



Saturday May 13th
Churchland High School

4301 Cedar Lane, Portsmouth, VA 23703



Contact: Marco McKoy (757) 537-8730 / virginiatrailblazers@gmail.com



- 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).
- Scoring for the top six places: 10 - 8 - 6 - 4 - 2 - 1
- Awards can be picked up in bulk at the conclusion of the meet.

ELIGIBILITY: Competitors ages 6U-12 may enter a maximum of three events, including relays. Competitors ages 13+ 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 the official 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. **Entries must be entered on Coach O by Wednesday, May 10th 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.**

\$15 per athlete; \$800 team max

FACILITY: 400 meter all weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. No radios/speakers, 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 the facility. Parking lots are located near the Stadium. Concession will be open during the meet. Trash cans will be available and **teams should police their own areas for trash.**

MEET RULES & REGULATIONS: No bare feet or stocking feet; shirts required; max 1/4" 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 run 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.



Saturday May 13th
Nansemond River High School
3301 Nansemond Pkwy, Suffolk, VA 23434



Channel "9" on walkie-talkies is designated for officials 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 (final)
1500 Race Walk (final)
100m (SEMI-final)
1500m Run (final)
Darius Dixon 400m Run (final)
50m (final)
100m (final)
80m Hurdles (final)
100m Hurdles (final)
110m Hurdles (final)
4x100 Relay (final)
800m Run (final)
200m Run (final)
4x400m Relay (final)

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. The 100m dash will be a 1 heat final. Top 8 will advance.
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.

This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership is not 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 the event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.com.



Saturday May 13th
Nansemond River High School
3301 Nansemond Pkwy, Suffolk, VA 23434



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

Age Divisions are determined by age as of December 31, 2019

Sprint

[50] 50m dash 6U

[100] 100m dash 6U 7-8 9-10 11-12 13-14 15-16 17-18

[200] 200m dash 6U 7-8 9-10 11-12 13-14 15-16 17-18

[400] 400m dash 7-8 9-10 11-12 13-14 15-16 17-18

Hurdle

[80H] 80m hurdles 11-12

[100H] 100m hurdles 13-14 15-16 17-18

[110H] 15-16 17-18

[200H] 200m hurdles 13-14

Distance

[800] 800m run 7-8 9-10 11-12 13-14 15-16 17-18

[1500] 1500m run 7-8 9-10 11-12 13-14 15-16 17-18

Walk

[1500W] 1500m walk 9-10 11-12 13-14

Field

[LJ] long jump 7-8 9-10 11-12 13-14 15-16 17-18

[DT] discus throw 11-12 13-14 15-16 17-18

[JT] turbo-javelin 6U 7-8 9-10 11-12

[SP] shot put 7-8 9-10 11-12 13-14 15-16 17-18

[HJ] high jump 9-10 11-12 13-14 15-16 17-18

Relay

[400] 4x100m relay 7-8 9-10 11-12 13-14 15-16

[1600] 4x400m relay 9-10 11-12 13-14