

# COBRA ALUMNI DEVELOPMENT INVITATIONAL



**WEST POTOMAC HIGH SCHOOL  
6500 QUANDER ROAD  
ALEXANDRIA VA 22307**

**SATURDAY, JUNE 24, 2017  
Start Time: 9:00AM**

**Meet Director: Chris Richardson - Cobra Track Club  
P.O Box 150053 Alexandria VA 22315-3946  
(703) 609-4956 (cell)  
cobratrack@yahoo.com**

**ENTRY FEE: \$350.00 maximum team fee or \$5.00 per youth athlete, and \$10 per relay. Make CLUB CHECKS, CERTIFIED CHECKES, or MONEY ORDERS payable to COBRA TRACK CLUB. PLEASE: Personal Checks will not be accepted!**

**Make checks payable to Cobra Track Club or mail to:  
Cobra Track Club  
P.O. Box 150053  
Alexandria, VA 22315-3946**



**MEET FORMAT: Maximum Four (4) Events per Youth Athlete(s). Includes Relays and Field Events.**

**ATTENTION: STICKERS ARE REQUIRED FOR ALL ATHELETES WITH CLUB NAME; ATHLETE'S NAME; AGE GROUP; AND EVENT.**

**RULES: In accordance with USA Track and Field Rules.**

**Disqualification: Age violations will disqualify individuals and entire relay teams if any one of the team members is in violation. This also may result in the entire Track Club being disqualified from the meet.**

**AWARDS:** Medals to 1<sup>st</sup> thru 6th place Finalist in each Age Group Event.

**AGE GROUPS:** Age is determined based on Youth Athlete's Age as of **DECEMBER 31, 2017** for all competing Youth Athletes.

**Sub-Bantams (8 & under**  
**Bantams (9-10)**  
**Midgets (11-12)**  
**Youth (13-14)**  
**Intermediate (15-16)**  
**Young Men & Women (17-18)**  
**Young Men and Women will also include 1998 Birth Year born on or after**  
**July 31, 2017**

**WEATHER CLIMAX:** Even with "May Showers"- The track meet will proceed forward!

**FACILITIES:** NEWLY 400 meter Track w/ 6 lanes 42"; all weather runways.  
Tents and/or Umbrellas are allowed on the top row of BOTH SIDES of the Stadium only.  
Stadium Parking Lot is located in the rear of the school.

**NOTE:** **GRILLS** are not permitted on Fairfax County School Facilities without a Permit.

**PORTA POTTIES:** are available for Community Use. Youth Athletes are not permitted in the High School.

**EQUIPMENT:** Athletes can use their own starting blocks or the starting blocks provided by the host team. Throwers can use their own implements or the implements provided by host team.  
**Maximum spike length permitted is 1/4 inch.**

**CONCESSIONS:** The Concession Stand will be available to serve cold and hot foods; snacks and drinks.

**DIRECTIONS:** **From Maryland 495 (InnerLoop) Capital Beltway:** Take Exit #177A (Richmond Hwy – Fort Belvoir) just across the **WOODROW WILSON Bridge**. Proceed on **RICHMOND HWY US ROUTE #1 SOUTH** through three (3) Traffic Lights. Take a Left at the Fourth (4<sup>th</sup>) Traffic Light (**QUANDER ROAD**) next to (**FIVE GUYS, FORD CAR DEALERSHIP**). Travel one mile to West Potomac HS on right. **TRACK STADIUM** is towards the rear of school parking lot.

**From Virginia 495 Capital Beltway:** Take Exit #177A (Richmond Hwy – Fort Belvoir) before approaching the **WOODROW WILSON Bridge**. From **RICHMOND HWY US ROUTE #1 SOUTH** through three (3) Traffic Lights. Take a Left at the Fourth (4<sup>th</sup>) Traffic Light (**QUANDER ROAD**) next to (**FIVE GUYS, FORD DEALERSHIP**). Travel one mile to West Potomac HS on right. **TRACK STADIUM** is in the rear of school parking lot.

# SCHEDULE OF EVENTS

## WE WILL USE A ROLLING SCHEDULE

**9:00AM**

### **FIELD EVENTS:**

Long Jump	(8U; 9-10; 11-12; 13-14; 15-16; 17-18)
High Jump	(9-10; 11-12; 13-14; 15-16; 17-18)
Shot Put	(17-18; 15-16; 13-14; 11-12; 9-10)
Turbo Javelin	(8U; 9-10; 11-12 Only)

**9:00AM**

### **RUNNING EVENTS:**

#### **SPRINT HURDLES**

80 Meter	11 – 12 (Only)
100 Meter	13 – 14 (Only)
100 Meter	15 – 18 girls
110 Meter	15 – 18 boys
3000 Meters	(11-12; 13-14; 15-16; 17-18)
100 Meter Dash	(ALL AGE GROUPS) (Semi-Finals)
1500 Meters	(8U; 9-10; 11-12; 13-14; 15-16; 17-18)
<b>100 Meter Dash FINALS</b>	<b>(ALL AGE GROUPS)</b>
400 Meter	(ALL AGE GROUPS) (Timed Finals)
4 X 100 Meter Relay	(ALL AGE GROUPS)
800 Meter Run	(ALL AGE GROUPS)
200 Meter Dash	(ALL AGE GROUPS) (Timed Finals)
4 X 400 Meter Relay	(ALL AGE GROUPS)

**\*\*DISCLAIMER\*\***

In consideration of my team/individual entry into the competition known as the **Cobra Alumni Developmental Invitational**. I shall, intend to be legally bound, do hereby for my team/individual, executors and administrators, waive release and forever discharge any and all rights for claims and damages, including any claims for loss, damages or injury to my team/individual personnel or property arising out of my team/individual performance or failure of performance from the Potomac Valley Association and Cobra, their agents, representatives, successors and assigns.

I certify that to the best of my knowledge and belief, all team/individual members are in good physical condition and have no disease or injury that would impair performance in competition. I, the undersigned, declare on my honor that my team/individual is of amateur status, and I also give permission for the use of my team's/individual name and or picture to appear in any official documentary, sponsor advertisement, newspaper, broadcast, telecast, or other account of this event.

**TEAM/INDIVIDUAL NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**TOTAL NUMBER TEAM ENTRIES** \_\_\_\_\_

**COACH'S/INDIVIDUAL'S NAME** \_\_\_\_\_

**CONTACT NUMBER(S)** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**COBRA ALUMNI INVITATIONAL  
SATURDAY, MAY 14, 2017**

**RELAY DECLARATION**

**TEAM:** \_\_\_\_\_ **DIVISION:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**4 x 100 REALY "A" SEED TIME:** \_\_\_\_\_ **4 X 100 RELAY "B" SEED TIME:** \_\_\_\_\_

**1.** \_\_\_\_\_

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_

**4.** \_\_\_\_\_

**ALT.** \_\_\_\_\_

**ALT.** \_\_\_\_\_

**4 x 400 RELAY "A" SEED TIME:** \_\_\_\_\_ **4 X 400 RELAY "B" SEED TIME:** \_\_\_\_\_

**1.** \_\_\_\_\_

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_

**4.** \_\_\_\_\_

**ALT.** \_\_\_\_\_

**ALT.** \_\_\_\_\_

**NOTE: RELAY PARTICIPANTS MUST WEAR A TOP OF THE SAME COLOR(S).**

**Please use a separate declaration for each age group's relay teams.**