

BWSP FEATURING QUEENS and KINGS INDOOR T&F CHAMPIONSHIP SERIES 2025

(Meet #1)

January 4, 2025

Boo Williams Sportsplex

5 Armistead Pointe Pkwy, Hampton, VA 23666

Host: Technique TC

LICENSED BY: AAU TRACK & FIELD

For information, please Contact us at:

aauvatrack@gmail.com

Meet Director: William Moore (757) 593-6985

Timing by: www.Finallaptiminggroup.com

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

Registration at www.coachO.com, is **REQUIRED!!** Entry Deadline, January 2, 2025

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, and 9/10 (Session #1)

Age Divisions 11/12, 13/14, 15-18, and Open (Session #2) Will start approx. 1pm.

Age Division: 5-6, 7-8, 9-10, 11-12, 13-14, 15 –18 HS, Open (age as of 12/31/25)

ONLINE ENTRY AND ONLINE PAYMENT IS REQUIRED FOR ALL ATHLETES

Reminder: Any 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 **Youth** Athlete membership must be obtained before the competition begins.
Non-Athlete memberships 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

SESSION #1	
Girls followed by Boys Running Events (Youngest to Oldest)	
55m Dash (SF) - ALL DIV.	SP / LJ, 3 – Attempts, No Final
100m Dash (F) (Age 5 - 6)	LJ – Age 7-8, 9-10, 11 Boys Pit #1
400m Dash (F) – Age 7/8, 9/10	
1500m Run (F) - Age 7-8, 9-10,	LJ – Age ,7-8, 9-10 Girls Pit #2
55m Dash (Final)	
200m Dash (F) - ALL DIVISION	SP - Age 7-8, 9-10 Girls and Boys
1500m RW (F) 9-10,	
800m Run (F) Age 7-8, 9-10,	HJ – Age 9-10 Girls and Boys
4x200 Relay 7-8, 9-10,	
All semi-final (SF) heats with less than 6 competitors will be ran as a timed final.	
SESSION #2	
11/12,13/14, HS, Open Girls then Boys (Youngest to Oldest)	
3000m Run (F)	SP / LJ, 3 – Attempts, No Final
55m Dash (SF) - ALL DIVISION	LJ -Oldest to Youngest Age 11-12, 13-14, HS and Open Boys Pit #1
55 Hurdles (F)	
400 Meter Dash (F)	
1500M Run (F)	LJ – Oldest to Youngest, Age 11-12, 13-14, HS and Open Girls Pit #2
55 Meter Dash (F)	
55 Hurdles (F)	
200M DASH (F)	HJ–Age 11-12, 13-14, HS and Open
3000m RW (F)	
800m Run (F)	SP – Oldest to Youngest, Age 11-12, 13-14, HS and Open/Master
4x200 Relay	