

VIRGINIA BEACH FLAMES INVITATIONAL

Landstown High School

Entries will only be accepted through online registration at

www.coacho.com

**Advance payment on-line is the
only acceptable payment!!!**

Cannot pay day of meet

Online Registration will close Wednesday, June 9th at 11:59pm.

No registration on the day of the event,
No changes on the day of the event.

ENTRIES: \$8.00 per athlete and \$13.00 per relay team.
(Advanced Registration per team required)

AGE DIVISION: Age divisions are determined by year of birth

Primary	8 & U	(2002 & After)
Bantam	9-10	(2001 – 2000)
Midget	11-12	(1999 – 1998)
Youth	13-14	(1997 – 1996)
Intermediate	15-16	(1995 – 1994)
Open	17-up	(1993 & Up)

Age group are determined by athletes age as of
December 31, 2010.

Violators and teams will be disqualified.

PARTICIPANTS: All athletes will be allowed to compete in 4 events-including
relays.

Each team will be limited to **4 (FOUR FEMALES)** and
4 (MALES) athletes per age group, per event
(including running & field events).

FIELD EVENTS: Athletes must meet **“MINIMUM STANDARDS”** as noted in
registration. (Qualifying Standards included in this packet).
First throw or jump will be measured; after that must meet
minimum standards.

- INFIELD:** Only officials and athletes competing in an active event are allowed on the infield of the track. Violation may cause disqualification.
- MEET RULES:** First Call & Last Call on events. Athletes will have to check out with Field Event Officials prior to leaving the competition area to participate in running events.
- Field Events: **4 (FOUR)** attempts only.
- Protest of any nature is to be handled by the meet referee. Age violation will be cause for automatic disqualification of individual and team from event.
- No Bare feet or stocking; shirts required; max ¼” spikes; athletes on relay teams must be dressed in the same uniform.
- Only A & B Teams allowed in RELAY events.
NO CO-ED TEAMS ALLOWED
- EQUIPMENT:** Athletes can use their own throwing implements, provided it meets competition standards.
- SANCTION:** Amateur Athletics Union (AAU) rules apply.
- FACILITIES:** NO TENTS WILL BE ALLOWED IN STANDS AROUND THE TRACK. TENTS WILL BE ALLOWED IN DESIGNATED LOCATION.
- CONCESSION:** Concession stands will be open throughout the meet.
- CLEAN-UP:** Trash Bags will be provided in all areas. Please police the area as if it were your facility. Clean up after this event is required by each team attending the meet.
- CONTACT INFORMATION:** Fred Barber – (757) 288-9264
EMAIL: fbarber1@cox.net
- AWARDS:** **1st thru 3rd** place will receive medals and **4th thru 6th** place will receive ribbons.
Team Trophy for the top three teams (combined boys & girls) – scoring for top six places: 10-8-6-4-2-1.

MEET SCHEDULE

TIME: 7:00am – 8:00 am [Team Check-In/Packet pick-up]
7:45am – Coaches Meeting [Meet Director – Nick Mayers]
8:00am – Singing of the National Anthem
8:00am – First Call
8:30am - Meet promptly starts

ORDER OF EVENTS

*** Girls followed by Boys in all events.**

- 1.) **8:30 am 3000 Meter (11/12 & up)**
- 2.) **80m Hurdles (11 & 12) [Timed Finals]**
- 3.) **100m Hurdles (13/14 & up) Girls [Timed Finals]**
- 4.) **100m Hurdles (13 & 14) Boys [Timed Finals]**
- 5.) **110m Hurdles (15/16 & 17/18) Boys [Timed Finals]**
- 6.) **100m Semi –Finals [All age group]**
- 7.) **800m (Finals) [All age group]**
- 8.) **100m (Finals) [All age group]**
- 9.) **1500 Meters (Racewalk) [9/10 & up]**
- 10.) **400m (Finals) [All age group]**
- 11.) **1500 Meters (Finals) [9/10 & up]**
- 12.) **200m Hurdles (Finals) [13 & 14 Females/Males]**
- 13.) **4 x 100 Meter [All age group]**
- 14.) **200m (Finals) [All age group]**
- 15.) **4 x 400 Meter [All age group]**

NOTE: Starting Blocks can be used for FINALS only.
Rolling Schedule will be used.

FIELD EVENTS:

SHOT PUT [All age group] [4 throws]

DISCUS (11/12 & up) [4 throws]

LONG JUMP [All age group] [4 jump finals]

HIGH JUMP (9 & 10) [4 jump finals]

TRIPLE JUMP (13-14 & up) [4 jump finals]

EQUIPMENT: Athletes can use their own throwing implements, provided it meets competition standards.

AGE GROUP

LONG JUMP – PIT #1 Primary Boys– Midget Boys – Youth Boys - Intermediate Boys

LONG JUMP – PIT #2 Primary Girls- Midget Girls – Youth Girls – Intermediate Girls

LONG JUMP – PIT #3 Bantam Boys- Bantam Girls – Open Men & Women

TRIPLE JUMP – PIT #3 Youth(G/B) – Intermediate (G/B) – Open Men & Women

HIGH JUMP – Youth(G/B)–Intermediate (G/B)–Open M&W-Midget (G/B)-Bantam(G/B)

DISCUS – Open Men & Women – Intermediate (G/B) – Youth (G/B) – Midget (G/B)

SHOTPUT – Open Men & Women – Intermediate (G/B) – Youth (G/B) – Midget (G/B)

Bantam (G/B) – Primary (G/B)

Qualifying Standards

	<u>Primary</u>		<u>Bantam</u>		<u>Midget</u>		<u>Youth</u>		<u>Intermediate</u>		<u>Open M/W</u>	
	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>
LJ	8'0"	9'0"	9'10"	10'5"	11'5"	12'8"	13'1"	14'0"	14'10"	18'4"	16'1"	19'5"
TJ	-	-	-	-	-	-	28'0"	29'3"	30'1"	36'7"	31'2"	41'0"
HJ	-	-	3'4"	3'9"	3'8"	4'0"	4'2"	4'6"	4'6"	5'3"	4'10"	6'0"
SP	10'00"	10'5"	15'5"	17'0"	18'5"	23'5"	22'6"	26'5"	26'5"	30'10"	29'5"	35'6"
Discus	-	-	-	-	45'0"	51'2"	52'6"	77'8"	77'5"	85'5"	90'3"	120'5"