

The Virginia Elite Invitational Track & Field Meet

Hosted by Virginia Elite
Norview High School
6501 Chesapeake Blvd, Norfolk, VA

DATE: Saturday, May 12, 7:30 am

HOST: Virginia Elite

MEET DIRECTORS: Keenan Galloway & Stan Holloway

RULES: In accordance with USA Track and Field Rules

AWARDS: Top six finishers in all events will receive awards. First, second and third place finishers in all events will receive medals. Fourth thru sixth place finishers will receive ribbons. Awards will be distributed in bulk form, by team and can be picked up after the meet.

ELIGIBILITY:

Competitors in Primary, Sub Bantam, Bantam, or Midget may enter a maximum of three events, including relays.

Competitors in Youth and Open may enter a maximum of four events, including relays.

AGE DIVISIONS:

4 to 6 years of age – born after 2012

7 to 8 years of age – born 2010 to 2011

9 to 10 years of age – born 2008 to 2009

11 to 12 years of age – born 2006 to 2007

13 to 14 years of age – born 2004 to 2005

15 and Up years of age – born before January 01, 2003

ENTRY INFO: \$10 per/athlete. Entries for competition and payment will only be accepted through online registration at www.coacho.com. Entries must be entered on Coacho by Thursday, May 10, 2018 11:59pm. Mailed, faxed, emailed, phoned entries and/or changes will not be accepted.

No registration for competition on the day of the event;

No changes on the day of the event.

All payments must be done online on Coacho.

FACILITIES: 400 meter all-weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. The Concession stand will be open during the meet. No tape decks, radios or glass containers allowed in the Stadium. Tents and/or

umbrellas will be allowed on the top rows of the stands only, but not in front of the Press Box (Center of the stands). No open grills.

RULES & REGULATIONS: No bare feet or stocking feet; shirts required;

EQUIPMENT: Blocks will NOT be allowed for the 100m semi, 200m or 400m finals.

Throwers must use their own implements, and may be subject to inspection.

Meet Schedule

IN ALL EVENTS, UNLESS OTHERWISE NOTED, THE ORDER WILL PROGRESS FROM THE YOUNGEST TO THE OLDEST (GIRLS FIRST)

7:30 a.m. – 7:45 a.m. - Team check-in

7:45 a.m. - Coaches Meeting

Order of Events

WE WILL USE A ROLLING SCHEDULE

Running Events

8:15 a.m.

1500 m Race-walk

200 m Hurdles (final)

100 m (SEMI- final)*

1500 m (final)

400 m (final)

50 m (final)

100 m (final)*

80 m Hurdles (final)

100 m Hurdles (final)

110 m Hurdles (final)

4x100 m Relay (final)

800 m (final)

200m (final)

4x400 m Relay (final)

Field Events

8:00 a.m.

Discus Open, Youth, Midget

High Jump

Long Jump (Girls **youngest to oldest**) (Boys **youngest to oldest**)

Shot Put (In order youngest to oldest)

Turbo Javelin (Bantam, Sub Bantam, Primary)

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

Channel “ 7” on walkie-talkies is designated for officials only!

EVENTS BY AGE DIVISION

Primary (Ages 5 and 6)

50m

100m

200m

Turbo Javelin

Sub Bantam (Ages 7 and 8)

100m
200m
400m
800m
4 X 100m Relay
4 X 400m Relay
Long Jump
Shot Put
Turbo Javelin

Bantam (Ages 9 and 10)

100m
200m
400m
800m
1500m
1500m Racewalk
4 X 100m Relay
4 X 400m Relay
Long Jump
High Jump
Shot Put
Turbo Javelin

Midget (Ages 11 and 12)

100m
200m
400m
800m
1500m
1500m Racewalk
80m Hurdles
4 X 100m Relay
4 X 400m Relay
Long Jump
High Jump

Shot Put
Discus
Turbo Javelin

Youth (Ages 13 and 14)

100m
200m
400m
800m
1500m
1500m Racewalk
100m Hurdles
200m Hurdles
4 X 100m Relay
4 X 400m Relay
Long Jump
High Jump
Shot Put
Discus

Open (Ages 15 and up)

100m
200m
400m
800m
1500m
1500m Racewalk
100m Hurdles (Girls)
110m Hurdles (Boys)
4 X 100m Relay
4 X 400m Relay
Long Jump
High Jump
Shot Put
Discus

QUESTIONS