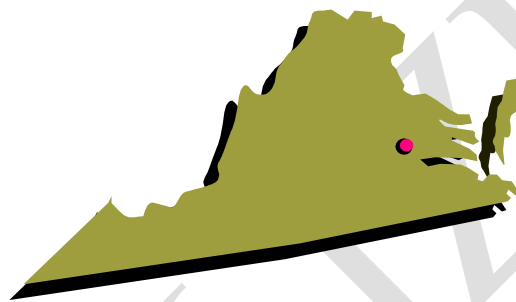


VIRGINIA DISTRICT QUALIFIER

sponsored by the
VIRGINIA BEACH FLAMES
8th ANNUAL TRACK MEET



TRACK & FIELD CHAMPIONSHIP

June 11th – June 12th, 2011 (Saturday/Sunday)

{FINALIZED June 7th}

LANDSTOWN HIGH SCHOOL
2001 Concert Drive
Virginia Beach, VA. 23456



This event is sanctioned by the Amateur Athletic Union



**2011 Virginia District Qualifier
Track & Field Championship**



- Host:** Virginia Beach Flames Track Club
- Meet Coordinator:** Fred Barber (757) 288-9264 fbarber1@cox.net
- Meet Director:** Nick Mayers (757) 343-6177 nmayers@cox.net
- Dates:** June 11th & 12th, 2011
Note: {**FINALIZED June 7th**}
- Time:** Events start at 8:00am daily
- Location:** Landstown High School
2001 Concert Drive
Virginia Beach, VA. 23456
- Entry:** Each athlete/team competing in this meet **MUST** complete the entry process on www.coacho.com
- Entry Fee:** \$20 per individual athlete {Payments will only be accepted online through www.coacho.com}
VISA or MASTER CARD. NO EXCEPTIONS.
- Entry Deadline:** **ONLINE REGISTRATION WILL CLOSE**
TUESDAY, JUNE 7th at 11:59pm.
[No exceptions – all entries must be received before deadline]

Current AAU membership is required for an athlete to be eligible to compete in this meet. AAU membership may be obtained online at www.ausports.org. The AAU membership fee is not included in the VA. District Qualifier entry fee and must be obtained prior to participation in this meet.



**2011 Virginia District Qualifier
Track & Field Championship**



ADVANCEMENT TO THE NATIONAL QUALIFIER
All athletes who participate in the Virginia District Meet including relays, qualify to compete in the 2011 Area 3 National Qualifier Track & Field Championships, June 30-July 3, 2011.

Automatic Advancement	Pole Vault, Multi-Events and Steeplechase will not be contested at this meet. Athletes interested in these events will be automatically advanced to the AAU 2011 Area 3 National Qualifier.
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Awards:	AAU Championship Medals for the top 3 finishers each event and division, ribbons for fourth through sixth place.
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Competition Divisions		All athletes must compete in the division as defined below		
<u>Girls</u>	<u>Boys</u>	<u>Division</u>	<u>Year of Birth</u>	<u>Age as of 12/31/2011</u>
PG	PB	Primary	2003 & After	8 & Under
SBG	SBB	Sub-Bantam	2002	9
BG	BB	Bantam	2001	10
SMG	SMB	Sub-Midget	2000	11
MG	MB	Midget	1999	12
SYG	SYB	Sub-Youth	1998	13
YG	YB	Youth	1997	14
IG	IB	Intermediate	1996 & 1995	15 & 16
YW	YM	Young Women/Men	1994 & 1993	17 & 18
Eligible if still 18 on August 7, 2011				

Athletes participation:
Primary to Midget age group – 3 events
Sub-Youth to Young Women/Men – 4 events

Relays:
No additional charge for relays, but be advised that entry into a relay even as an alternate counts as an individual event.



2011 Virginia District Qualifier Track & Field Championship



- Relay Events:** Each Relay Team must represent a registered AAU Club. Clubs may register using information listed under “AAU Membership” above. Athletes listed as relay alternates will have that relay event count towards their event limitations.
- Running Event Rules:** **100m, 200m, 400m**, events each have two rounds, Prelims and Finals. The top eight (8) fastest times from the preliminary rounds will advance to the finals.
- Field Event Rules:**
- * All field events begin at 8:00am. Each competitor will have four (4) attempts for throws and horizontal jumps.
 - * In the vertical jumps, within a division, once the bar moves up, it will not move down for any reason.
 - * Athletes who must leave for another event must check-out with the event official. Athletes may also request to take attempts in succession.
 - * If excused during a round, the athlete must return at the conclusion of that excused running event or forfeit remaining attempts.
- EQUIPMENT:** Athletes can use their own throwing implements, provided it meets competition standards.
- Event Calls:** It is the athletes responsibility to hear the calls and report to their event venue on the first call for their division. Field event athletes should report directly to the field event venue. Track event athletes should report to the clerking area.



