

**Virginia AAU  
Track & Field  
9<sup>th</sup> annual Indoor Track & Field Championship  
Series**

**January 20, 2019  
Hampton, VA**



**DATE:** January 20, 2019  
**LOCATION:** Boo Williams Sportsplex  
5 Armistead Pointe Pkwy  
Hampton Va

**HOST:** Keenan Galloway 757-871-5564  
**ENTRY DEADLINE:** January 17, 2019  
**FEE:** \$14 per event  
**AGE:** 5- 18 (age as of 12/31/19)  
**TIME:** 7:30am door open

**ORDER OF EVENTS**

**Order of Running Events, Start Time 9:30am:**

Youngest to Oldest, **Girls/Women** followed by  
**Boys/Men**

**55 Meter Dash (SF) - ALL AGE DIVISION**

**55 Hurdles (SF) – Age 11-12, 13-14, 15 -18 HS, Open**

**400 Meter Dash (F) – Age 7-8, 9-10, 11-12, 13-14, 15 -  
18 HS, Open**

**1500 Meter Run (F) – Age 7-8, 9-10, 11-12, 13-14, 15 -  
18 HS, Open**

**55 Hurdles (F)**

**55 Meter Dash (F)**

**100m Dash (F) (Age 5 - 6 SHOWCASE)**

**4x200M Relay (F) – Age 7-8, 9-10, 11-12 & 13-14**

**800 Meter Run (F) – Age 7-8, 9-10, 11-12, 13-14, 15 -  
18 HS, Open**

**1500 Meter Race-walk (F) – Age 9-10, 11-12 & 13-14**

**200 Meter Dash (F) - ALL AGE DIVISION**

**1600M SMR (F) –Age 7-8, 9-10, 11-12 & 13-14**

**Order of Field Events, Start Time 9am:**

**SP / LJ, 4 – Attempts, No Final**

SP – Oldest to Youngest, **Boys/Men** then **Girls/Women**  
– **Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS, Open**

LJ – Oldest to Youngest, **Boys/Men** then **Girls/Women** -  
**Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS, Open**

HJ – Oldest to Youngest, **Girls/Women** then **Boys/Men**  
- **Age 9-10, 11-12, 13-14, 15 -18 HS, Open**

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

**FOR MORE INFORMATION:**

Keenan Galloway

757-871-5564 [Track757@track757.net](mailto:Track757@track757.net)