

CANNONBALL COOPER

July 8, 2023

VIRGINIA'S OLDEST AGE GROUP TRACK AND FIELD COMPETITION

36th YEAR RUNNING

HOSTED BY:

EAST END Lightning Age Group Championship



J.R. TUCKER HIGH SCHOOL

2910 N. PARHAM RD

HENRICO VA 23294

- 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 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.

July 8, 2023
J.R. Tucker High School

7:00 a.m. – Gates WILL OPEN @ 7am. Team check-in & packet pickup

7:30 a.m.- Officials Meeting

7:45 a.m. - Coaches Meeting

RUNNING EVENTS ---8:45 am

1500mRUN Finals

200m Hurdles

400m Hurdles

4x800m Relay

50m Finals (Primary only)

100m Finals (7-18, then 5/6 age group)

1500m Race-Walk

3000m Run

400m Dash

80m Hurdles

100m Hurdles

110m Hurdles

4x100m Relay

**4x100 Parent/Coaches (register with relay card
@clerk of course before noon)**

800m Run

200m Finals

4x400m Relay

FIELD EVENTS ---8:15 am

- Long Jump (oldest to youngest both pits will be used) 18-7
- Triple Jump youngest to oldest (2 pits) 13-18
- High Jump Oldest to youngest Boys then the Girls 18-9
- Shot Put Youngest to oldest Girls **followed** by boys youngest to oldest 7-18
- Discus Throw oldest to youngest girls then the boys 18-11
- Turbo Javelin (Youngest to oldest) Boys and girls 2 throwing areas early a.m. 5-13-Athletes that are 5/6 will be given three consecutive throws then they are complete.