

February 5, 2023  
 Boo Williams Sportsplex  
 5 Armistead Pointe Pkwy, Hampton, VA 23666

## THERE ARE TWO SESSIONS TO THIS MEET

SESSION ONE - FOR AGES 5-12

SESSION TWO - FOR AGES 13 AND UP

**NOTE - AGE GROUP IS DETERMINE BY THEIR AGE ON 12/31/23  
 EXAMPLE IF THEY AGE 12 AND THERE BIRTHDAY IS 10/28 THEN THEY ARE 13  
 FOR THE PURPOSE OF TRACK**

**ALL COACHES AND SPECTATOR FEE \$12  
 NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY**

**(All bags are subject to inspection by Security)**

Doors Open at 6:45am, First Call at 7:45am for running and field events!

Age Divisions 5-6, 7-8, 9-10 and 11-12, Session #1

Age Divisions 13-14, HS, Open and Master Session #2 will start approximately 12 noon.

<b>SESSION #1</b>	
<b>Girls followed by Boys Running Events (Youngest to Oldest)</b>	
3000m Run (F) – Age 11-12	
55m Dash (SF) - ALL DIVISION	
55Hurdles (F) - Age 11-12	<b>SP / LJ, 3 – Attempts, No Final</b>
100m Dash (F) (Age 5 - 6)	<i>LJ – Oldest to Youngest, Age 7-8, 9-10, 11-12 Boys Pit #1</i>
400m Dash (F) – Age 7-8, 9-10, 11-12	
1500m Run (F) - Age 7-8, 9-10, 11-12	<i>LJ – Oldest to Youngest, Age ,7-8, 9-10 ,11-12 Girls Pit #2</i>
55m Dash (Final)	
200m Dash (F) - ALL DIVISION	<i>SP – Oldest to Youngest, Age 7-8, 9-10, 11-12 Girl and Boys</i>
1500m RW (F) 9-10, 11-12	
800m Run (F) Age 7-8, 9-10, 11-12	<i>High Jump – Age 9-10, 11-12 Girls and Boys</i>
4x200 Relay 7-8, 9-10, 11-12	

*All semi-final (SF) heats with less than 6 competitors will be ran as a timed final (F)*

<b>SESSION #2</b>	
<b>13-14, HS, Open and Master</b>	
<b>Girls followed by Boys Youngest to Oldest,</b>	
3000m Run (F)	<i>Long Jump</i>
55 Meter Dash (F)	<i>High Jump</i>
55 Hurdles (F)	<i>Shot Put</i>
400 Meter Dash (F)	
1500M Run (F)	
55 Meter Dash (F)	
55 Hurdles (F)	
200M DASH (F)	
3000m RW (F)	
800m Run (F)	
4x200 Relay	

*Meet Management reserves the right to combine heats/flights as necessary.*