

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

## (Meet #4)

February 22, 2025

Boo Williams Sportsplex

5 Armistead Pointe Pkwy, Hampton, VA 23666

Host: Technique TC

LICENSED BY: AAU TRACK & FIELD

For information, please Contact us at:

aauvatrack@gmail.com

Meet Director: William Moore (757) 593-6985

Timing by: [www.Finallaptiminggroup.com](http://www.Finallaptiminggroup.com)

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

Registration at [www.coachO.com](http://www.coachO.com), is **REQUIRED!!** Entry Deadline, Feb. 2, 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) Will start approx. 1pm.**

**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**

**Reminder: Any entries with outstanding balances will not be entered into the meet.**

- 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](http://www.aausports.org) to obtain their membership

<b>SESSION #1</b>	
<b>Girls followed by Boys Running Events (Youngest to Oldest)</b>	
55m Dash (SF) - ALL DIV.	<b>SP / LJ, 3 – Attempts, No Final</b>
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,	
<b>All semi-final (SF) heats with less than 6 competitors will be ran as a timed final.</b>	
<b>SESSION #2</b>	
<b>11/12,13/14, HS, Open Girls then Boys (Youngest to Oldest)</b>	
3000m Run (F)	<b>SP / LJ, 3 – Attempts, No Final</b>
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	