

# INTRODUCING THE HR-HURRICANES CAT 5 INVITATIONAL



**DATE: SUNDAY, MAY 21, 2023**

**LOCATION: KECOUGHTAN HIGH SCHOOL, 522 WOODLAND ROAD  
HAMPTON, VA 23669**

Formed in 2017, the Hampton Roads Hurricanes are excited for the opportunity to host their inaugural meet and contribute in extending the roots of track and field on the Virginia Peninsula. We hope that this is the beginning of a rich tradition.

- 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 this event.
- AAU membership must be obtained before the beginning of competition, except where the event operator has access to an internet connection.
- Participants are encouraged to visit the AAU website [www.ausports.org](http://www.ausports.org) to obtain their membership.

**Date: Sunday, May 21, 2023**  
**Host: Hampton Roads Hurricanes Track Club**  
**Contact Numbers: 804-513-9470**  
**Meet Director: Harrison Kent**

**ENTRY DETAILS:**

- **\$20 per athlete. Entries for competition and payment will only be accepted through online registration at [www.coacho.com](http://www.coacho.com).**
- **Entries must be received by 11:59 p.m. on Thursday, May 18, 2023.**
- **Phoned-in entries and/or changes will not be accepted.**
- **There will be no registration for competition on the day of the event. There will be no changes on the day of the event.**

**Spectator admission is FREE!!!**

**Note: The facility does not feature bleacher seating. Spectators should bring their own tents and collapsible/lawn chairs.**

**Concessions will be available on site.**

**RULES:**

Rules are in accordance with USA Track & Field.

**AWARDS:**

The top three finishers in each event, including relays, will receive medals. Awards will be ready for pickup at the conclusion of the meet. Any awards not collected at meet end will be forfeited.

**ELIGIBILITY:**

Competitors in ages 5-12 may enter a maximum of three (3) events, including relay. All other competitors may enter a maximum of four (4) events, including relays.

**MEET RULES & REGULATIONS:**

- No bare feet or stocking feet.
- No bare midriff.
- Shirts required.
- Max spike size is 1/4-inch.
- Call to Check-In will be as follows: **1st Call, 2nd Call, FINAL CALL.**
- Relays...

- Field Events: 3 attempts for Mini Javelin and Long Jump. Athletes must check in with head event official prior to leaving to compete in another event.

**EQUIPMENT:**

Athletes must provide their own starting blocks. Throwers must use their own implements that have been checked and certified on the field one-hour prior to competition.

**FACILITIES:**

- 400-meter all weather track with **6 lanes** 42-inches; all-weather runways and concrete circles; FAT timing.
- **NO** radios, glass containers or open grills are allowed on the facility.
- Tents and/or umbrellas are allowed.
- Restrooms are available at the facility.
- Parking lots are located at and near the facility.

**2023 HR-Hurricanes Category 5 Invitational Meet Schedule**

7:00 a.m.	Gates Open
7:30 a.m.	Team Check-In
8:30 a.m.	Coaches Meeting
8:45 a.m.	Field Events Begin
9:00 a.m.	Running Events Begin

**FIELD EVENTS**

**Long Jump**

Girls youngest to oldest ()

Boys youngest to oldest ()

**Shot Put**

Girls youngest to oldest ()

Boys youngest to oldest ()

**Discus Throw**

Girls youngest to oldest ()

Boys youngest to oldest ()

**Mini Javelin**

Girls youngest to oldest ()

Boys youngest to oldest ()

**RUNNING EVENTS**

- 1500m Race-Walk F (7/8 through 17/18)

- 100m Dash SF (5/6, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18)<sup>1</sup>
- 1500m F (9/10, 11/12, 13/14, 15/16, 17/18)
- 50m Dash F (5/6)
- 100m Dash F (5/6, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18)
- 400m F (7/8, 9/10, 11/12, 13/14, 15/16, 17/18)
- 4x100m Relay F (7/8, 9/10, 11/12, 13/14, 15/16, 17/18)
- 800m Run F (7/8, 9/10, 11/12, 13/14, 15/16, 17/18)
- 200m Dash F (5/6, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18)

We will use a rolling schedule.

**ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS.**

---

<sup>1</sup> Top six (6) finishing times qualify for 100m finals heat.