

July 13, 2024
JR Tucker High School
2910 N Parham Rd, Henrico, VA 23294

7:00 a.m. – Gates WILL OPEN @ 7am. Team check-in & packet pickup

7:30 a.m.- Officials Meeting

7:45 a.m. - Coaches Meeting

RUNNING EVENTS ----8:45 am

1500mRUN 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

800m Run

200m Finals

4x400m Relay

Group Code

 **TeamReach.**

EELMEETS

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. 5-13-Athletes that are 5/6 will be given three consecutive throws then they are complete.
- Javelin youngest to oldest 13-18

FACILITIES An 8 lane all-weather track. Spikes of ¼" (no longer) are allowed. Throwing surfaces are concrete. All Jumping surfaces are all-weather rubber. FAT timing. Concession will be open during meet. **No radios, open grills or glass containers allowed in the stadium. NO TENTS BELOW ROW 12 ON THE STADIUM SEATING SIDE.** Restrooms will be available. It's imperative that all spectators police your area during the meet and before you leave, we will provide trash bags. Athlete's will enter through pass gate and will need to have on their team uniform and/or bib once meet begins to re-enter the stadium. Bibs will be in team packets and a coach/unattached rep will need to pick up packets prior to Coaches Meeting @8:10 a.m.