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## AWARDS

- Top six finishers in each event will receive awards.
- 1st, 2nd and 3rd place will receive a medal
- 4th, 5th, and 6th place will receive a ribbon.
- Team trophy for the top three teams (combined boys and girls).
- Awards may be picked up in bulk at the conclusion of the meet.
- Scoring for the top six places: 10 - 8 - 6 - 4 - 2 - 1

**ELIGIBILITY:** A competitor in Primary, Sub Bantam, Bantam and Midget may enter a maximum of three events, including relays. Competitors in Youth and Open may enter a max of four events, including relays. **\*\*Limit 4 Females and 4 Males per age group in the 400m dash\*\***

**FIELD EVENTS:** 3 attempts only in the Shot Put, Discus, Long Jump, Turbo Javelin & High Jump. Athletes must check out with Judge prior to leaving to compete in another event. Running events take precedence over field events.

**ENTRY INFO:** All entries will be done online by going to [www.coacho.com](http://www.coacho.com). **Entries must be entered on Coach O by **Wednesday, May 2nd 11:59pm**.** Mailed, faxed, emailed, phone entries and/or changes will not be accepted. All payments must be done online. **NO REGISTRATION FOR EVENTS ON THE DAY OF THE EVENT AND NO CHANGES; NO EXCEPTIONS**

**\$12 per athlete**  
**\$2 Spectator Fee, Free for Kids Under 5**

**FACILITY:** 400 meter all weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. No tape decks, radios, glass containers or open grills allowed in the Stadium. Tents and/or umbrellas will be allowed on the top row of the stadium only excluding in front of the press box. Restrooms are available at facility. Parking lots are located at and near the Stadium. Concession will be open during the meet. Trash bags will be available.

**MEET RULES & REGULATIONS:** No bare feet or stocking feet; shirts required; max ¼" spikes; Athletes on all relay teams must be dressed in the same uniform; Maximum of two relays per age group. Only the designated "A" team will be able to earn points and be counted toward team awards/scoring. Call to Check In will be made as follows: 1st Call, FINAL CALL. Co-ed Relays will be ran with the boys age group.

**EQUIPMENT:** Throwers must use their own implements, and will be subject to inspection. Starting blocks will be used for the 100m Finals Only.



## **MEET SCHEDULE**

7:00 – 7:30 Team Check-In  
 7:45 – Coaches Meeting  
 8:00 – Field Events start  
 8:30 – Running Events start

## **RUNNING EVENTS**

200m Hurdles  
 4x800m Relay  
 100m Semi-Final Run  
 1500 Race Walk  
 100m Final  
 80m Hurdles  
 100m Hurdles  
 100/110m Hurdles  
 1500m Run  
**Darius Dixon 400m**  
 50m Finals  
 4x100m Relay  
 800m Run  
 200m Run  
 4x400m Relay

## **FIELD EVENTS**

*Age Groups will proceed in the order listed*  
 Long Jump (Boys) – Youngest to Oldest  
 Long Jump (Girls) – Youngest to Oldest  
 Shot Put (Boys) – Oldest to Youngest  
 Discus (Girls) – Youngest to Oldest  
 Discus (Boys) – Youngest to Oldest  
 Shot Put (Girls) – Oldest to Youngest  
 High Jump (Boys and Girls) – Youngest to Oldest  
 Turbo Javelin (Boys and Girls) – Youngest to Oldest

## **NOTES:**

1. We will use a rolling schedule
2. All running events are final with the exception of the 100m.
3. Order for running events – Youngest to oldest age groups
4. Girls run first in each age group
5. Please check in on first call

ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS. PLEASE CLEAN UP AROUND YOUR AREA.

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 Youth Athlete membership must be obtained before the competition begins. BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.

Channel “9” on walkie-talkies is designated for officials only!



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# SATURDAY, MAY 5<sup>TH</sup>

Location: Norview High School, 6501 Chesapeake Blvd, Norfolk VA

## Events By Age Group

\*Age Divisions are determined by age as of December 31, 2018\*

Primary 5 & 6	Sub-Bantam 7 & 8	Bantam 9 & 10	Midget 11 & 12	Youth 13 & 14	Open 15 & above
50m	100m	100m	100m	100m	100m
100m	200m	200m	200m	200m	200m
200m	400m	400m	400m	400m	400m
Turbo Javelin	800m	800m	800m	800m	800m
	4x100 relay	1500m run	1500m run	1500m run	1500m run
	4x400 relay	1500m RW	1500m RW	1500m RW	4x100 relay
	Shot Put	4x100 relay	4x100 relay	4x100 relay	4x400 relay
	Turbo Javelin	4x400 relay	4x400 relay	4x400 relay	4x800 relay
	Long Jump	Long Jump	4x800 relay	4x800 relay	100/110m Hurdles
	Shot Put	Shot-Put	80m Hurdles	100m Hurdles	Long Jump
		High Jump	Long Jump	200m Hurdles	High Jump
		Turbo Javelin	High Jump	Long Jump	Shot-Put
			Shot-Put	High Jump	Discus
			Discus	Shot-Put	
				Discus	

Athletes must compete in the age group that corresponds with Year of Birth.