

Real Deal High School Classic

December 10 & 11, 2010

Boo Williams Sportsplex, Hampton, VA

Meet Information

Hosts / Info: Lakeland HS & Norfolk Real Deal TC / phone # 757.348.7976

Sanction: Virginia High School League

Entry Info: Maximum of 4 athletes per event, and 1 relay per School. Entries must be done online @ www.milestat.com **Entries close December 4**

Payment Info:

***Entry fee:** \$15 per individual or \$150 per team (which ever is less)
\$250 for both teams (boys and girls)

***Tax ID #:** 54-1589802 (Non-Profit)

***Payments can be done online or mail check to:**

(payable to Norfolk Real Deal) P.O. Box 1893 **Must receive payment**
Norfolk, VA 23501 **by December 4**

Awards: Top 6 in each event, including relays – 1st, 2nd, 3rd (Medals); 4th, 5th, 6th (Ribbons)

Team Awards: Team trophies for top 3 teams using 8 place scoring (10-8-6-5-4-3-2-1).

Tickets & Concessions: Tickets for spectators – \$6 (adults) or \$4 (under 12). Concessions will be open, and meet programs cost \$2.

Order of Events:

Friday Field Events

3:00pm Boys Shot Put followed by Girls
Boys Triple Jump followed by Girls
Girls High Jump followed by Boys
Girls Pole Vault followed by Boys

Saturday Field Events

8:30am Girls Long Jump followed by Boys LJ

Friday Track Events

5:30pm 55m Hurdles Prelims
55m Dash Prelims
55 Hurdles Finals
55 Dash Finals
4 x 800 Relay Final

Saturday Track Events

9:30am 1600m
4 x 200 Relay
500m
1000m
300m
3200m
4 x 400 Relay

NOTES (track events only):

1. We will use a rolling schedule
2. Girls will run first, followed by boys
3. All of Saturday's events are timed finals