



BWSP



FEATURING QUEENS and KINGS *INDOOR T&F CHAMPIONSHIP SERIES*

(Meet #1)

January 15, 2023

Boo Williams Sportsplex

5 Armistead Pointe Pkwy, Hampton, VA 23666

Host: Eastend Lightning

LICENSED BY: AAU TRACK & FIELD

For information, please Contact us at:

eastendlightning@gmail.com

Meet Director: Robert Evens

(804) 922-9503

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

Online Registration at www.coachO.com, is **REQUIRED!!** **Entry Deadline, January 12, 2023**

ALL COACHES AND SPECTATOR FEE \$12

NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY

(All bags are subject to inspection by Security)

Doors Open at 6:45am, First Call at 7:45am for running and field events!

Age Divisions 5-6, 7-8, 9-10 and 11-12, Session #1

Age Divisions 13-14, HS, Open and Master Session #2 will start approximately 12 noon.

Timing by: www.Finallaptiminggroup.com

Age Division: 5-6, 7-8, 9-10, 11-12, 13-14, 15 –18 HS, Open and Master (age as of 12/31/23)

ONLINE ENTRY IS REQUIRED FOR ALL ATHLETES

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.ausports.org to obtain their membership.

SESSION #1	
Girls followed by Boys Running Events (Youngest to Oldest)	
<i>3000m Run (F) – Age 11-12</i>	
<i>55m Dash (SF) - ALL DIVISION</i>	
<i>55Hurdles (F) - Age 11-12</i>	SP / LJ, 3 – Attempts, No Final
<i>100m Dash (F) (Age 5 - 6)</i>	<i>LJ – Oldest to Youngest, Age 7-8, 9-10, 11-12 Boys Pit #1</i>
<i>400m Dash (F) – Age 7-8, 9-10, 11-12</i>	
<i>1500m Run (F) - Age 7-8, 9-10, 11-12</i>	<i>LJ – Oldest to Youngest, Age ,7-8, 9-10 ,11-12 Girls Pit #2</i>
<i>55m Dash (Final)</i>	
<i>200m Dash (F) - ALL DIVISION</i>	<i>SP – Oldest to Youngest, Age 7-8, 9-10, 11-12 Girl and Boys</i>
<i>1500m RW (F) 9-10, 11-12</i>	
<i>800m Run (F) Age 7-8, 9-10, 11-12</i>	<i>High Jump – Age 9-10, 11-12 Girls and Boys</i>
<i>4x200 Relay 7-8, 9-10, 11-12</i>	

All semi-final (SF) heats with less than 6 competitors will be ran as a timed final (F)

SESSION #2	
13-14, HS, Open and Master	
Girls followed by Boys (Youngest to Oldest)	
<i>3000m Run (F)</i>	<i>Long Jump</i>
<i>55 Meter Dash (F)</i>	<i>High Jump</i>
<i>55 Hurdles (F)</i>	<i>Shot Put</i>
<i>400 Meter Dash (F)</i>	
<i>1500M Run (F)</i>	
<i>55 Meter Dash (F)</i>	
<i>55 Hurdles (F)</i>	
<i>200M DASH (F)</i>	
<i>4x200 (F)</i>	

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

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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 3000m 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, and 3000m

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	3000m Rum	3000m Rum	3000m Rum	3000m Rum	3000m Rum
		LJ	1500m RW	1500m RW	55m Hurdle	55m Hurdle	55m Hurdle
		SP	55m Hurdle	55m Hurdle	LJ	LJ	LJ
		HJ	LJ	LJ	SP	SP	SP
			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.