

## 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.**

## FINAL 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

### Va Beach Flames Indoor Inv

January 16, 2022  
Boo Williams Sports Center Hampton, Va

### TRACK 757 Indoor Inv

January 29 (High School) & 30 (Youth), 2022  
Virginia Beach Sport Center, Virginia Beach, Va

### Atlantic Coast Inv

February 6, 2022  
Boo Williams Sports Center Hampton, Va

### Eastend Lightning Indoor Inv

February 13, 2022  
Boo Williams Sports Center Hampton, Va

### AAU Indoor National Championship

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

### Adidas Indoor Nationals

March, 18-20, 2022 (Middle School and up)  
Virginia Beach Sport Center, Virginia Beach, Va

## Track Season Outdoor

Practices begin Monday, March 21st 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

- May 7 TBD \*
- **Sunday May 15th** East End Lightning Highland Spring High School Richmond, VA
- May 21 Technique Relays Richmond, Va \*
- May 28 TBD \*
- June 4 VB Flames \*  
Tallwood High School Virginia Beach, VA
- June 11 AAU District South\*  
Highland Springs High School Richmond, Va
- June 17-19 adidas Outdoor Nationals Greensboro, NC

### Middle school and up

- June 18 Atlantic Coast Inv\*  
Portsmouth, VA Ages 12 and under
- June 23-26 Regional Qualifier#  
Highland Springs High School, Richmond, VA
- July 2 FIA INV\*  
Tallwood High School, Virginia Beach, VA
- July 9-10 Cannonball Cooper\*  
Highland Springs High School, 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  
Ronnie Tennessee

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

### **Staff:**

**Ms. Kim  
Ebony S.**



**Coach Keenan: 757.871.5564**

**Coach Terry: 757.537.3192**

**Coach Stan: 757.636.8532**

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