

20th Atlantic Coast Invitational

Lakeland High School
214 Kenyon Rd
Suffolk, VA 23464
Saturday, June 16, 2018

How to enter the meet:

Entries will only be accepted through on line registration and payment at

[Enter the meet by clicking "here"](#)

Online Registration opens May 17th and will close at

Midnight Thursday June 14th.

This meet is sanctioned by the USATF.

OPEN ATHLETES MUST EMAIL ME DIRECTLY!!!!!!!

Contact: Vincent Pugh (757) 635-8284, Greg Rountree (757) 295-7584
email: vapugh1va@gmail.com

Entry Fees: \$8.00 per athlete (4 events maximum), \$12.00 per relay team.
All payments must be made online and received prior to the entry deadline.

Awards: Combined Team Trophies- 1st – 3rd Place Teams
Individual: Medals - 1st - 2nd - 3rd

Participants:

Age groups are determined by the athletes' age as of **December 31, 2018**.
All athletes 12 & under will be able to compete in only **3** events (including relays) and athletes 13 & older can compete in **4** events (including relays).
per age division per event. There will be no limit on the number of athletes or relays that can enter into an event.

Admission: \$5.00 per person; kids 6 and under are free

ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS.

Concessions will be sold



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Meet Schedule

7:00 a.m. - 8:00 a.m. Team check-in
8:00 a.m. Coaches Meeting

Field Events

8:30 am Long Jump (girls pit #1) SBG-YW
Long Jump (boys pit #2) SBB-YM
High Jump (boys then girls) YM-BG
Shot Put (girls then boys) SBG-YM
Discus Throw (boys then girls) YM-MG

12:00 pm Turbo-Javelin (girls then boys) SB-MG

1:00 pm Triple Jump (girls pit #1) YG-YW
Triple Jump (boys pit #2) YB-YM
Pole Vault (girls then boys) IG-YM

Running Events (rolling schedule)

9:30am 3000m run
80/100m Hurdles (final)
100m Hurdles (final)
110m Hurdles (final)
100 m (final)
4x800 Relay (final)
200m Hurdles (final)
400m Hurdles (final)
1500 m (final)
4x100 m Relay (final)
400m (final)
800 m (final)
200 m (final)
1,500/3,000m RaceWalk (final)
4x400 m Relay (final)



Events

	SubBantam	Bantam	Midget	Youth	Intermed	Young m/w
	8& under	9&10	11&12	13&14	15&16	17-19U
	'10 & later	'09/'08	'07/'06	'05/'04	'03/'02	'01/'00
Long Jump	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X
Discus			X	X	X	X
Turbo- Javelin	X	X	X			
High Jump		X	X	X	X	X
Triple Jump				X	X	X
Pole Vault					X	X
3,000m			X	X	X	X
80/100m Hurdles			X	X		
100/110m Hurdles					X	X
100m	X	X	X	X	X	X
4x800m Relay			X	X	X	X
200m Hurdles				X		
400m Hurdles					X	X
1,500m	X	X	X	X	X	X
4x100		X	X	X	X	X
400m	X	X	X	X	X	X
800m		X	X	X	X	X
200m	X	X	X	X	X	X
1500m Racewalk		X	X			
3,000m Racewalk				X	X	X
4x400		X	X	X	X	X