

DATE: SUNDAY, MAY 21, 2023

LOCATION: KECOUGHTAN HIGH SCHOOL, 522 WOODLAND ROAD

HAMPTON, VA 2366 PLEASE ARRIVE NO LATER THAN 8AM

2023 HR-Hurricanes Category 5 Invitational Meet Schedule

7:00 a.m. Gates Open
7:30 a.m. Team Check-In
8:30 a.m. Coaches Meeting
8:45 a.m. Field Events Begin
9:00 a.m. Running Events Begin

FIELD EVENTS

Long Jump

Girls youngest to oldest (7/8, 9/10, 11/12, 13/14, 15-18)

Boys youngest to oldest (7/8, 9/10, 11/12, 13/14, 15-18)

Shot Put

Girls youngest to oldest (7/8, 9/10, 11/12, 13/14, 15-18)

Boys youngest to oldest (7/8, 9/10, 11/12, 13/14, 15-18)

Discus Throw

Girls youngest to oldest (11/12, 13/14, 15-18)

Boys youngest to oldest (11/12, 13/14, 15-18)

Mini Javelin

Girls youngest to oldest (6u, 7/8, 9/10, 11/12)

Boys youngest to oldest (6u, 7/8, 9/10, 11/12)

RUNNING EVENTS

- 1500m Race-Walk F (7/8 through 17/18)
- 100m Dash SF (5/6, 7/8, 9/10, 11/12, 13/14, 15-18)¹
- 1500m F (9/10, 11/12, 13/14, 15-18)
- 50m Dash F (5/6)
- 100m Dash F (5/6, 7/8, 9/10, 11/12, 13/14, 15-18)
- 400m F (7/8, 9/10, 11/12, 13/14, 15-18)
- 4x100m Relay F (7/8, 9/10, 11/12, 13/14, 15-18)
- 800m Run F (7/8, 9/10, 11/12, 13/14, 15-18)
- 200m Dash F (5/6, 7/8, 9/10, 11/12, 13/14, 15-18)

¹ Top six (6) finishing times qualify for 100m finals heat.