

3RD ANNUAL

LIGHTNING LEGENDS INVITATIONAL

May 13, 2023

HOSTED BY:



VARINA HIGH SCHOOL
7053 MESSER RD
HENRICO, VA 23231



- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
 - All participants must have a current AAU membership
 - Registration is on www.coacho.com

ENTRY RULES In accordance with USATF YOUTH

REGISTRATION & FEES

✦ **MUST be paid via on-line registration ONLY** accepted through www.coacho.com (no mail-ins or faxes will be accepted); **NO REFUNDS**

✦ **All entries must be submitted by Thursday, May 11, 2023**

✦ \$15 athlete (NO RELAY CHARGE ☺)

✦ \$15 unattached

**\$10 Gate fee for everyone
over 5**

AWARDS To be picked up at the **END** of the meet. Unattached athletes may get 1 hour after event has results posted.

✦ 1ST THROUGH 3RD WILL RECEIVE MEDALS

✦ 4TH THROUGH 6TH PLACE WILL RECEIVE RIBBONS

ELIGIBILITY Primary through Midget 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" (no longer) are allowed. Throwing surfaces are concrete. All Jumping surfaces are all-weather rubber. FAT timing. Concession will be open during meet. **No radios, open grills or glass containers allowed in the stadium. NO TENTS IN AREAS MARKED WITH YELLOW CAUTION TAPE.** Restrooms will be available. It's imperative that all spectators police your area during the meet and before you leave, we will provide trash bags. Athlete's will enter through pass gate and will need to have on their team uniform and/or bib once meet begins to re-enter the stadium. Bibs will be in team packets and a coach/unattached rep will need to pick up packets prior to Coaches Meeting @8:15 a.m.

RULES/REGULATIONS No bare or stocking feet; shirts required; max 1/4" spikes; athletes on all relay teams must be dressed in the same uniform top. There is a \$25 fee for protesting an event. No one will be allowed to go on the track to discuss any disputes during the meet. If you have a concern, there will be a designated table by the awards area that you may write your concern down and you will be contacted by a Lightning official to make adjustments.

EQUIPMENT Blocks will NOT be allowed for **PRIMARY THROUGH YOUTH** age groups. Throwers **may** use their own implements and **may be subject** to inspection.

NOTES:

✦ **ALL EVENTS WILL OPERATE ON A ROLLING SCHEDULE**

✦ PLEASE SEND ATHLETES TO CHECK IN ON FIRST CALL (KNOW YOUR SECTION NUMBER AND LANE)

✦ PLEASE CLEAN UP YOUR AREA BEFORE YOU LEAVE

✦ CONCESSION, WATER STATIONS, FIRST AID TENT AND TRASH BAGS WILL BE AVAILABLE

✦ BIBS MUST BE WORN BY ATHLETES THE ENTIRE DAY AND WILL BE GIVEN TO COACHES IN MEET INFO. NO BIB...
NO COMPETING !!!

CONTACTS:

Robert Evans
Director / Head Coach
Phone: 804.922.9503
Email: eastendlightning@gmail.com

Shahidah Jackson
Team President
Email: meandmyfam4eva@gmail.com

Variety of Concessions and vendors will be available.

SCHEDULE

7:25 a.m. **GATES OPEN**

7:30 a.m. Information Pick-up (**Coaches check envelope for arm band if your team has more than 5 athlete's**) & Team Check in

8:15 a.m. Coaches Meeting (High Jump Area)

LEGENDS INVITATIONAL

✦ LONG JUMP

Girls youngest to oldest (Runway #1) (SB-M-Y-I-YMYW) Primary last

Boys youngest to oldest (Runway #2) (SB-M-Y-I-YMYW) Primary last

✦ HIGH JUMP

Girls youngest to oldest (B-M-Y-I-YMYW)

Boys youngest to oldest (B-M-Y-I-YMYW)

✦ SHOT PUT

Girls youngest to oldest (SB-M-Y-I-YMYW)

Boys youngest to oldest (SB-M-Y-I-YMYW)

✦ DISCUS THROW

Girls oldest to youngest (YMYW-I-Y-M)

Boys oldest to youngest (YMYW-I-Y-M)

✦ TRIPLE JUMP

Following the LONG JUMP

Girls youngest to oldest (Y- I-YMYW)

Boys youngest to oldest (Y- I-YMYW)

✦ MINI JAVELIN (PRIMARY WILL THROW @8:30 SHARP ON FOOTBALL FIELD)

Girls & Boys Together right after (SB-B-M)

8:30am Running Events Start

✦ 1500m Run Finals (Sub Bantam-Bantam- Midget-Youth- HS)

✦ 200m Hurdles (Youth)

✦ 400m Hurdles (HS)

✦ 50m Finals (Primary)

✦ 100m Finals (Sub Bantam-Bantam- Midget-Youth- HS- **Primary**)

✦ 1500m Race-Walk (Bantam and Midget)

✦ 3000m Run (Midget-Youth- HS)

✦ 400m Dash Finals (Sub Bantam- Bantam- Midget-Youth-HS))

✦ 80m Hurdles (Midget)

✦ 100m Hurdles (Youth-I-HS)

✦ 110m Hurdles (I-HS)

✦ 4x100m Relay (Sub Bantam-Bantam- Midget-Youth- HS)

✦ 800m Run (Sub Bantam-Bantam- Midget-Youth-HS)

✦ 200m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- HS)

Primary (5&6)	Sub Bantam (7/8)	Bantam (9/10)	Midget (11-12)	Youth (13/14)	Intermediate (15-16)	Young- Men&Women (17-18)
50m Finals	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals
100m Finals	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals
200m Finals	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
Long Jump	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
Mini Javelin	4x100m Relay	1500m RW	3000m Run	3000m Run	100m Hurdles	100m Hurdles
	Long Jump	4x100m Relay	1500m RW	100m Hurdles	110m Hurdles	110m Hurdles
	Shot Put	High Jump	80m Hurdles	200m Hurdles	400m Hurdles	400m Hurdles
	Mini Javelin	Mini Javelin	4x100m Relay	4x100m Relay	3000m Run	3000m Run
	4x400 Relay	Shot Put	Shot Put	4x800m Relay	4x100m Relay	4x100m Relay
		Long Jump	4x800m Relay	High Jump	4x800m Relay	4x800m Relay
		4x400 Relay	High Jump	Long Jump	Long Jump	Long Jump
			Long Jump	Shot Put	High Jump	High Jump
			Mini Javelin	Triple Jump	Triple Jump	Triple Jump
			Discus	Discus	Shot Put	Shot Put
			4x400 Relay	4x400 Relay	Discus	Discus
					4x400 Relay	4x400 Relay

