

FPYC Track & Field Invitational Meet



Date: Sunday, April 28th

Time: 10:30 a.m. – 5:00 p.m.

Location: Fairfax High School, 3501 Rebel Run, Fairfax, VA 22030. Parking is available. Access Rebel Run off Fairfax Blvd to school parking or access parking off of Old Lee Highway.

Rosters: If your team will be attending, please let me know by 4/15/24 and you will be sent a link to a Google document where you can sign up your athletes. As we are using a timing company, final rosters need to be received by 4/21/24.

Fee: \$7 per athlete submitted on the roster. Cash or checks payable to FPYC. Payable on meet day.

Awards: Medals for places 1st through 3rd; Ribbons for 4th-10th. Awards will not be available onsite. We will make them available after results have been reviewed and finalized. The medals can be mailed.

Age Groups: 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. Athletes compete per USATF age up rules.

Schedule of Events: First running event to begin at 10:30 a.m promptly. Heats will be organized at the start line. 100m and 200m will be run in lanes. 400m will be run in lanes for 11 and older. All other races will be waterfall start. **Limit of 3 running events per athlete and one additional field event.**

1600m

400m

100m

800m

200m

3000m (11 y/o and older only)

Field Events: Athletes must have practiced field events prior to attending the meet to participate.

Long Jump: Warm-ups 10:15-11:00 a.m.; Competition 11 a.m. - 3:00 p.m. 9 and up only.

Shot Put: Warm-ups 10:15-11:00 a.m.; Competition 11 a.m. - 2:00 p.m.

Turbo-javelin: TBD as it may not be available.

Concessions: No concessions will be available. Each family should provide for their athlete.

Questions: Contact Molly Barba at running@fpycsports.com