**
SPEED CITY “CHARGERS” INVITATIONAL**

**May 14, 2016**

## Todd Stadium

**12465 Warwick Blvd, Newport News, VA 23606**

**Report time 7:15 am

DIRECTIONS TO MEET:** Take Interstate 64; Merge onto Jefferson Avenue/VA-143E via Exit 255A; Turn Right onto Oyster Point Road, Turn Left onto Warwick Boulevard/US-60E; Travel approximately 2.5 miles and Todd Stadium will be on your right.

**PARKING:** Free

**SPECTATOR FEE $2**

## **Meet Schedule**

IN ALL EVENTS, UNLESS OTHERWISE NOTED, THE ORDER WILL PROGRESS FROM THE YOUNGEST TO THE OLDEST (GIRLS FIRST)

7:00 am – 8:00 am check-in

7:30 am – 7:45 am Coaches Meeting 7:45 am First Call

8:00 am Field Events

8:30 am Running Events

### Order of Running Events (Start Time-8:30 am):

**1500m Race-walk (Final)** – Age 9-10, 11-12, 13-14, 15-Up

**3000m (Final)** – Age 11-12, 13-14, 15-Up

**4 x 800m Relay (Final)** – Age 11-12, 13-14, 15-Up

**100m (Prelim)** – All Age Divisions

**400m (Final)** – Age 7-8, 9-10, 11-12, 13-14, 15-Up

**80m Hurdles (Final)** – Age 11-12

**100m Hurdles (Final)** – Age 13-14, Girls 15-Up

**110m Hurdles (Final)** – Age Boys 15-Up

**1500m Run (Final)** – Age 9-10, 11-12, 13-14, 15-Up

**100m (Final)** – All Age Divisions

**50m (Final**) – Age 6-Under

**4 x 100m Relay (Final)** – Age 7-8, 9-10, 11-12, 13-14, 15-Up

**800m (Final)** – Age 7-8, 9-10, 11-12, 13-14, 15-Up

**200m Hurdles (Final)** – Age 13-14

**200m (Final)** – All Age Divisions

**4 x 400m Relay (Final)** – Age 7-8, 9-10, 11-12, 13-14, 15-Up

### Order of Field Events (Start Time-8:00 am):

**Shot Put**: Girls, Youngest to Oldest, followed by Boys, Youngest to Oldest –Age 7-8, 9-10, 11-12, 13-14, 15-Up

**High Jump**: Boys, Youngest to Oldest, followed by Girls, Youngest to Oldest-Age 9-10, 11-12, 13-14, 15- Up

**Long Jump**: Girls, Oldest to Youngest and Boys, Oldest to Youngest-Age 7-8, 9-10 ,11-12, 13-14, 15-Up **Triple Jump**: Girls, Oldest to Youngest and Boys, Oldest to Youngest-Age 13-14, 15-Up (after the Long Jump)

**Discus**: Girls, Youngest to Oldest, followed by Boys, Youngest to Oldest-Age 11-12, 13-14, 15-Up

**Mini-Javelin**: Boys, Oldest to Youngest followed by Girls, Oldest to Youngest-Age 5-6, 7-8, 9-10 (after the Discus)

**AWARDS:** Top six finishers in all events will receive awards. First, second and third place finishers in all events will receive medals. Fourth thru sixth place finishers will receive ribbons. Awards will be distributed in bulk form, by team, and can be picked up after the meet.

 **Meet Preparation**

Make sure that your athlete is prepared, at the meets early and ready for his or her events.

**The Week of the Meet.** All athletes should get in a habit of drinking at least 48 oz of water each day.

**The night before the Meet.** All athletes should receive 8 to 10 hours of sleep two nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). They should also eat a good dinner that is about 5-7 PM that includes complex carbohydrates, such as pasta and whole grain rice along with a moderate amount of protein lots of fruits and vegetables.

**The Morning of the Meet.** Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best.

**The Duration of the Meet.** Parents and athletes should pay close attention to the meet announcer to ensure their athlete check in at the proper time. Parents are responsible for ensuring their athlete is given water at the conclusion of their event.

It is important that your athlete arrive on time to properly warm up for his/her event.

