

# LIGHTNING WINTER TRACK CLASSIC

Location: Virginia Beach Sports Center — Virginia Beach, VA Date: Sunday, January 11, 2026

SPECTATOR FEE: \$20.85 (tax/fees included)

## Track Opens

7:30 AM

Warm-up time begins for all athletes

## Competition Starts

9:00 AM

Running and field events begin simultaneously

## Running Events Schedule

- 1 — 3,000M Run (Finals)  
**Girls/Boys Ages 9-18**
- 2 — 60M Hurdles (Finals)  
**Girls/Boys Ages 11-18**
- 3 — 60M Dash (Prelims)  
**Girls/Boys Ages 6U-18**  
Top 8 advance to finals by time
- 4 — 400M Dash (Finals)  
**Girls/Boys Ages 7-18**
- 5 — 60M Dash (Finals)  
**Girls/Boys Ages 7-18**
- 6 — 1,500M Run (Finals)  
**Girls/Boys Ages 7-18**
- 7 — 4x200M Relay (Finals)  
**Girls/Boys Ages 7-18**
- 8 — 800M Run (Finals)  
**Girls/Boys Ages 7-18**
- 9 — 200M Dash (Finals)  
**Girls/Boys Ages 6U-18**

## Field Events Schedule

- 1 — High Jump  
**Girls/Boys Ages 9-18**  
Starting heights determined by age group
- 2 — Long Jump  
**Girls/Boys Ages 6U-18**  
3 attempts per athlete
- 3 — Triple Jump  
**Girls/Boys Ages 11-18**  
3 attempts per athlete
- 4 — Shot Put  
**Girls/Boys Ages 6U-18**  
3 attempts per athlete