

2019 Legacy Virginia Invitational

SATURDAY, MAY 25th, 2019
TUSCARORA HIGH SCHOOL
801 N King St, Leesburg, VA 20176



CONTACT INFORMATION

MEET DIRECTOR: PARIS THOMAS (703)898-5960

ASSISTANT MEET DIRECTOR: CHRIS WANZA (571)226-0710

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AGE

Division

div #	name	low age	high age	entry limit
1	7/8	7	8	3
2	9/10	9	10	3
3	11/12	11	12	3
4	13/14	13	14	4
5	15/16	15	16	4
6	17/18	17	18*	4
7	Open	19	100	unlimited
8	Primary	5	6	3

*athletes born in 2000 must turn 19 after 08/03/2019.

REGISTRATION & FEES

Must be paid via on-line registration ONLY through www.coacho.com (no mail ins or faxes will be accepted); NO REFUNDS. All entries must be submitted by Friday, May 24, 2018. 11:59 pm

\$8 per team member

\$8 unattached

\$16 per relay event

\$600 team maximum for both male & female teams

\$5 Spectator Admission Fee for all not participating in the meet

AWARDS

Awards to be picked up at the end of the meet or when your team is finished.

1st—3rd place will receive Medals

4th—6th place will receive Ribbons

ELIGIBILITY

Age division 5/6 through 11/12 competitors may compete in a maximum of 3 events; all others may compete in a maximum of 4 events including relays.

FACILITIES

An 8-lane all-weather track. Spikes of 1/4" are allowed.

All jumping surfaces are all weather rubber.

FULLY AUTOMATED TIMING (F.A.T.) by Bernard Canady

Concessions will be open during meet.

No radios, open grills or glass containers allowed in stadium.

Restrooms available.

Please bring trash bags to police your area before you leave

SCHEDULE

7:00 am Packet Pick-up
7:45 am Coaches Meeting
7:55 am National Anthem and Opening Ceremony
8:00 am All Field Events start
10:00 am Running Events start with 100M trials

FIELD EVENTS: 8:00 AM START along with the following Running Events: 3000M, 1500M race walk, 4x800M Relay

LONG JUMP

Girls youngest to oldest (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
Boys youngest to oldest (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)

TRIPLE JUMP

Following the Long Jump
Girls youngest to oldest (13/14, 15/16, 17/18, OPEN)
Boys youngest to oldest (Y-I-O)

HIGH JUMP

Girls youngest to oldest (9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
Boys youngest to oldest (9/10, 11/12, 13/14, 15/16, 17/18, OPEN)

SHOT PUT

Girls oldest to youngest (17/18, 15/16, 13/14, 11/12, 9/10, 7/8)
Boys oldest to youngest (17/18, 15/16, 13/14, 11/12, 9/10, 7/8)

DISCUS THROW

Girls youngest to oldest (11/12, 13/14, 15/16, 17/18, OPEN)
Boys youngest to oldest (11/12, 13/14, 15/16, 17/18, OPEN)

MINI JAVELIN

Following the Discus Throw

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 to obtain membership.

10:00AM START (starting with 100M)

Order of Events

- 3000m Run (11/12, 13/14, 15/16, 17/18, OPEN) (8am start)
- 1500m Race Walk (9/10, 11/12, 13/14, 15/16, 17/18, OPEN) (start after 3000M)
- 4x800m Relay (11/12, 13/14, 15/16, 17/18, OPEN)
- 100m Trials (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 80m Hurdles (11/12)
- 100m Hurdles (13/14 /BOYS)
- 100m Hurdles GIRLS/WOMEN 13/14,15/16, 17/18, OPEN)
- 110m Hurdles (15/16, 17/18, OPEN)
- 1500m Run (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 100m Finals (5/6, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 50m Finals (5/6 Only)
- 400m Dash (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 4x100m Relay (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 800m Run (7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 300m Hurdles (15/16, 17/18)
- 200m Finals (5/6, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
- 4x400m Relay 7/8, 9/10, 11/12, 13/14, 15/16, 17/18, OPEN)
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IMPORTANT NOTES

- ALL EVENTS WILL OPERATE ON A ROLLING SCHEDULE
- PLEASE SEND ATHLETES TO CHECK IN ON FIRST CALL
- PLEASE CLEAN UP YOUR AREA BEFORE YOU LEAVE
- WATER AND TRASH BAGS WILL BE AVAILABLE
- HAVE A MEMBER OF YOUR TEAM STAY AFTER THE MEET TO COLLECT YOUR TEAM'S MEDALS