Due to a variety of issues we cannot determine what specific time your athlete will be competing.  In addition, the other team members will appreciate you staying to cheer them on!

The Club will have a designated area for the 2nd to None athletes to stay during the meet. All athletes must sit together in this area. ***ALL ATHLETES WILL HAVE TO CHECK IN AND OUT WITH THE MEET COORDINATOR.***

Coaches will look for athletes in the Meet Area as events approach and may request assistance from the Meet Coordinator in locating athletes. It is not the Meet Coordinator’s job to hunt down athletes.

Parents and Athletes are still responsible for listening for the call of their events and knowing what their events are for a particular meet. Also they are responsible for being prepared and warming up properly.

**Concession Stands.** Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete’s last event and/or with clearance from a 2nd to None coach.

**Girls**

F 14 Adia Goldsmith events entered: 200m dash, 400m dash, 800m run

F 12 Belinda Johnson events entered: 200m dash, 400m dash, 800m run

F 7-8 Daylin Cook events entered: 100m dash, 200m dash, 400m dash

F 10 Fanaiya Hutcherson events entered: 100m dash, 200m dash, 400m dash

F 7-8 Gianna Connolly events entered: 100m dash, 200m dash, 400m dash

F 14 Katie Jones events entered: 800m run, 3000m run, shot put

F 15-70 Kendra Williams events entered: discus throw, shot put

F 14 Rebekah Simmons events entered: 3000m run

 F 14 Zoi Betties events entered: 800m run, 3000m run

**Boys**

M 10 Derrick Cook events entered: 800m run, 1500m run

M 14 Desmond Cook events entered: 800m run, shot put

M 10 Devin Cook events entered: 100m dash, 200m dash

M 12 Donavon Burton events entered: 800m run, 1500m run

M 14 Isaiah Stevens events entered: 100m dash, 200m dash, 400m dash

M 14 Jacinto Jones events entered: 100m dash, 200m dash, 400m dash

M 15-70 Wesley Burton events entered: 800m run, 1500m run, 3000m run

**Things To Bring To Meet**

* Uniform
* Warm Up Suit
* Running Shoes
* Spikes
* Slides
* Lawn Chair and/or Blanket
* 10 x 10 canopy
* Ground cover such as a tarp
* Umbrella (good for rain or sun)
* Rain gear (poncho, dry socks)
* Sunscreen
* Small Ice Chest to carry food and drink for the day
* **GOOD SPORTSMANSHIP AND WINNING ATTITUDE!**

### HOTELS:

* **Best Western Plus Newport News Inn & Suites**-500 Operations Drive Newport News VA 23602/757-952-1182/[www.bestwestern.com](http://www.bestwestern.com/)
* **Courtyard Marriott Newport News Airport**-530 St. Johns Road Newport News VA 23602/757- 842-6212/[www.marriott.com](http://www.marriott.com/)
* **Residence Inn Newport News Airport**-531 St. Johns Road Newport News VA 23602/757-842- 6214[/www.marriott.com](http://www.marriott.com/)

**HEALTH AND NUTRITION**

**Pre-Competition Sleep**

* Athletes should receive 8 to 10 hours of sleep the night before a meet.

**Pre-Competition Meals - 3 – 4 hours before the event**

* High in complex carbohydrates, such as bread, fruit and vegetables
* Moderate in protein
* Low in fat
* Plenty of Fluids
* Athletes should eat a nutritious breakfast before a meet, including fruit, bread, water and juice. Little or no meat is best.

**Snack Hints - For All Day Meets**

* WATER
* Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon
* Crackers and pretzels
* Small amounts of protein

**Post-Competition**

* Athletes should do their **cool-down runs after** race events.
* Sports drinks, energy bars, and fruit for carbohydrate replacement.
* Dinner should include foods high in protein (chicken, beef, fish, milk, cheese, soy products, etc.) to build muscle.

**Lead Meet Coordinator**

Dave Burton, 540-455-5129

**Coaches**

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| Paulette V. Burton | 540-379-9804 |
| Micheal Lewis | 540-295-3723 |
| Jacinto Jones | 703-945-8684 |
| Tashanna Betties | 571-246-2317 |
| Kenneth Williams | 540-729-1836 |

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