

# CANNONBALL COOPER

July 12, 2025

Varina High School

7053 Messer Rd Henrico VA 23231

## \$10 admission cash only

7:15 a.m. – Gates WILL OPEN @ 7:15 am. Team check-in & packet pickup

7:30 a.m.- Officials Meeting

7:45 a.m. - Coaches Meeting

### **RUNNING EVENTS** ----8:45 am

#### **1500m RUN Finals**

200m Hurdles

400m Hurdles

4x800m Relay

50m Finals (Primary only)

100m Dash Timed Finals (7-18, then 5/6 age group)

#### **1500m Race-Walk**

#### **3000m Run**

400m Dash

80m Hurdles

100m Hurdles

110m Hurdles

4x100m Relay

**4x100 Mom Relay or Coaches Male/Female**

800m Run

200m Finals

4x400m Relay

# Lightning

## **FIELD EVENTS**---8:00 am

- Long Jump (youngest to oldest both pits will be used) 7-18
- Triple Jump youngest to oldest (2 pits) 13-18
- High Jump Oldest to youngest Boys then the Girls 18-9
- Shot Put Youngest to oldest Girls **followed** by boys youngest to oldest 7-18
- Discus Throw oldest to youngest girls then the boys 18-11
- Turbo Javelin (Youngest to oldest) Boys and girls 2 throwing areas early a.m. ages 5-13  
Athletes that are 5/6 will be given **three consecutive throws** then they are complete.
- Javelin youngest to oldest 13-18

### **EVENTS AVAILABLE BY AGE GROUP:**

Primary (5&6)	Sub Bantam (7/8)	Bantam (9/10)	Midget (11-12)	Youth (13/14)	Intermediate (15-16)	Young (17-18)
50m Dash	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals
100m Dash	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals
Softball Throw	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash
	800m Run	800m Run	800m Run	800m Run	800m Run	800m Run
	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
	4x100m Relay	1500m RW	3000m Run	3000m Run	100m Hurdles	100m Hurdles
	4x400m Relay	4x100m Relay	1500m RW	100m Hurdles	110m Hurdles	110m Hurdles
	4x 800m Relay	4x400m Relay	80m Hurdles	200m Hurdles	400m Hurdles	400m Hurdles
	Long Jump	4x800m Relay	4x100m Relay	4x100m Relay	3000m Run	3000m Run
	Shot Put	High Jump	4x400m Relay	4x400m Relay	4x100m Relay	4x100m Relay
	Mini Javelin	Mini Javelin	4x800m Relay	4x800m Relay	4x400m Relay	4x400m Relay
		Shot Put	Shot Put	Discus	4x800m Relay	4x800m Relay
		Long Jump	Discus	High Jump	Discus	Discus
			High Jump	Long Jump	High Jump	High Jump
			Long Jump	Shot Put	Long Jump	Long Jump
			Mini Javelin	Triple Jump	Shot Put	Shot Put
					Triple Jump	Triple Jump