



LIGHTNING RELAY GAMES
Are You Ready for the Challenge?

PRESENTED BY:

DALE CITY LIGHTNING TRACK CLUB

Saturday, May 19
 Garfield High School
 Woodbridge, VA 22191
Meets starts at 1pm

- Events: 4x800 | 100m | 50m dash | 1600m | 4x100m | 400m
- 200m Challenge (2 athletes per gender/age group from each team)
- Sprint Medley | Long Jump | Shot Put
- Sponsorship & Vending Opportunities

Contact info@dalecitytrack.org or 571.306.3285
REGISTER VIA COACHO.COM

DATE & TIME: Saturday, May 19, 2018 at 1:00 PM | **Coaches meeting:** 12:30 PM | **PACKET PICK-UP:** 11:00 AM

LOCATION: Gar-field High School, 14000 Smoketown Rd, Woodbridge, VA 22192

SPECTATOR AND COACHES ADMISSION FEE: \$2.00 (children 4 and under free)

REGISTER VIA COACHO.COM

ATHLETE ENTRY: \$8.00 per athlete (\$500 team max entry fee) **Athletes do not need an AAU or USATF membership*

ATHLETE REGISTRATION DEADLINE: **WEDNESDAY, MAY 16 @ 11:59 PM**

COMPETITION AGE GROUPS M/F: 8 & under; 9-10; 11-12; 13-14; and High School (*Age divisions are determined by year of birth, i.e., their age on Dec. 31, 2018.)

EVENTS: Maximum of three (3) events for all age groups 12 & under. Maximum of four (4) events for age groups 13/14 & High School (The maximum event entry, includes relays)

RELAYS: Athletes are allowed to “run-up” an age group to complete a relay team

200 METER CHALLENGE: Each team is allowed to enter (2) two athletes per age group for this exciting run to the finish line!

AWARDS: 1st, 2nd and 3rd place in each event

TEAM AWARDS: 1ST Place award to top boys and girls team based on total relay points

TIMING: Fully Automatic Timing (FAT) Services provided by QW Timing

***Concessions will be available throughout the meet**

Meet Director: Coach Monte Evans (571) 306.3285 or info@dalecitytrack.org

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ORDER OF RUNNING EVENTS

100 M

1600M

50M Dash (Fun run open to all
athletes and spectators 6 and
under)

4 X 100M

4 X 800M

400M

Sprint Medley (100,100,200,400)

200M CHALLENGE

FIELD EVENTS

LONG JUMP (Youngest to oldest)

SHOT PUT (Oldest to youngest)