

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
2014	8 & Under	8 & Under
2013	9 year olds	9 to 10 years old
2012	10 year olds	
2011	11 year olds	11 to 12 years old
2010	12 year olds	
2009	13 year olds	13 to 14 years old
2008	14 year olds	
2007	15 to 16 years old	15 to 16 years old
2006		
2005	17 to 18 years old	17 to 18 years old
2004		

PHOTOS FROM PAST SEASONS



TRACK 757 2022 INDOOR & OUTDOOR INFORMATIONAL HANDOUT



TRACK 7.5.7 Track Team

Track Season Indoor

Practice for the indoor season will begin November 6th at Oscar Smith High School (weather permitting) with the season lasting till the end of March. Practice for Indoor will mainly be out doors this year due to COVID. The one exception is practices held at the Virginia Beach Sport Center (VBSC). Practices held at the VBSC have a fee associated with them.

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 MEETS. PARENTAL PARTICIPATION IN THESE MEETS IS REQUIRED BY ALL.

TENTATIVE 2022 Indoor Schedule

The Virginia Beast Inv (High School Only)

November 26 & 27, 2021
Virginia Beach Sport Center, Virginia Beach, Va

Grant Holloway Inv

December 18 (High School) & 19 (Youth), 2021
Virginia Beach Sport Center, Virginia Beach, Va

Technique Inv (Tentative)

December 28th
Virginia Beach Sport Center, Virginia Beach, Va

Boo Williams

January 2, 2022
Boo Williams Sports Center Hampton, Va

Coacho Inv

January 22-23, 2022
Virginia Beach Sport Center, Virginia Beach, Va

Francena McCorory Inv

Jan 28-30, 2022
Virginia Beach Sport Center, Virginia Beach, Va

AAU Indoor National Championship

March 11-12, 2022
Virginia Beach Sport Center, Virginia Beach, Va

Adidas Indoor Nationals

March, 18-20, 2022
Virginia Beach Sport Center, Virginia Beach, Va

Track Season Outdoor

Practices begin Monday, March 21th 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 Smith Middle 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 **\$140** 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 **\$35** 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.

2022 Outdoor Schedule

April 23 P-town Track League
Portsmouth, Va

April 30 Track 757 Inv
Suffolk, Va

May 7 P-town Track League
Portsmouth, Va

May 14 Technique
TBD

May 21 Legends Meet
Richmond, Va

June 4 VB Flames
TBD

June 11-12 AAU District
One day is North and one is South

June 18 Atlantic Coast
TBD

June 23-26 Regional Qualifier
TBD

July 2 FIA INV
TBD

July 9-10 Trevor Stewart INV
TBD

July 16 Cannonball
Richmond, Va

July 30 – August 6 AAU Jr Olympics
Greensboro, Nc

***These meets are included in the monthly dues**

Must qualify to participate

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

Stan Holloway
Terry Thomas
Keenan Galloway

Assistant Coaches:

Lakia Godfrey
Jessica Pope
Greg Pope
Bud Crist
Tara Fuller
Shay Skinner
Laron Burns
Herbert Lavender
Victoria Wilson
Jarvis Johnson

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

Staff:
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