

CANNONBALL COOPER

July 14, 2018

VIRGINIA'S OLDEST AGE GROUP TRACK AND FIELD COMPETITION

32nd YEAR RUNNING

HOSTED BY:

EAST END *Lightning* Track & Field: Youth Development



NEW LOCATION ☺

HIGHLAND SPRINGS HIGH SCHOOL

15 S. OAK AVENUE

HIGHLAND SPRINGS, VA 23075



ENTRY RULES In accordance with USATF YOUTH

AGE DIVISIONS (GIRLS & BOYS)

- ✦ **Primary:** born 2013 and 2012 (5 & 6)
- ✦ **Sub Bantam:** born 2011 or 2010 (7 & 8)
- ✦ **Bantam:** born 2009 or 2008 (9 & 10)
- ✦ **Midget:** born 2007 or 2006 (11 & 12)
- ✦ **Youth:** born 2005 or 2004 (13 & 14)
- ✦ **Intermediate:** born 2003-2002 (15-16)
- ✦ **Young Men & Women:** born 2001 & 1999 (17-19)

REGISTRATION & FEES

- ✦ **MUST be paid via on-line registration ONLY** accepted through www.coacho.com (no mail-ins or faxes will be accepted); **NO REFUNDS**
- ✦ **All entries must be submitted by Wednesday, July 11th 11:59 pm**
- ✦ \$12 per team member (NO RELAY CHARGE ☺)
- ✦ \$12 unattached
- ✦ \$650 team maximum for both male & female teams
- ✦ Mother's Relay & Coaches Relay's (co-ed) are **free** to enter; no awards will be given for these relays

AWARDS To be picked up at the END of the meet. Unattached athlete's may get 1 hour after event.

- ✦ 1ST THROUGH 3RD WILL RECEIVE MEDALS
- ✦ 4TH THROUGH 6TH PLACE WILL RECEIVE RIBBONS
- ✦ ALL 1ST PLACE AGE GROUPS WILL RECEIVE TROPHY (BOYS & GIRLS COMBINED)

ELIGIBILITY Primary through Midget competitors may compete in a maximum of 3 events; all others may compete in a maximum of 4 events, including relays.

FACILITIES An 8 lane all-weather track. Spikes of 1/4" (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.** Restrooms will be available. Please bring trash bags to police your area during the meet and before you leave.

RULES/REGULATIONS No bare or stocking feet; shirts required; max 1/4" spikes; athletes on all relay teams must be dressed in the same uniform. There is a \$10 fee for protesting an event. No one will be allowed to go on the track to discuss any disputes during the meet. If you have a concern, there will be a designated table by the awards area that you may write your concern down and you will be contacted by a Lightning official to make adjustments.

EQUIPMENT Blocks will NOT be allowed for **PRIMARY THROUGH MIDGET** age groups. Throwers must use their own implements and **may be subject** to inspection.

NOTES:

- ✦ ALL EVENTS WILL OPERATE ON A ROLLING SCHEDULE
- ✦ PLEASE SEND ATHLETES TO CHECK IN ON FIRST CALL
- ✦ PLEASE CLEAN UP YOUR AREA BEFORE YOU LEAVE
- ✦ CONCESSION, WATER STATIONS, AND TRASH BAGS WILL BE AVAILABLE

CONTACTS:

Robert Evans
Director / Head Coach
Phone: 804.922.9503
Email: eastendlightning@gmail.com

Shahidah Jackson
Team President
Email: meandmyfam4eva@gmail.com

Variety of Concessions and vendors will be available

SCHEDULE

7:25 a.m. **GATES OPEN**

7:30 a.m. **Information Pick-up & Team Check in**

8:10 a.m. **Coaches Meeting (High Jump Area)**

8:30 Field Events Start

✦ **LONG JUMP**

Girls youngest to oldest (Runway #1) (SB-B-M-Y-I-YMYW)

Boys youngest to oldest (Runway #2) (SB-B-M-Y-I-YMYW)

✦ **HIGH JUMP**

Girls youngest to oldest (B-M-Y-I-YMYW)

Boys youngest to oldest (B-M-Y-I-YMYW)

✦ **SHOT PUT**

Girls oldest to youngest (YMYW-I-Y-M-B-SB)

Boys oldest to youngest (YMYW-I-Y-M-B-SB)

