

FEATURING QUEENS and KINGS

INDOOR T&F CHAMPIONSHIP SERIES

5 Armistead Pointe Pkwy, Hampton, VA 23666

ALL COACHES AND SPECTATOR FEE \$10
NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY

(All bags are subject to inspection by Security)
 Doors Open at 7am, First Call at 7:40am

SESSION #1

Girls followed by Boys Running Events (Youngest to Oldest)

3000 Meter Run 13-14 and HS	
55 Meter Dash (SF) - ALL DIVISION	
55Hurdles (F) - Age 11-12, 13-14, HS	SP / LJ, 4 – Attempts, No Final
100m Dash (F) (Age 5 - 6)	<i>LJ – Oldest to Youngest, Age 7-8, 9-10, 11-12, 13-14 and HS Boys Pit #1</i>
400 Meter Dash (F) – Age 7-8, 9-10, 11-12, 13-14, HS	
1500M Run (F) - Age 7-8, 9-10, 11-12, 13-14, HS	<i>LJ – Oldest to Youngest, Age 7-8, 9-10, 11-12, 13-14 and HS Boys Pit #2</i>
55 Meter Dash (Final)	
200M DASH (F) - ALL DIVISION	<i>SP – Oldest to Youngest, Age 7-8, 9-10, 11-12, 13-14, and HS</i>
1500M RW (F) 9-10, 11-12, 13-14, HS	
800 Meter Run (F) Age 7-8, 9-10, 11-12, 13-14, HS	<i>High Jump – Age 9-10, 11-12, 13-14 and HS Girls followed Boys</i>
4x200 Relay 7-8, 9-10, 11-12, 13-14, HS	

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

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

Covid-19 Meet Protocols

Masks are required to be worn at all times by all attendees entering the venue and may only be removed by the athlete while actually competing.

All attendees over the age of 18 are required to complete the CDC Covid-19 Self Screening Tool on [M3 Timing Solutions - Technique Holiday Invitational \(google.com\)](#) and present results of self-screening upon entry to the meet venue.

All attendees will be screened upon each entry into the venue.

Any attendee who does not meet full screening criteria will be denied entry into the competition venue.

The listed protocols are designed to enhance your safety and comply with national, state and local guidelines. As those guidelines change, our protocols may also change. We understand that these times are challenging, and we appreciate everyone's patience and understanding as we navigate as responsibly as we can. Together, we can find new ways to have fun in competition while being diligent to maintain proper physical distancing. Please be responsible and help us safely implement these requirements to ensure the safety of all involved.

Facility Rules/Requirements

- Daily temperature checks at the gate will be conducted.
- If you have a temperature greater than 100.4°F, entry will be denied.
- Daily wristbands will be provided to those who pass the screening conducted at the gate.
- All athletes, coaches, spectators, officials, volunteers and other staff will be denied entry if any of the following applies:
 - *You have had close contact with an individual infected with COVID-19 within the last 14 days.
 - *You are currently experiencing - or in the past 14 days have experienced - fever, cough, shortness of breath. - *You have had close contact within the last 14 days with an individual suspected of being infected with COVID-19 (including individuals exhibiting COVID-19 symptoms).
 - *You have traveled to an area that is under a travel advisory by the U.S. State Department.
 - *All athletes, coaches, spectators, officials, volunteers and other staff will be required to pass the online screening and daily temperature screening
 - *All athletes, coaches, spectators, officials, volunteers and other staff will be required, at all times, to wear a mask while in the facility (athletes do not have to wear a mask while competing, but can do so if they so choose)
 - *Social distancing will be required
 - *At the end of each session, all athletes, coaches, spectators will be required to exit the venue
 - *Entry for subsequent sessions will begin after the venue has been sanitized
 - *Sanitizing stations and bottle filling stations are present throughout the venue
 - *Athletes should maintain social distancing at all possible times
 - *Spectators are required to remain in the spectator area at all times
 - *Cover coughs and sneezes.