



## DATE: Sunday, February 16, 2025 LOCATION: Boo Williams Sportsplex, 5 Armistead Pointe Pkwy Hampton, VA 23666

- This event is licensed by the Amatuer 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 this event.
- AAU membership must be obtained before the beginning of competition, except where the event operator has access to an internet connection.
- Participants are encouraged to visit the AAU website **www.aausports.org** to obtain their membership.
- Note: 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.

# UPDATED 12/17/24

Date: Sunday, February 16, 2025 Host: Hampton Roads Hurricanes Track Club Contact Number: 804-513-9470 Meet Director: Harrison Kent, hamptonroadshurricanes@gmail.com

#### ENTRY DETAILS:

- \$15/per athlete. Entries for competition and payment will only be accepted through online registration at <u>www.coacho.com.</u>
- Entries must be received by <u>11:59 p.m. on Wednesday, February 12, 2025.</u>
- Phoned-in entries and/or changes will not be accepted.
- There will be no registration and no entry changes for competition on the day of the event.

All Coaches and Spectator Fee: \$12/per person; Ages 5 and Under FREE
\*\*CASH ONLY\*\*

Session #1 - Age Divisions: 5-6, 7-8 and 9-10 Doors Open at 6:45 a.m.; *First Call at 7:45 a.m. for running and field events!* Session #2 - Age Divisions: 11-12, 13-14, HS and Open, will start at approximately 12 noon.

#### RULES:

Rules are in accordance with USA Track & Field.

#### AWARDS:

The top three finishers in each event, including relays, will receive medals. Awards will be ready for pickup at the conclusion of the meet. Any awards not collected at meet's end will be forfeited.

#### ELIGIBILITY:

Competitors in ages 5-12 may enter a maximum of three (3) events, including relays. All other competitors may enter a maximum of four (4) events, including relays.

#### **MEET RULES & REGULATIONS:**

- No competing in bare feet or stocking feet
- No bare midriff; shirts required.
- Max spike size is <sup>1</sup>/<sub>4</sub>-inch.
- Call to Check-In will be as follows: 1st Call, 2nd Call, FINAL CALL.
- Field Events: 3 attempts for Shot Put and Long Jump No Final. Athletes must check in with head event officials prior to leaving to compete in another event.

#### EQUIPMENT:

Throwers must use their own implements that have been checked and certified one-hour prior to competition.

#### FACILITIES:

- 200-meter, six-lane track with IAFF Certified synthetic surface.
- Concessions will be available on site; NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY.
- NO WAGONS WILL BE ALLOWED INTO THE FACILITY!
- ALL BAGS are subject to inspection by Security.
- Restrooms are available at the facility.
- Parking lots are located at and near the facility.

#### 2025 HRH Winter Storm Classic - Session #1 Meet Schedule\*\*

Age Divisions 5-6 through 9-10, Girls followed by Boys Running Events (Youngest to Oldest)

### We will use a rolling schedule.

55m Dash (SF) - ALL DIVISIONS

100m Dash (F) - Age 5-6

400m Dash (F) - Age 7-8, 9-10

1500m Run (F) - Age 7-8, 9-10

55m Dash (F) - ALL DIVISIONS

200m Dash (F) - ALL DIVISIONS

1500m RW (F) - Age 9-10

800m Run (F) - Age 7-8, 9-10

4x200m Relay - Age 7-8, 9-10

Shot Put/Long Jump - 3 attempts NO FINAL

Long Jump - Oldest to Youngest Age 7-8, 9-10 Boys Pit #1

Long Jump - Oldest to Youngest Age 7-8, 9-10 Girls Pit #2

Shot Put - Oldest to Youngest Age 7-8, 9-10 Girls and Boys

High Jump - Oldest to Youngest Age 9-10, 11-12 Girls and Boys

\*\*<u>Session #2 will follow the same schedule above</u> for Ages 11-12, 13-14, HS and Open (19 and over); Running Events Youngest to Oldest; Field Event Oldest to Youngest. <u>Session 2 will also feature, 3000m Run (ages 11-12 through HS) before</u> <u>55m Dash; 55m Hurdles (ages 11 through Open) after 55m; 3000RW (Open) and</u> <u>1500 RW (ages 11 through HS) after 55m finals.</u>

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