✦ **DISCUS THROW**

Girls youngest to oldest (M-Y-I-YMYW)

Boys youngest to oldest (M-Y-I-YMYW)

✦ **TRIPLE JUMP**

Following the LONG JUMP

Girls youngest to oldest (Y-I-YMYW)

Boys youngest to oldest (Y-I-YMYW)

✦ **MINI JAVELIN**

Following the DISCUS THROW

Girls & Boys Together (P-M)

✦ **POLE VAULT**

Youngest to oldest (Intermediate-Young Men/YoungWomen)

9:00 Running Events Start

✦ 4x800m Run (Midget- Youth- Intermediate-YoungMen/YoungWomen)

✦ 200m Hurdles (Youth)

✦ 400m Hurdles(Intermediate-YoungMen/YoungWomen)

✦ 3000m Run (Midget-Youth-Intermediate-YoungMen/YoungWomen)

✦ 80m Hurdles (Midget)

✦ 100m Hurdles (Youth- Intermediate-YoungMen/YoungWomen)

✦ 110m Hurdles (Intermediate-YoungMen/YoungWomen)

✦ 100m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

✦ 1500m Run Finals (SubBantam-Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

✦ 400m Dash Finals (SubBantam- Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

✦ 1500m Race-Walk (Bantam and Midget)

✦ 50m Finals (Primary)

✦ 4x100m Relay (SubBantam-Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

✦ 4x100m Coaches Relay (**COACHES ONLY**)

✦ 4x100m Mothers Relay (**MOTHERS ONLY**)

✦ 800m Run (Sub Bantam-Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

✦ 200m Finals (Sub Bantam-Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

✦ 4x400m Relay (Sub Bantam-Bantam- Midget-Youth- Intermediate-YoungMenYoungWomen)

CANNONBALL COOPER

EVENTS AVAILABLE BY AGE GROUP:

Primary (5&6)	Sub Bantam (7/8)	Bantam (9/10)	Midget (11-12)	Youth (13/14)	Intermediate (15-16)	Young Men/Women (17-18)
50m Dash	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals
100m Dash	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals
Mini Javelin	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash
	800m Run	800m Run	800m Run	800m Run	800m Run	800m Run
	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
	4x100m Relay	1500m RW	3000m Run	3000m Run	100m Hurdles	100m Hurdles
	4x400m Relay	4x100m Relay	1500m RW	100m Hurdles	110m Hurdles	110m Hurdles
	Long Jump	4x400m Relay	80m Hurdles	200m Hurdles	400m Hurdles	400m Hurdles
	Shot Put	High Jump	4x100m Relay	4x100m Relay	3000m Run	3000m Run
	Mini Javelin	Mini Javelin	4x400m Relay	4x400m Relay	4x100m Relay	4x100m Relay
		Shot Put	4x800m Relay	Discus	4x400m Relay	4x400m Relay
		Long Jump	Shot Put	4x800m Relay	4x800m Relay	4x800m Relay
			Discus	High Jump	Long Jump	Long Jump
			High Jump	Long Jump	High Jump	High Jump
			Long Jump	Shot Put	Triple Jump	Triple Jump
			Mini Javelin	Triple Jump	Shot Put	Shot Put
					Discus	Discus
					Pole Vault	Pole Vault

Hotels Near Highland Springs High

- Hilton Garden Inn-Richmond Airport
441 International Center Drive, Sandston, Virginia, 23150, USA TEL: +1-804-222-3338
- Homewood Suites by Hilton Richmond - Airport 5996 Audubon Drive, Sandston, Virginia, 23150, USATEL: 1-804-737-1600
- Hampton Inn Richmond-Mechanicsville
7433 Bell Creek Road, Mechanicsville, Virginia, 23111-3452, USA TEL: +1-804-559-0559
- Quality Inn Richmond Airport 5240 Airport Square Lane, Sandston, VA 23150 1-866-238-4218
- Candlewood Suites Richmond Airport 5400 Audubon Drive , Sandston, VA 23231 Phone: (804) 652-1888
- Microtel Inn & Suites by Wyndham 6000 Audubon Drive, Sandston, VA 23150, Phone: (804) 322-1649
- Courtyard by Marriott Richmond Airport 5400 Williamsburg Road, Sandston, VA 23150 Phone: (804) 282-1881