**2011 Virginia District Qualifier
Track & Field Championship**



ALL EVENTS WILL BE CONTESTED ON A ROLLING SCHEDULE
(NOTE: This schedule is tentative and subject to change)

Saturday, June 11, 2011

- 7:00am – 7:45 am [Team Check-In/Packet pick-up]
- 7:45am – Coaches Meeting [Meet Director – Nick Mayers]
- 7:45am – First Call
- 7:55am – Singing of the National Anthem
- 8:00am - Meet promptly starts

ORDER OF EVENTS

* Girls followed by Boys in all events.

- 1500m Racewalk [Finals].....SBG,BG,SMG,MG,SBB,BB,SMB,MB
- 100m [Preliminary].....ALL AGE GROUPS
- 3000m Run [Finals].....SMG,MG,SYG,YG,IG,YW,SMB,MB,SYB,YB,IB,YM
- 400m [Finals].....PG,SBG,BG,SMG,MG,PB,SBB,BB,SMB,MB
- 400m [Preliminary].....SYG,YG,IG,YW,SYB,YB,IB,YM
- 200m [Preliminary].....ALL AGE GROUPS
- 800m [Finals].....ALL AGE GROUPS
- 200m Hurdles [Finals].....SYG,SYB,YG,YB
- 400m Hurdles [Finals].....IG,YW,IB,YM
- 4 x 100 Relay [Finals].....ALL AGE GROUPS

NOTE: Starting Blocks can be used for FINALS only.

ORDER OF FIELD EVENTS

- SHOT PUT.....SYG,YG,IG,YW,SYB,YB,IB,YM
- DISCUS.....YM,IB,YB,SYB,MB,SMB,YW,IG,YG,SYG,MG,SMG
- LONG JUMP.....PG,SBG,BG,SMG,MG – Pit#1
- LONG JUMP.....PB,SBB,BB,SMB,MB – Pit#2
- LONG JUMP.....YW,YM,IG,IB,YG,YB,SYG,SYB – Pit#3
- HIGH JUMP.....SYG,SYB,YB,YG,IB,IG,YM,YW



**2011 Virginia District Qualifier
Track & Field Championship**



ALL EVENTS WILL BE CONTESTED ON A ROLLING SCHEDULE
(NOTE: This schedule is tentative and subject to change)

Sunday, June 12, 2011

7:45am – First Call
7:55am – Singing of the National Anthem
8:00am - Meet promptly starts

ORDER OF EVENTS

* Girls followed by Boys in all events.

- 3000m Racewalk [Finals].....SYG,YG,IG,YW,SYB,YB,IB,YM
- 1500m [Finals].....SBG,BG,SMG,MG,SBB,BB,SMB,MB
- 80m Hurdles [Finals].....SMG,MG,SMB,MB
- 100m Hurdles [Finals].....SYG,YG,IG,YW,SYB,YB
- 110m Hurdles [Finals].....IB,YM
- 100m [Finals].....ALL AGE GROUPS
- 1500m [Finals].....SYG,YG,IG,YW,SYB,YB,IB,YM
- 400m Dash [Finals].....SYG,YG,IG,YW,SYB,YB,IB,YM
- 4x 800 [Finals].....MG,YG,IG,YW,MB,YB,IB,YM
- 200m [Finals].....ALL AGE GROUPS
- 4 x 400 Relay [Finals].....ALL AGE GROUPS

NOTE: Starting Blocks can be used for FINALS only.

ORDER OF FIELD EVENTS

- SHOT PUT.....PG,SBG,BG,SMG,MG,PB,SBB,BB,SMB,MB
- TRIPLE JUMP.....SYG,YG,IG,YW – Pit#1
- TRIPLE JUMP.....SYB,YB,IB,YM – Pit#3
- HIGH JUMP.....SBG,BG,SMG,MG,SBB,BB,SMB,MB
- JAVELIN..... SYG,SYB,YG,YB,IG,IB,YW,YM



2011 Virginia District Qualifier Track & Field Championship



FACILITY:

400meter all weather track w/ 8 lanes; all weather runways, and concrete circles; FAT timing.

- The concession stand will be open during the meet.
- **NO TENTS WILL BE ALLOWED IN STANDS!!! TENTS CAN BE SET-UP AROUND THE TRACK. TENTS WILL NOT BE ALLOWED IN DISCUS AREA FOR SAFETY REASON.**
- Restrooms are available in the school.
- **Absolutely no open grills allowed on school grounds.**
- **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 eachteam attending the meet.

PARKING:

All parking lots at the school is available for use. There are many parking spot available behind the tennis court. Please do not park on the grass and in firelanes (yellow marking). This is **MANDATORY** as every year cars are ticketed and towed.

HOSTED BY: VIRGINIA BEACH FLAMES



www.eteamz.com/vbflames