



**15<sup>th</sup> Annual  
Ft. Belvoir Sonic Boom Developmental  
Track Meet  
Fully Automatic Timing (FAT) Services**

**April 25, 2020  
Pullen Field Track  
Fort Belvoir, VA 22060**

**Registration: [www.Coacho.com](http://www.Coacho.com)  
Coaches meeting will be at 8:45 a.m.**

**\$6.00 ----- Individual Athlete  
\$10.00 ----- Relay Team  
\$400.00 ----- Team Fee**

**[www.sonicboomtrackclub.com](http://www.sonicboomtrackclub.com)**

**MEET DIRECTOR - RICHARD HERMAN 703-975-1222  
Email: [belvoirtrackcoach@gmail.com](mailto:belvoirtrackcoach@gmail.com)**

**\*NOTE: To expedite "ACCESS" to the post, all persons over the age of 16 years old must have a photo ID.**

**Head Coach - Alton Greene 703-595-6621**

**Directions to Fort Belvoir, VA: 12<sup>th</sup> 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 LIEBER 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 left turn lane. Enter Fort Belvoir at Lieber Gate. Head northwest on Meade Rd toward Truck inspection. Show driver license, insurance, registration. Proceed up the road and turn left onto Gunston Rd. Turn left onto 12th St. Turn right into (Speckler Field House). Keep straight on the side road and you will see the track on your left-hand side. Please visit <https://belvoir.armymwr.com/promos/gate-access> for Gate Access and FAQs.**

## ORDER OF EVENTS (rolling schedule)

<b>TRACK</b>	<b>9:30 A.M.</b>	<b>FIELD</b>	<b>9:00 A.M.</b>
3000 Meter Run	11 & Up	Long Jump	All Ages (O/Y)
100 Meter Dash (T)	All Ages	High Jump	G/B 9 - 18 (O/Y)
Sprint Hurdles (F)	11 & Up	Triple Jump	G/B 13 - 18 (O/Y)
400 Meter Dash (F)	8 & Under	Shot Put	G/B 5 - 18 (O/Y)
800 - 1500 Race Walk	7 & Up	Turbo Javelin	G/B 5 - 10 (Y/O)
50 Meter Dash	6 & Under	Aero Javelin	G/B 11 - 12
40 Meter Mini Hurdles	8 & Under	Javelin	G/B 13 - 18 (Y/O)
100 Meter Run (F)	All Ages	Discus	G/B 11 - 18 (O/Y)
1500 Meter Run	All Ages		
200 Meter Dash (F)	All Ages		
4x100 Relay	All Ages		
800 (F)	All Ages		
4 X 400 Relay	All Ages		

O (OLD) / Y (YOUNG)

### **Fully Automatic Timing (FAT) Services**

Four Events Maximum for All Ages.

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



**Medals awarded 1<sup>st</sup> - 3<sup>rd</sup> Places**

**Ribbons 4<sup>th</sup> - 6<sup>th</sup> Places**

**Outstanding Athlete Award for Each Team**

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