

## How are the athletes categorized for competition?

USA Track & Field (USATF) and the Amateur Athletic Union (AAU) each classify athletes differently for competition. The AAU uses a 1 year age grouping, whereas the USATF uses a two year grouping for younger age groups. Each athlete must be able to verify their Age Division when entering events at the meets. For ages 12 and under are allowed 3 events. Ages 13 and older are allowed 4 events.

Year Born	AAU Age Division	USATF Age Division
2012	8 & Under	8 & Under
2011	9 year olds	9 to 10 years old
2010	10 year olds	
2009	11 year olds	11 to 12 years old
2008	12 year olds	
2007	13 year olds	13 to 14 years old
2006	14 year olds	
2005	15 to 16 years old	15 to 16 years old
2004		
2003	17 to 18 years old	17 to 18 years old
2002		

## PHOTOS FROM PAST SEASONS



# TRACK 757 2020 INDOOR & OUTDOOR INFORMATIONAL HANDOUT



TRACK 7.5.7 Track Team

## Track Season Indoor

Practice for the indoor season will begin December 7th at Oscar Smith High School (weather permitting) with the season lasting till the end of February. Practice for Indoor will occur at Mount Trashmore, Mt Lebanon Christian Academy, Oscar Smith High School, or Bell Mill Park. Practices are slated for Monday at 6:30 to 7:45 and then some Saturdays weather Permitting.

For indoor season fees are paid per meet

## Indoor Fundraisers

Members of TRACK 7.5.7 are required to participate in the mandatory indoor fundraisers (dimes in a bottle). There is a BUYOUT option for this mandatory fundraisers.

**TRACK 757 HOSTS AN INDOOR AND OUTDOOR TRACK MEET. PARENTAL PARTICIPATION IN THESE MEETS IS REQUIRED BY ALL.**

**UPDATED**

## 2020 Indoor Schedule

### Technique Inv

Sunday, January 19, 2020  
Boo Williams Sportsplex, Hampton, VA

### Atlantic Coast Inv

Sunday, February 23, 2020  
Boo Williams Sportsplex, Hampton, VA

### TRACK 757 Inv

Sunday, March 1, 2020  
Boo Williams Sportsplex, Hampton, VA

### Boo Williams Championship Inv

Saturday, March 7, 2020  
Boo Williams Sportsplex, Hampton, VA

Tentatively March 13-15 AAU Indoor National Championship Landover, MD

**UPDATED**

## Track Season Outdoor

Practices begin Monday, March 9th with the season lasting till the middle of July, unless the athlete has qualified for the National Junior Olympics meet held at the end of July. High School and Middle School athletes can join the team either before or after their school track season is completed. We accept athletes anytime during the season. The team will hold practice at one of the following locations; Mount Trashmore, Tallwood High School in Virginia Beach, or Oscar F. Smith High School in Chesapeake on Monday's, Tuesday's & Thursday's from 6:00 PM to 7:45 PM. Practices are required, however, conflicts with other activities are understood. Please note, the more an athlete attends practice, the more he/she learns & improves!

## Outdoor Membership

### **New Members Registration fee**

TRACK 7.5.7 Track Club Registration fee is **\$130** per athlete for new members. This fee pays for the athlete's uniform. New members are also required to bring a copy of the athlete's birth certificate so the club may keep on file.

### **Returning Members Registration fee**

The registration fee for returning members is \$20 per athlete.

### **Monthly dues**

The monthly dues are **\$30** each month during the season (**March April, May, June and July\***). Monthly dues are required to pay the cost of the local developmental meets, the first qualifying meet and either an AAU or USATF membership card. **Transportation, meals and any overnight lodging expenses are not covered.**

### **Outdoor Fundraisers**

Members of TRACK 7.5.7 are required to participate in Four mandatory fundraisers (Scratch-OFF card, Carwash, Shoe Drive and Pancake Breakfast). **There is a BUYOUT option for these four mandatory fundraisers.**

**TRACK 757 HOSTS AN INDOOR AND OUTDOOR TRACK MEET. PARENTAL PARTICIPATION IN THESE MEETS IS REQUIRED BY ALL.**

## **Preliminary**

### **2020 Outdoor Schedule**

Virginia Elite Inv, Lakeland High  
Suffolk, VA\*

Saturday, April 18

TRACK 757 Classic, Norview High,  
Norfolk, VA\*

Saturday, April 25

Darius Dixon Inv,  
Suffolk, VA\*

Saturday, May 2

Technique Inv., Norview High,  
Norfolk, VA\*

Saturday, May 16

Flames Inv,  
Virginia Beach, VA\*

Saturday, May 30

Atlantic Coast Inv,  
TBD, VA\*

Saturday, June 13

AAU National Qualifier South,  
Hampton, VA\*

June 18 to June 21

**AAU National Qualifier North,  
TBD, VA\*\* (if required)**

**June 25 to June 28**

FIA Inv,

Virginia Beach, VA\*

Saturday, June 27

Cannonball Copper,  
Richmond, VA\*

Saturday, July 11

AAU Club Championship,  
Disney, Orlando, FL

July 12<sup>th</sup> - 18<sup>th</sup>

AAU Jr. Olympics. Norfolk State University  
Norfolk, VA#

AUGUST 1st - 8th#

\*These meets are included in the monthly dues  
# Must qualify to participate  
USATF qualifying meets may be added at a later date

## **Coaches and Volunteers** **TRACK 7.5.7 Head Coaches:**

Stan Holloway

Terry Thomas

Keenan Galloway

### **Assistant Coaches:**

Jarvis Johnson

Lakia Godfrey

Bud Crist

Tara Fuller

Shay Skinner

Greg Pope

Jessica Pope

Ken Sweat

Herbert Lavender

Victoria Wilson

Darnell Miller

TRACK 7.5.7 is a volunteer organization. Help is appreciated with all aspects of organization & operations.

### **Staff:**

**Ms. Kim**

**Ebony S.**

**Keta L.**



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