

JANUARY 19TH FEBRUARY 23TH MARCH 1ST & 7TH

Boo Williams Sportsplex
5 Armistead Pointe Parkway,
Hampton, VA

**Please arrive at Boo Williams
Sportsplex no later than at
7:40am**

\$7 ENTRY FEE

Order of Running Events, Start Time 9:30am:

Youngest to Oldest, **Girls/Women** followed by **Boys/Men**

55 Meter Dash (SF) - ALL AGE DIVISION

55 Hurdles (SF) – Age 11-12, 13-14, 15 -18 HS & 19-22

400 Meter Dash (F) – Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS & 19-22

1500 Meter Run (F) – Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS & 19-22

55 Hurdles (F)

55 Meter Dash (F)

100m Dash (F) (Age 5 - 6 SHOWCASE)

4x200M Relay (F) – Age 7-8, 9-10, 11-12 & 13-14

800 Meter Run (F) – Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS & 19-22

1500 Meter Race-walk (F) – Age 9-10, 11-12 & 13-14

200 Meter Dash (F) - ALL AGE DIVISION

Order of Field Events, Start Time 9am:

SP / LJ, 4 – Attempts, No Final

Shot-Put – Oldest to Youngest, **Boys/Men** followed by **Girls/Women** – Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS & 19-22

Long Jump – Oldest to Youngest, **Boys/Men** followed by **Girls/Women** - Age 7-8, 9-10, 11-12, 13-14, 15 -18 HS & 19-22

High Jump – Oldest to Youngest, **Girls/Women** followed by **Boys/Men** - Age 9-10, 11-12, 13-14, 15 -18 HS & 19-22

ALL COACHES AND SPECTATOR FEE \$7 – NO EXCEPTIONS! Kids Under 5 free.
**NO FAST FOOD OR COOLERS LARGER THAN A LUNCH BAG WILL BE
ALLOWED INTO THE FACILITY**

(All bags will be subject to inspection by Security)

Doors Open at 7:30am, First Call at 8:30am