

# 3<sup>rd</sup> Annual Northern Virginia Track Classic

## Saturday, May 11, 2019

**Riverside High School**  
19019 Upper Belmont Place  
Leesburg, VA 20176

**Host: Ashburn Elite Track Club**  
**Director: Derrick Greene (703) 725-3345**  
**Email: Ashburnelitetrack@gmail.com**

### MEET INFORMATION

FAT Timing – Girls and Boys 100m will run at the same time on opposite sides of the track

Coaches Meeting at 12:30

Field Events start at 12:30

Running Events Start at 1:00

Gates Open at 12:00

### ENTRY INFORMATION

Registration closes on Wednesday, May 8<sup>th</sup> at 11:59pm.

Entries and payments will only be accepted online at [www.coacho.com](http://www.coacho.com).

\$8/athlete & \$16/relay – Team max \$600

\$5 Spectator fee. Kids 5 & Under are free.

### ORDER OF EVENTS

#### ***Running Events***

80/100/110 Hurdles – Age 11+

100m (Semi Final) – All Ages

1600m – Ages 7+

200m Hurdles – Ages 13+

4 x 100 – All ages

400m – All Ages

800m – Ages 7+

100m FINALS – Top 8

200m – All ages

4 x 400 – Ages 7+

#### ***Field Events***

Long Jump – All Ages

Triple Jump – Ages 13+

High Jump – Ages 9+

Shot Put - Ages 7+

Turbo Javelin – Ages 8-12

Discus – Ages 11+

### AGE GROUPS

Sub Bantam – Ages 8 & Under

Bantam – Ages 9 -10

Midget – Ages 11-12

Youth – Ages 13-14

High School – Ages 15-18

Age Divisions determined by age on December 31, 2019.

### ELIGIBILITY

Athletes in the Primary, Sub Bantam and Bantam Age groups may enter a Maximum of 3 Events. Athletes in the Midget, Youth and High School age divisions may enter 4 events.

### AWARDS

Top 3 finishers will receive medals

Places 4 – 6 will receive ribbons

Awards will be available for Pick Up at the end of the meet.

### ADDITIONAL MEET INFO

FAT Timing – QW Timing

400m all weather track with 8 lanes

Tents permitted in visitor stands and open areas

Spikes permitted – Max 1/4in

Food Vendors include: Fish, Chicken, Hamburger, Hot Dogs & More



This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. Registration is on [www.CoachO.Com](http://www.CoachO.Com).