

HOWARD WHITE TRACK CLASSIC

DECEMBER 7, 2024

Location: Boo Williams Sportsplex

5 Armistead Pointe Pkwy

Hampton, VA 23666

Host: TECHNIQUE TRACK CLUB
LICENSED BY: AAU TRACK & FIELD

For information, please Contact:

Meet Director: William Moore, aauvatrack@gmail.com (757) 593-6985

Entry Information: \$10 per athlete, same day entries will not be ACCEPTED!!

Online Registration at coacho.com is required.

Entry deadline December 4, 2024

AWARDS WILL BE GIVEN TO THE TOP 3 ATHLETES IN EACH EVENT/GRADE.

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 7:00am, First Call at 8:15am for running and field events!

SPONSOR BY:



Shoe Palace



- 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.ausports.org to obtain their membership

Running Events				
Girls followed by Boys (Youngest to Oldest)				
SCHEDULE IS TENTATIVE AND SUBJECT TO CHANGE				
55m Dash (SF) – ALL DIVISIONS				
1500m Run (F) 3 rd – 4 th , 5 th – 6 th , 7 th – 8 th				
100 Dash (F) K4-5				
400m Dash (F) 1 st – 2 nd , 3 rd – 4 th , 5 th – 6 th , 7 th – 8 th				
55m Dash (F) – ALL DIVISIONS				
200m Dash (F) - ALL DIVISIONS				
800m Run (F) 3 rd – 4 th , 5 th – 6 th , 7 th – 8 th				
4x200 Relay (F) 3 rd – 4 th , 5 th – 6 th , 7 th – 8 th				
FIELD EVENTS				
LJ - 3 Att. Oldest to Youngest, Girls then Boys, 1 st - 2 nd , 3 rd - 4 th , 5 th - 6 th , 7 th - 8 th				
SP- 3 Attempts. Oldest to Youngest, Girls then Boys- 3 rd - 4 th , 5 th - 6 th , 7 th - 8 th				
HJ - Youngest to Oldest – Boys then Girls 3 rd - 4 th , 5 th - 6 th , 7 th - 8 th				
Events, K4/5, 1 st thru 8 th Grade, Combined Grade Divisions				
K4-5	1st – 2nd	3rd – 4th	5th – 6th	7th – 8th
55 Dash	55m Dash	55m Dash	55m Dash	55m Dash
100 Dash	200m Dash	200m Dash	200m Dash	200m Dash
200 Dash	400m Dash	400m Dash	400m Dash	400m Dash
	Long Jump	800m Run	800m Run	800m Run
		1500m Run	1500m Run	1500m Run
		Long Jump	Long Jump	Long Jump
		Shot Put	Shot Put	Shot Put
		High Jump	High Jump	High Jump
		4x200 Relay	4x200 Relay	4x200 Relay

SWAG BAGS WILL BE GIVEN TO THE FIRST 500 REGISTERED/PAID ATHLETES!!

Howard White T-Shirt, Water Bottle, Commemorative Towel, Pen and Bag