

Session 1 ages 5-10 - Saturday July 10th

Varina High School

7053 Messer RD

Henrico VA 23231

\$10 TO ENTER

SESSION 1

Field events start at 8:30am

Long Jump 10 -7 oldest to youngest

High Jump 9/10 Boys then the girls

Shot Put Put Youngest to oldest + Girls followed by boys youngest to oldest

Javelin youngest to oldest – boys and girls throwing at the same time

Running events start at 9:00 am 50m 5/6 only

1500 RW 9/10

50m 5/6 only

100m (Finals) 7/8, 9/10. then followed by 5/6

1500 Run 7/8 & 9/10

4x100 7/8 & 9/10

400m (Finals) 7/8 & 9/10

800m (Finals) 7/8 & 9/10

200m (Finals) 5/6, 7/8 & 9/10

4x400 Relay 7/18 & 9/10

For session 1 please arrive at the

stadium no later than at 7:45am

SESSION START TIMES CAN RUN

30 MINUTE AHEAD

TENTATIVE

TICKET LINK must buy online

<https://www.eventbrite.com/e/34th-running-of-the-cannonball-cooper-age-group-championship-tickets-161889751605>

Session 2 ages 12 and up - Saturday July 10th

Varina High School

7053 Messer RD

Henrico VA 23231

\$10 TO ENTER

For session 2 please arrive at the stadium no later than at 1:15pm
SESSION START TIMES CAN RUN

30 MINUTE AHEAD

SESSION 2

Field events start at 2:00pm

Long Jump youngest to oldest

Triple Jump youngest to oldest

High Jump 9/10 Boys then the Girls

Shot Put Put Youngest to oldest Girls followed by

boys youngest to oldest

Discus oldest to youngest boys followed by girls

Javelin will follow Discus and all age groups will

be called over together

Running events start at 2:30pm

3000 Run 13-18 only

200H (Finals) 13/14 only

400H (Finals) 15/16 & 17/18

1500 RW 11/12 only

5000 RW 13-18

800H 11/12 (Finals)

100H (Finals) 13/14, 15/16 & 17-18

Girls (13/14 boys)

110H (Finals) 13/14 & 15/18 Boys

100m (Finals) 11/12, 13/14, 15/16 & 17/18

1500M Run 11/12, 13/14, 15/16 & 17/18

4x100m 11/12, 13/14, 15/16 & 17/18

Parent/coaches 4x100 Relay

400m (Finals) 11/12, 13/14, 15/16 & 17/18

800m (Finals) 11/12, 13/14, 15/16 & 17/18

200m (Finals) 11/12, 13/14, 15/16 & 17/18

4x400 Relay 11-18

TICKET LINK must buy online

<https://www.eventbrite.com/e/34th-running-of-the-cannonball-cooper-age-group-championship-tickets-161889751605>