



**13th Annual
Sonic Boom Developmental Track Meet
Hosted by
Ft. Belvoir Track Club**

**April 28, 2018
Pullen Field Track
Fort Belvoir, VA 22060
Registration: 8:00 a.m.
Coaches meeting will be at 8:45 a.m.**

**\$5.00 ----- Individual Athlete
\$10.00 ----- Relay Team
\$350.00 ----- Team Fee**

www.sonicboomtrackclub.com

***MEET DIRECTOR - RICHARD HERMAN 703-975-1222/703-550-9605
Email: belvoirtrackcoach@gmail.com**

***NOTE: To expedite "ACCESS" to the post, all persons over the age of 15 years old must have a photo ID.**

HEAD COACH-ALTON GREENE 703-595-6621

Directions to Fort Belvoir, VA: 12th Street

Northbound/Southbound-Take I-95 to Exit166 towards Fort Belvoir.

Northbound: Take I-95 North to exit 166 B ramp onto Fairfax Parkway/Backlick Road (286).

Southbound: Take I-95 South to exit 166 A ramp onto Fairfax Parkway/Backlick Road (286).

Both directions: Visitors must enter via TULLEY GATE off Route 1.

Driving directions from I-95. Exit 7100 Fairfax County Parkway. Head east towards Fort Belvoir. Left onto Jefferson Davis Highway/Route 1. Immediately move into right turn lane.

Enter Fort Belvoir at Tulley Gate. Drive your vehicle through the Checkpoint under the tent.

Note: Do not park or go into the brick building. Show driver license, insurance, registration.

Proceed up the road. Cross 2 Traffic lights (Gunston Rd), go straight past the gas station, and turn right into the gym (Speckler Field House). Keep straight on the side road and you will see the track on your lefthand side.

ORDER OF EVENTS

TRACK	9:30 A.M.	FIELD	9:00 A.M.
3000 Meter Run	11 & Up	Long Jump	All Ages
100 Meter Dash (T)	All Ages	High Jump	G/B 9 - 18
Sprint Hurdles (F)	11 & Up	Triple Jump	G/B 13 - 18
400 Meter Dash (F)	All Ages	Shot Put	G/B 5 - 18
800 - 1500 Race Walk	7 & Up	Turbo Javelin	G/B 5 - 10
50 Meter Dash	6 & Under	Aero Javelin	G/B 11 - 12
100 Meter Run (F)	All Ages	Javelin	G/B 13 - 18
1500 Meter Run	All Ages	Discus	G/B 11 - 18
200 Meter Dash (F)	All Ages		
4x100 Relay	All Ages		
800 (F)	All Ages		
4 X 400 Relay	All Ages		

Age Groups include the following: 5-6; 7-8; 9-10; 11-12; 13-14; 15-16; 17-18.

Stickers required for all athletes with age, name, gender, and club's name.

Four Events Maximum for All Ages.

Only $\frac{1}{4}$ spikes.



Medals awarded 1st - 3rd Places

Ribbons 4th - 6th Places

Outstanding Athlete Award for Each Team

**FORGOT YOUR SNACKS OR DRINKS?
CONCESSION STAND WILL BE AVAILABLE!**