

21st Atlantic Coast Track Invitational

Lakeland High School
214 Kenyon Rd
Suffolk, VA 23464
Saturday, June 15, 2019

How to enter the meet:

Entries will only be accepted through on line registration and payment at coacho.com. Enter the meet by clicking "[here](#)"

Online Registration opens April 17th and will close at

Midnight Thursday June 13th.

- 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 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.
 - **Note: any contacts listed within this flyer MUST have a current AAU Membership.**

Contact: Vincent Pugh (757) 635-8284, Greg Rountree (757) 352-1047
email: vapugh1va@gmail.com

Entry Fees: \$12.00 per athlete

All payments must be made online and received prior to the entry deadline.

Awards: Combined Team Trophies- 1st – 3rd Place Teams
Individual: Medals - 1st - 2nd - 3rd

Participants:

Age groups are determined by the athletes' age as of **December 31, 2019**. All athletes 12 & under will be able to compete in only **3** events (including relays) and athletes 13 & older can compete in **4** events (including relays). per age division per event. There will be no limit on the number of athletes or relays that can enter into events.

Admission: \$5.00 per person; kids 6 and under are free



ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS.

Concessions will be sold

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Meet Schedule

7:00 a.m. - 8:00 a.m. Team check-in
8:00 a.m. Coaches Meeting

Field Events

8:30 am Long Jump (girls pit #1) Primary G-YW
Long Jump (boys pit #2) Primary B-YM
High Jump (boys then girls) YM-BG
Shot Put (girls then boys) SBG-YM
Discus Throw (boys then girls) YM-MG

12:00 pm Turbo-Javelin (girls then boys) SB-MG

1:00 pm Triple Jump (girls pit #1) YG-YW
Triple Jump (boys pit #2) YB-YM
Pole Vault (girls then boys) IG-YM

Running Events (rolling schedule, youngest to oldest)

9:30am 3000m run
80/100m Hurdles (final)
100m Hurdles (final)
110m Hurdles (final)
100 m (final)
4x800 Relay (final)
200m Hurdles (final)
400m Hurdles (final)
1500 m (final)
4x100 m Relay (final)
400m (final)
800 m (final)
200 m (final)
1,500/3,000m RaceWalk (final)
4x400 m Relay (final)



Events

	Primary	SubBantam	Bantam	Midget	Youth	Int	Young m/w
Age	6 & under	7-8	9-10	11-12	13-14	15-16	17-18
Year of birth	'13 & later	'12/'11	'10/'09	'08/'07	'06/'05	'04/'03	'02/'01
Long Jump	X	X	X	X	X	X	X
Shot Put		X	X	X	X	X	X
Discus				X	X	X	X
Turbo- Javelin		X	X	X			
High Jump			X	X	X	X	X
Triple Jump					X	X	X
Pole Vault						X	X
3,000m				X	X	X	X
80/100m Hurdles				X	X		
100/110m Hurdles						X	X
100m	X	X	X	X	X	X	X
4x800m Relay				X	X	X	X
200m Hurdles					X		
400m Hurdles						X	X
1,500m		X	X	X	X	X	X
4x100			X	X	X	X	X
400m		X	X	X	X	X	X
800m			X	X	X	X	X
200m	X	X	X	X	X	X	X
1500m Racewalk			X	X			
3,000m Racewalk					X	X	X
4x400			X	X	X	X	X