

**HAMPTON CITY
INVITATIONAL
MAY 2, 2009**



DARLING STADIUM

4111 Victoria Boulevard, Hampton, VA 23669

SANCTONED BY: **AAU Sports**



HAMPTON CITY INVITATIONAL

ENTRY INFO: \$8 per athlete. \$12 per/relay, Team Max \$500.

Entries for competition and payment will only be accepted through online registration at www.coacho.com.

Entries must be received by Tuesday, April 28, 2009 11:59pm. Mailed, faxed, emailed, phoned entries and/or changes will not be accepted.

No registration for competition on the day of the event; No changes on the day of the event.

Concession stands will be open during meet.

DATE: Saturday, May 2, 2009

HOST: Inside Track Club

CONTACT NUMBERS: 757-291-1975

Meet Director: William Moore (757-593-6985)

RULES: In accordance with USA/AAU, Track & Field.

AWARDS: Top six finishers in each event will receive awards. The top three, including relays, will receive medals. Fourth through sixth place will receive ribbons.

TOP TWO TEAMS WILL RECEIVE A TEAM TROPHY (COMBINED BOYS AND GIRLS).

Scoring for top six places: 10 – 8 – 6 – 4 – 2 – 1. Awards will be ready for pick up at the conclusion of the meet.

ELIGIBILITY: A competitor in Sub-Bantam, Bantam and Midget may enter a maximum of three events including relays. Competitors in Youth, Intermediate and Open may enter a maximum of four events, including relays.

FACILITIES: 400meter all weather track with 8 lanes, two long jump pits, one high jump discus and shot put. F.A.T. timing. **No cd players, radios, glass containers.**

MEET RULES & REGULATIONS: No bare feet or stocking feet; shirts required; max ¼" spikes for running events; Athletes on all relay teams must be dressed in the same uniform; Call to Check In will be made as follows: 1st Call, FINAL CALL. ONLY

Relays: Only the designated "A" and "B" teams will be able to earn points and be counted toward team score.

Field Events: 3 attempts only in Discus, Shot Put, High Jump and Long Jump. Athletes must check in with Judge prior to leaving to compete in another event.

EQUIPMENT: Athletes must provide their own implements and have them checked and certified prior to competition. NO STARTING BLOCKS WILL BE ALLOWED.

Meet Schedule

We will use a rolling schedule.

7:30am	-	Team Check-in
9:00am	-	Field Events Begin
8:30am	-	Coaches Meeting
9:00am	-	Running Events Begins

Order of Events

8:30am Running Events

1500m RW
 100m (Final)
 50m (Final)
 80m hurdles (Final)
 100m hurdles (Final)
 400m (Final)
 1500m (Final)
 200m hurdles (Final)
 4x100m Relay (Final)
 800m (Final)
 200 meter (Final)
 4x400 Relay (Final)

8:00am Field Events – check in at event site

Shot-Put:
 Boys youngest to oldest
 Girls youngest to oldest
Discus: Girls then Boys
 Bantam, Midget, Youth
Long Jump:
 Boys oldest to youngest
 Girls oldest to youngest

Age groups are determined by the athletes' age as of December 31, 2009

Events/Age Groups are:

Primary 5&6	Sub-Bantam 7&8	Bantam 9&10	Midget 11&12	Youth 13&14	Intermed. 15&16	Open
50m	100m	100m	100m	100m	100m	100m
100m	200m	200m	200m	200m	200m	200m
SBT	400m	400m	400m	400m	400m	400m
	800m	800m	800m	800m	800m	800m
	Long Jump	1500m	1500m	1500m	1500m	1500m
	Shot-Put	1500 RW	1500 RW	3000 RW	3000 RW	Long Jump
	4x100 relay	4x100 relay	80m hurdles	100m hurdles	Long Jump	Discus
		4x400 relay	4x100 relay	200m hurdles	Discus	Shot-Put
		Long Jump	4x400 relay	4x100 relay	Shot-Put	
		Shot-Put	Long Jump	4x400 relay	4x100 relay	
			Discus	Long Jump	4x400 relay	
			Shot-Put	Discus		
				Shot-Put		

ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS.

PLEASE _ CLEAN UP AROUND YOUR AREA. THANKS!

Channel "9" on walkie-talkies is designated for officials only!

Driving Directions:

From: Richmond / Williamsburg, VA

Take I-64 East to Ext 265A / LaSalle Ave

At 3rd stop light make a left turn on to Settlers Landing Rd

Next stop light, make a right turn on to Kecoughtan Rd., Darling Stadium is one block on right.

From: Va. Beach, / Norfolk, VA

Take I-64, West throu (Hampton Roads Bridge Tunnel),

Take ext. 265A on to LaSalle Ave

At 3rd stop light make a left turn on to Settlers Landing Rd

Next stop light, make a right turn on to Kecoughtan Rd., Darling Stadium is one block on right.