long jump pits & 1 high jump pit going at the same time.
**Concessions & T-shirts will be available for purchase.
**Fully Automatic Timing & results will be done using Finish Lynx Cameras interfaced with Hy-Tek Meet Manager.
No radios, glass containers, or alcoholic beverages are allowed in the facility.

ATHLETE CHECK IN

- Athletes must **check in** at least 30 minutes prior to the event.
- Athletes not checked in by this time will be scratched from the event.

FIELD ATHLETE CHECK IN

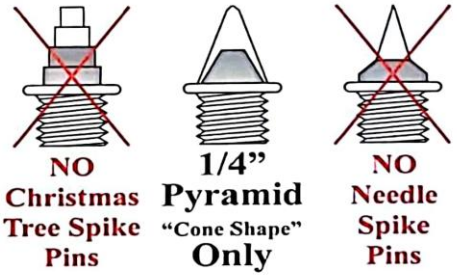
- Athletes must be in the clerking area 15 minutes prior to the scheduled start time.
  - Field Athletes much check in at the event area before last call.
  - Pole Vault much check in outside 1-hour ½ prior to the event
  - Athletes not checked in by this time will be scratched from the event.
- Athletes are required to leave the competition area after the at the conclusion of their event

COACHES

- Coaches will be able to coach from any area on the outside of the track. There will be coaches boxes for High Jump.
- One coach per affiliation will be allowed in the coach's box.

SPIKE INFORMATION

- Athletes will NOT compete if they do not comply with these rules:
  - Please pay close attention to what is the correct spike size.
  - ¼" Pyramid Spikes ONLY – this will be strictly enforced
  - No permanent spike shoes allowed.
  - All spikes must be checked and zip tied at the Spike Check-In tent and at check-in for your event.
  - Spikes will be checked for the appropriate zip tie color to be allowed into the Clerking Area
  - Anyone with the wrong spikes will be disqualified from the meet and put your team in jeopardy for returning for the future.



HOTELS

Booking Link: [Coach O's Winterfest Weekend at Tru By Hilton]
Booking Code: CWW
Guests may also call the hotel directly to book at 864-606-6111 and request the "**CWW**" rate for **December 11-13, 2026**. Those who wish to book online using their Hilton Honors account may do so by inputting the rate code "**CWW**" under "**Special Rates - Group Code**."
Please note that t**he cut-off date is set for November 27, about 2 weeks prior,** so everyone would need to book by or before then to secure the group rate. Please note that there is a 3-day cancellation policy in place.

Booking Link: [Coach O's Winterfest Weekend at Hampton Inn & Suites]
Booking Code: CWW
Guests may also call the hotel directly to book at 864-699-2222 and request the "**CWW**" rate for **December 11-December 13, 2026.** Those who wish to book online using their Hilton Honors account may do so by inputting the rate code "**CWW**" under "**Special Rates - Group Code**."
Please note that t**he cut-off date is set for November 27, about 2 weeks prior,** so everyone would need to book by or before then to secure the group rate. Please note that there is a **72hr cancellation** policy in place.

COACH O WINTERFEST PBCO
EVENT SCHEDULE
December 12, 2026

All Running events will start at the designated time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is ran will be scratched from the event. All Field Events will follow schedule below. **This is a rolling schedule**. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event Official – ONLY** – at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event after their running event** and be ready to compete.

*****IF THERE ARE ONLY ENOUGH PARTICIPANTS FOR ONE HEAT AFTER SEEDING THAT HEAT WILL BE AUTOMATICALLY MOVED TO THE FINALS*****

FINAL SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE

Running Event Schedule
All Timed Finals

Time	Rolling Schedule
9:00AM	
	60 Meter Hurdle Prelims – **Starting with 11 Girls, 14 Boys, 15-18 Girls, 15-18 Boys, Open, Master**
	60 Meter Dash – Starting with 5 Year-Old Girls thru Open, Master Boys – **Prelims**
	4x800 Meter Relay – Timed Final – Starting with 15-18 Girls thru 15-18 Boys
	3000 Meter Run – Girls All Age Groups Combined, Boys All Age Groups Combined **Ages 9-Master**
	60 Meter Hurdles **– Starting with 11-Year-Old Girls** thru 17–18-Year-Old Boys **Finals**
	60 Meter Dash – Starting with 5 Year-Old Girls thru Open, Master Men **Finals**
1:00PM	1500 Meter Run – Starting with 9-Year-Old Girls thru Open, Master Men **Finals**
	400 Meter Dash – Starting with 5 Year-Old Girls thru Open, Master Men
	800 Meter Run – Starting with 5 Year-Old Girls thru Open, Master Men
	200 Meter Dash – Starting with 5 Year-Old Girls thru Open, Master Men
	4x400 Meter Relay – Timed Final – Starting with 9 Year-Old Girls thru Open, Master Men

TENTATIVE

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Field Events for 5–14-year-olds will be contested with four jumps or throws
Field Events and Horizontal Jumps for 15-18-year old and Open & Master will be 3 throws/jumps and a Final

FINAL SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE

Long Jump Boys	Long Jump Girls	Triple Jump	High Jump 1	Shot Put	Shot Put 2	Pole Vault 1
8:00am	**8:00am**		**1:00pm**	**8:00am**	**8:00am**	**8:00am**
5-11B	5-11G		9-14 Girls followed by 9-14 Boys	5-8G	5-8B	13-14G
			4:00pm	**9:00am**	**9:00am**	**11:00 am**
12:00pm	**12:00pm**		15-18G Open & Master Women Followed by 15-18B Open & Master Men	9-12G	9-12B	15-18G Open & Masters Women
12-14B	12-14G			**10:00am**	**10:00am**	**2:00pm**
				13-14G	13-14B	13-14B
2:00pm	**2:00pm**			**12:00pm**	**12:00pm**	**4:00pm**
15-18B	15-18G			15-18G	15-18B	15-18B Open & Masters
Open & Master	Open & Master			**2:00pm**	**2:00pm**	
				Open & Master Women	Open & Master Men	
		4:00pm		**4:00pm**	**4:00pm**	
		13-18G/B				
		Open & Master Women/Men				

TENTATIVE

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