

Richmond HEAT Invitational

April 23, 2016

Highland Springs High School

15 S. Oak Ave

Highland Springs, Virginia

(Richmond)

Host Organization:

Richmond

HEAT

Track & Sports

Meet Schedule	
7:30am	Team Check-in
8:15am	Coaches Meeting
8:30am	Field Events Begin
9:00am	Running Events Begin
We will use a ROLLING SCHEDULE	
ALL EVENTS ARE FINAL	

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ENTRY INFO: \$8 per/athlete. \$12 per relay (Team Max \$550)
Entries for competition and payment will only be accepted through online registration at www.coacho.com.
Entries must be received by Thursday, April 21 2016 - 11:59pm

www.Coacho.com

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

SPECTATOR FEE \$1: Support the youth in your community. Concessions will be sold. We request that all garbage be disposed of in the containers provided before you exit the stadium. *Thanks for your cooperation!*

HOST: Richmond Heat Track and Sports
CONTACT NUMBERS: 804-869-6397 / 804-244-0879
MEET DIRECTOR: Robert Lewis
RULES: In accordance with USA Track & Field

AWARDS: *Top three finishers including relays will receive medals.*
Places 4th—6th will receive ribbons.
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 Primary, Sub-Bantam, Bantam & Midget may enter a maximum of three (3) events. All other competitors may enter a maximum of four (4) events, including relays.

FACILITIES: 400 meter all weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. No tape on decks, radios, glass containers or open grills allowed in the Stadium. Tents and/or umbrellas will be allowed on the top row of the stadium only. Restrooms are available at facility. Parking lots are located near the Stadium.

MEET RULES & REGULATIONS: No bare feet or stocking feet; shirts required; max ¼" spikes; Athletes on all relay teams must be dressed in the same uniform; Maximum of two relays per age group.

Call to Check In will be made as follows: 1st Call, FINAL CALL.

Relays: Only the designated "A" team will be able to earn points and be counted toward team awards/scoring.

Field Events: 3 attempts in Shot Put, Discus, Long Jump and Triple Jump. Athletes must check in with Judge prior to leaving to compete in another event. Shot Put and Discus must be provided by the athlete.

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ORDER OF EVENTS:

Field Events

8:30

Long Jump – Oldest to Youngest

Triple Jump – Immediately following Long Jump (All)

High Jump – Youngest to Oldest

Shot Put – Youngest to Oldest

Discus – Youngest to Oldest (Immediately following Shot Put)

Running Events

9:00

- ☐ 3000 Meters
- ☐ 80/100/110M Hurdles
- ☐ 100 Meters
- ☐ 1500 Meters
- ☐ 50 Meters
- ☐ 4x100M Relay
- ☐ 400 Meters
- ☐ 1500M Walk
- ☐ 800 Meters
- ☐ 200 Meters
- ☐ 4x400M Relay

DIRECTIONS:

*****Please check on line or use GPS for specific directions from your location*****

**ONLY MEET OFFICIALS AND ATHLETES COMPETING WILL BE
ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS.
PLEASE CLEAN UP AROUND YOUR AREA.
THANKS!**

***Age Divisions are determined by age on December 31, 2016**

Primary	Sub-Bantam	Bantam	Midget	Youth	High School
Ages: 6 & under	Ages: 7 & 8	Ages: 9 & 10	Ages: 11 & 12	Ages: 13 & 14	Ages: 15 - 18
50m	100m	100m	100m	100m	100m
100m	200m	200m	200m	200m	200m
LJ	400m	400m	400m	400m	400m
	800m	800m	800m	800m	800m
	1500m	1500m	1500m	1500m	1500m
	4 x 100 relay	4 x 100 relay	3000m	3000m	3000m
	4 x 400 relay	4 x 400 relay	1500mRW	1500mRW	1500mRW
	LJ	LJ	80m Hurdles	100m Hurdles	100m/110m Hurdles
	SP	SP	4 x 100 relay	4 x 100 relay	4 x 100 relay
		HJ	4 x 400 relay	4 x 400 relay	4 x 400 relay
			LJ	LJ	LJ
			SP	TJ	TJ
			HJ	SP	SP
			Discus	HJ	HJ
				Discus	Discus