



FEATURING QUEENS and KINGS
INDOOR T&F CHAMPIONSHIP SERIES

(Meet #1) January 2, 2022
(Meet #2) January 16, 2022
(Meet #3) February 6, 2022
(Meet #4) February 27, 2022

Boo Williams Sportsplex
5 Armistead Pointe Pkwy, Hampton VA 23666

Host Club: Technique TC
LICENSED BY: AAU TRACK & FIELD

For information, please Contact us at:
aauvatrack@gmail.com
Meet Management: William Moore
(757) 593-6985

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

ALL COACHES AND SPECTATOR FEE \$10
NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY
(All bags are subject to inspection by Security)
Doors Open at 7:30am, First Call at 8:30am

Age Division: 5-6, 7-8, 9-10, 11-12, 13-14, 15 –18 HS, Open and Master (age as of 12/31/22)
ONLINE ENTRY IS REQUIRED FOR ALL ATHLETES

Final Schedule for all meets will be posted on www.coachoregistration.com 1 day before each meet.
Reminder: Any online 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 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 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 event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

SESSION #1	
14 & Under Girls followed by Boys Running Events (Youngest to Oldest)	
<i>55 Meter Dash (SF) - ALL 14 & U</i>	
<i>55Hurdles (F) - Age 11-12, 13-14</i>	SP / LJ, 4 – Attempts, No Final
<i>100m Dash (F) (Age 5 - 6)</i>	<i>LJ – Oldest to Youngest, Age 7-8, 9-10, 11-12, 13-14 Girls followed Boys Pit #1</i>
<i>400 Meter Dash (F) – Age 7-8, 9-10</i>	SP – Oldest to Youngest, Age 7-8, 9-10, 11-12, 13-14
<i>1500M Run (F) - Age 7-8, 9-10, 11-12, 13-14</i>	Boys follow by Girls
<i>55 Meter Dash (Final)</i>	<i>High Jump – Age 9/10, 11/12 and 13/14 Girls followed Boys</i>
<i>200M DASH (F) - ALL 14 & U</i>	
<i>1500M RW (F) 9-10, 11-12, 13-14</i>	
<i>800 Meter Run (F) Age 7-8, 9-10, 11-12, 13-14</i>	
<i>4x200 Relay 7/8, 9/10, 11/12 and 13/14</i>	

All semi-final (SF) heats with less than 16 competitors will be ran as a final (F)

SESSION #2	
HS Girls & Boys, Open/Master	
<i>55 Meter Dash (SF) – HS 15-18</i>	<i>Long Jump –HS 15-18 Boys followed by Girls Pit #1</i>
<i>55 Hurdles (SF) - HS 15-18</i>	<i>High Jump – HS 15 -18 Girls followed Boys</i>
<i>400 Meter Dash (F) - HS 15-18</i>	<i>Shot Put –HS 15-18 Girls followed by Boys</i>
<i>1500M Run (F) - HS 15-18</i>	
<i>55 Meter Dash (F) HS 15-18</i>	<i>HJ Open 19-30 & Master 31 and Older, Men followed by Women</i>
<i>55 Hurdles (F) - HS 15-18</i>	<i>LJ – Open 19-30 & Master 31 and Older, Women followed Men Pit #1</i>
<i>200M DASH (F) - HS 15-18</i>	<i>SP –19-30 & Master 31 and Older, Women followed Men</i>
<i>1500M RW (F) - HS 15-18</i>	
<i>800 Meter Run (F) HS 15-18</i>	
<i>4x200 Relay HS 15-18</i>	

All semi-final (SF) heats with less than 12 competitors will be ran as a final (F)

Meet Management reserves the right to combine heats/flights as necessary.

BWSP

Featuring Queens and Kings of Indoor T&F Championship Series

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 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.

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. With this format we will have approx. 136 Individual Champions!

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	Age 11 & 12	Age 13 & 14	HS 15 -18	Open 19-30	Master
55m Dash	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
200m Dash	400m 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	800m Run
	LJ	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
	SP	1500m RW	1500m RW	1500m RW	55m Hurdle	55m Hurdle	55m Hurdle
		LJ	55m Hurdle	55m Hurdle	LJ	LJ	LJ
		SP	LJ	LJ	SP	SP	SP
		HJ	SP	SP	HJ	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.

Covid-19 Meet Protocols

Masks are required to be worn at all times by all attendees entering the venue and may only be removed by the athlete while actually competing.

All attendees over the age of 18 are required to complete the CDC Covid-19 Self Screening Tool on [M3 Timing Solutions - Technique Holiday Invitational \(google.com\)](#) and present results of self-screening upon entry to the meet venue.

All attendees will be screened upon each entry into the venue.

Any attendee who does not meet full screening criteria will be denied entry into the competition venue.

The listed protocols are designed to enhance your safety and comply with national, state and local guidelines. As those guidelines change, our protocols may also change. We understand that these times are challenging, and we appreciate everyone's patience and understanding as we navigate as responsibly as we can. Together, we can find new ways to have fun in competition while being diligent to maintain proper physical distancing. Please be responsible and help us safely implement these requirements to ensure the safety of all involved.

Facility Rules/Requirements

- Daily temperature checks at the gate will be conducted.
- If you have a temperature greater than 100.4°F, entry will be denied.
- Daily wristbands will be provided to those who pass the screening conducted at the gate.
- All athletes, coaches, spectators, officials, volunteers and other staff will be denied entry if any of the following applies:
 - *You have had close contact with an individual infected with COVID-19 within the last 14 days.
 - *You are currently experiencing - or in the past 14 days have experienced - fever, cough, shortness of breath. - *You have had close contact within the last 14 days with an individual suspected of being infected with COVID-19 (including individuals exhibiting COVID-19 symptoms).
 - *You have traveled to an area that is under a travel advisory by the U.S. State Department.
 - *All athletes, coaches, spectators, officials, volunteers and other staff will be required to pass the online screening and daily temperature screening
 - *All athletes, coaches, spectators, officials, volunteers and other staff will be required, at all times, to wear a mask while in the facility (athletes do not have to wear a mask while competing, but can do so if they so choose)
 - *Social distancing will be required
 - *At the end of each session, all athletes, coaches, spectators will be required to exit the venue
 - *Entry for subsequent sessions will begin after the venue has been sanitized
 - *Sanitizing stations and bottle filling stations are present throughout the venue
 - *Athletes should maintain social distancing at all possible times
 - *Spectators are required to remain in the spectator area at all times
 - *Cover coughs and sneezes.