

BWSP FEATURING QUEENS and KINGS INDOOR T&F CHAMPIONSHIP SERIES 2025

(Meet #3)

February 1, 2025

Boo Williams Sportsplex

5 Armistead Pointe Pkwy, Hampton, VA 23666

Host: Eastend Lightning Track & Field

LICENSED BY: AAU TRACK & FIELD

For information, please Contact us at: eastendlightning@gmail.com

Meet Director: Robert Evans Timing by: www.Finallaptiminggroup.com

Entry Information: \$15 per Athlete – SAME DAY ENTRIES, NOT ACCEPTED!

Registration at www.coachO.com, is **REQUIRED!!** Entry Deadline, January 29, 2025

ALL COACHES AND SPECTATOR FEE \$12

**NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY
(All bags are subject to inspection by Security)**

Doors Open at 6:45am, First Call at 7:45am for running and field events!

Age Divisions 5/6, 7/8, and 9/10 (Session #1)

Age Divisions 11/12, 13/14, 15-18, and Open (Session #2) Running events will start approx. 12pm and Field events may start earlier.

Age Division: 5-6, 7-8, 9-10, 11-12, 13-14, 15 –18 HS, Open (age as of 12/31/25)

ONLINE ENTRY AND ONLINE PAYMENT IS REQUIRED FOR ALL ATHLETES

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU **Youth** Athlete membership must be obtained before the competition begins.
Non-Athlete memberships cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership

SESSION #1	
Girls followed by Boys Running Events (Youngest to Oldest)	
55m Dash (SF) - ALL DIV.	SP / LJ, 3 – Attempts, No Final
100m Dash (F) (Age 5 - 6)	LJ – Age 7-8, 9-10, 11 Boys Pit #1
400m Dash (F) – Age 7/8, 9/10	
1500m Run (F) - Age 7-8, 9-10,	LJ – Age ,7-8, 9-10 Girls Pit #2
55m Dash (Final)	
200m Dash (F) - ALL DIVISION	SP - Age 7-8, 9-10 Girls and Boys
1500m RW (F) 9-10,	
800m Run (F) Age 7-8, 9-10,	HJ – Age 9-10 Girls and Boys
4x200 Relay 7-8, 9-10,	
All semi-final (SF) heats with less than 6 competitors will be ran as a timed final.	
SESSION #2(Field events may start early)	
11/12,13/14, HS, Open Girls then Boys (Youngest to Oldest)	
3000m Run (F)	SP / LJ, 3 – Attempts, No Final
55m Dash (SF) - ALL DIVISION	LJ -Oldest to Youngest Age 11-12, 13-14, HS and Open Boys Pit #1
55 Hurdles (F)	
400 Meter Dash (F)	
1500M Run (F)	LJ – Oldest to Youngest, Age 11-12, 13-14, HS and Open Girls Pit #2
55 Meter Dash (F)	
55 Hurdles (F)	
200M DASH (F)	HJ–Age 11-12, 13-14, HS and Open
3000m RW (F)	
800m Run (F)	SP – Oldest to Youngest, Age 11-12, 13-14, HS and Open/Master
4x200 Relay	

BWSP QUEENS and KINGS

MEET RULES

The Championship Series encompasses 4 Queen & 4 King Competitions, following a championship style model. Athletes earn points at each of the series meets to qualify for the final of their competition.

Each of the competitions are staged two (2) times before the final. At meets 1, 2 and 3 of the series, athletes are awarded 10, 8, 6, 4, 2 or 1 points for ranking 1st to 6th respectively with 1st, 2nd and 3rd place finishers receiving awards for every event contested at each meet. In case of a tie, the best legal performance of the qualification phase wins.

The winner at the Final of Queen & King Discipline will become " Series Champion" and be awarded a Special Series Award. Scoring events for each meet:

MEET #1) All running, and field events will be ran as scheduled with only the following events scored:

- 55m, 200m, 400m 800m, 1500rw 3000m and LJ.

MEET #2) All events will be ran as scheduled with only the following events scored:

- 55m, 55h, 100m, SP, HJ, 1500m and 1500rw, and 3000m

MEET #3) All events will be ran as scheduled with only the following events scored:

- 100m, 200m, 400m, 800m, 1500m, SP, HJ, and LJ.

MEET #4 SERIES CHAMPIONSHIP) All events will be ran as scheduled and scored (added to previous scores earned in meets 1, 2, and 3) to crown our Series Champions.

ATHLETES COMPETING FOR SERIES CHAMPIONSHIP RING, MUST HAVE COMPETED IN TWO (2) OF THE FOUR (4) MEETS.

Place	Scoring for each meet
First Place	10 points
Second Place	8 points
Third Place	6 points
Fourth Place	4 points
Fifth Place	2 points
Sixth Place	1 point

Age 5 & 6	Age 7 & 8	Age 9 & 10	Age11 & 12	Age 13 & 14	HS 15 -18	Open
55m Dash	55m Dash	55m Dash	55m Dash	55m Dash	55m Dash	55m Dash
100m Dash	200m Dash	200m Dash	200m Dash	200m Dash	200m Dash	200m Dash
200m Dash	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash
	800m Run	800m Run	800m Run	800m Run	800m Run	800m Run
	LJ	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
	SP	1500m RW	3000m Rum	3000m Rum	3000m Rum	3000m Rum
		LJ	1500m RW	1500m RW	3000m RW	55m Hurdle
		SP	55m Hurdle	55m Hurdle	55m Hurdle	LJ
		HJ	LJ	LJ	LJ	SP
			SP	SP	SP	HJ
			HJ	HJ	HJ	

Meet director will make all final decisions regarding eligibility and awards. Any competitor found competing in the wrong age division for any event will be disqualified from competition at any stage in the meet when such infraction occurred. If a competitor proceeds through the finals of a competition and it is subsequently determined they competed in the wrong age division, all prizes/awards will be revoked. If an athlete is disqualified, all earned points will be forfeited and all places below that of the disqualified athlete will be moved up by one place. All protests will cost \$75, are non-refundable regardless of outcome and must be submitted in writing with the required cash fee to the meet director no more than 30 minutes after event in question is finished.