

# CANNONBALL COOPER

**April 20, 2019**

**VIRGINIA'S OLDEST AGE GROUP TRACK AND FIELD COMPETITION**

**33<sup>rd</sup> YEAR RUNNING**

**HOSTED BY:**

*Lightning* **EAST END Age Group Championship**



**NEW LOCATION ☺**

**HERMITAGE HIGH SCHOOL  
8301 HUNGARY SPRING RD  
HENRICO, VA 23228**



- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
  - All participants must have a current AAU membership
  - Registration is on [www.coacho.com](http://www.coacho.com)

**ENTRY RULES** In accordance with USATF YOUTH

**AGE DIVISIONS (GIRLS & BOYS)**

- ✦ **Primary:** born 2013 and later (5&6)
- ✦ **Sub Bantam:** born 2011 or 2012 (7 & 8)
- ✦ **Bantam:** born 2010 or 2009 (9 &10)
- ✦ **Midget:** born 2007 or 2008 (11 & 12)
- ✦ **Youth:** born 2005 or 2006 (13 & 14)
- ✦ **High School:** 2004 or earlier

**REGISTRATION & FEES**

- ✦ **MUST be paid via on-line registration ONLY** accepted through [www.coacho.com](http://www.coacho.com) (no mail-ins or faxes will be accepted); **NO REFUNDS**
- ✦ **All entries must be submitted by Wednesday, April 17<sup>th</sup> 11:59 pm**
- ✦ \$12 per team member (NO RELAY CHARGE ☺)
- ✦ \$12 unattached
- ✦ \$650 team maximum for both male & female teams

**AWARDS** To be picked up at the END of the meet. Unattached athlete's may get 1 hour after event.

- ✦ 1ST THROUGH 3RD WILL RECEIVE MEDALS
- ✦ 4TH THROUGH 6TH PLACE WILL RECEIVE RIBBONS
- ✦ ALL 1ST PLACE AGE GROUPS WILL RECEIVE TROPHY (BOYS & GIRLS COMBINED)

**ELIGIBILITY** Primary through Midget competitors may compete in a maximum of 3 events; all others may compete in a maximum of 4 events, including relays.

**FACILITIES** An 8 lane all-weather track. Spikes of 1/4" (no longer) are allowed. Throwing surfaces are concrete. All Jumping surfaces are all-weather rubber. FAT timing. Concession will be open during meet. **No radios, open grills or glass containers allowed in the stadium. NO TENTS BELOW ROW 12 ON THE STADIUM SEATING SIDE.** Restrooms will be available. It's imperative that all spectators police your area during the meet and before you leave, we will provide trash bags. Athlete's will enter through pass gate and will need to have on their team uniform and/or bib once meet begins to re-enter the stadium. Bibs will be in team packets and a coach/unattached rep will need to pick up packets prior to Coaches Meeting @8:10 a.m.

**RULES/REGULATIONS** No bare or stocking feet; shirts required; max 1/4" spikes; athletes on all relay teams must be dressed in the same uniform top. There is a \$25 fee for protesting an event. No one will be allowed to go on the track to discuss any disputes during the meet. If you have a concern, there will be a designated table by the awards area that you may write your concern down and you will be contacted by a Lightning official to make adjustments.

**EQUIPMENT** Blocks will NOT be allowed for **PRIMARY THROUGH YOUTH** age groups. Throwers **may** use their own implements and **may be subject** to inspection.

**NOTES:**

- ✦ **ALL EVENTS WILL OPERATE ON A ROLLING SCHEDULE**
- ✦ **PLEASE SEND ATHLETES TO CHECK IN ON FIRST CALL**
- ✦ **PLEASE CLEAN UP YOUR AREA BEFORE YOU LEAVE**
- ✦ **CONCESSION, WATER STATIONS, FIRST AID TENT AND TRASH BAGS WILL BE AVAILABLE**

**CONTACTS:**

**Robert Evans**  
Director / Head Coach  
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**Shahidah Jackson**  
Team President  
Email: [meandmyfam4eva@gmail.com](mailto:meandmyfam4eva@gmail.com)

*Variety of Concessions and vendors will be available*

**CANNONBALL COOPER**  
\$4 Gate fee for everyone over 5

## **SCHEDULE**

**7:25 a.m. GATES OPEN**

**7:30 a.m. Information Pick-up & Team Check in**

**8:10 a.m. Coaches Meeting (High Jump/Pole Vault Area)**

### **8:30 Field Events Start**

✦ **LONG JUMP**

Girls oldest to youngest (Runway #1) (HS-Y-M-B-SB)

Boys oldest to youngest (Runway #2) (HS-Y-M-B-SB)

✦ **HIGH JUMP**

Girls youngest to oldest (B-M-Y-HS)

Boys youngest to oldest (B-M-Y-HS)

✦ **SHOT PUT**

Girls oldest to youngest (HS-Y-M-B-SB)

Boys oldest to youngest (HS-Y-M-B-SB)

✦ **DISCUS THROW**

Girls youngest to oldest (M-Y-HS)

Boys youngest to oldest (M-Y-HS)

✦ **TRIPLE JUMP**

Following the LONG JUMP

Girls youngest to oldest (Y-HS)

Boys youngest to oldest (Y-HS)

✦ **MINI JAVELIN**

Following the DISCUS THROW

Girls & Boys Together (P-M)

### **9:00 Running Events Start**

- ✦ 1500m Race-Walk (Bantam and Midget)
- ✦ 3000m Run (Midget-Youth-High School)
- ✦ 200m Hurdles (Youth)
- ✦ 400m Hurdles (High School)
- ✦ 100m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- High School)
- ✦ 1500m Run Finals (Sub Bantam-Bantam- Midget-Youth- High School)
- ✦ 400m Dash Finals (Sub Bantam- Bantam- Midget-Youth- High School)
- ✦ 50m Finals (Primary)
- ✦ 80m Hurdles (Midget)
- ✦ 100m Hurdles (Youth- High School)
- ✦ 110m Hurdles (High School)
- ✦ Sprint Medley{ 100, 100, 200, & 400} (High School only )
- ✦ 4x100m Relay (Sub Bantam-Bantam- Midget-Youth- High School)
- ✦ 800m Run (Sub Bantam-Bantam- Midget-Youth- High School)
- ✦ 200m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- High School)
- ✦ 4x400m Relay (Sub Bantam-Bantam- Midget-Youth)

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**EVENTS AVAILABLE BY AGE GROUP:**

Primary (5&6)	Sub Bantam (7/8)	Bantam (9/10)	Midget (11-12)	Youth (13/14)	High School (15-18)
50m Dash	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals
100m Dash	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals
200m Finals	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash
Mini Javelin	800m Run	800m Run	800m Run	800m Run	800m Run
	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
	4x100m Relay	1500m RW	3000m Run	3000m Run	100m Hurdles
	4x400m Relay	4x100m Relay	1500m RW	100m Hurdles	110m Hurdles
	Long Jump	4x400m Relay	80m Hurdles	200m Hurdles	400m Hurdles
	Shot Put	High Jump	4x100m Relay	4x100m Relay	3000m Run
	Mini Javelin	Mini Javelin	4x400m Relay	4x400m Relay	4x100m Relay
		Shot Put	Shot Put	Discus	SPRINT MEDLEY
		Long Jump	Discus	High Jump	Long Jump
			High Jump	Long Jump	High Jump
			Long Jump	Shot Put	Triple Jump
			Mini Javelin	Triple Jump	Shot Put
					Discus

