



UPDATED 6/01/2018

DATE & TIME: Saturday, June 16, 2018 at 9:00 AM | **GATES OPEN / PACKET PICK-UP:** 7:00 AM

COACHES MEETING: 8:30 AM

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

SPECTATOR 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: **THURSDAY, JUNE 14 @ 11:59 PM**

COMPETITION AGE GROUPS M/F: 8 & under; 9-10; 11-12; 13-14; and 15-18 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

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)

***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 9:00 AM

4 X 800M

Sprint Medley (100,100,200,400)

1500M

100M

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

400M

4 X 100M

800M

200M

4 X 400M

FIELD EVENTS 9:00 AM

LONG JUMP (Youngest to oldest)

SHOT PUT (Oldest to youngest)