

2022 LIGHTNING LEGENDS INVITATIONAL

May 15th, 2022

HOSTED BY:



HIGHLAND SPRINGS HIGH SCHOOL
200 S AIRPORT DR, HENRICO, VA 23075
HENRICO, VA 23238



- 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
 - NOW OPEN online!

ENTRY RULES In accordance with AAU/USATF Rules

AGE DIVISIONS (GIRLS & BOYS)

- ✦ **Primary:** born 2015 and later (5&6)
- ✦ **Sub Bantam:** born 2014 and later (7 & 8)
- ✦ **Bantam:** born 2013 and 2012 (9 & 10)
- ✦ **Midget:** born 2011 and 2010 (11 & 12)
- ✦ **Youth:** born 2009 and 2008 (13 & 14)
- ✦ **Intermediate:** born 2006 and 2007 (15 & 16)
- ✦ **Young men/Young Women:** born 2004 and 2005 (17 & 18)

REGISTRATION & FEES

- ✦ **MUST be paid via online registration ONLY** accepted through www.coacho.com (no mail-ins or faxes will be accepted); **NO REFUNDS**
- ✦ **All entries must be submitted by Thursday, May 12th, 2022 @ 9pm**
- ✦ \$15 per team member (NO RELAY CHARGE ☺)
- ✦ \$15 unattached
- ✦ \$750 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 has results posted

- ✦ 1ST THROUGH 3RD WILL RECEIVE MEDALS
- ✦ 4TH THROUGH 6TH PLACE WILL RECEIVE RIBBONS

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 brand new high-level track. Spikes of ¼" (no longer) are allowed. Throwing surfaces are concrete. All Jumping surfaces are all-weather new rubber. FAT timing. Concession will be open during meet. **No radios, open grills or glass containers allowed in the stadium.** 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. Athletes 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 @8:15 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.

ADMISSION There will be NO TICKETS sold at the gate. All tickets can be pre-purchased online.

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**
- ✦ **BIBS MUST BE WORN BY ATHLETES THE ENTIRE DAY AND WILL BE GIVEN TO COACHES IN MEET INFO**

CONTACTS:

Robert Evans Sr.	Director and Founder	804-922 - 9503 eastendlighntning@gmail.com
Shahidah Jackson	Team President	meandmyfam4eva@gmail.com
Accaiya N Evans	Co Meet Director	accaiya.evans@gmail.com

Variety of Concessions and vendors will be available

SCHEDULE

7:30 a.m. GATES OPEN

7:30 a.m. Information Pick-up (check envelope for armbands if your team has more than 10 athlete's) & Team Check-in can begin at this time

8:15 a.m. Coaches Meeting (mid-field Area)

+ LONG JUMP

Girls youngest to oldest (Runway #1) (SB-M-Y-I-YMYW) Primary last

Boys youngest to oldest (Runway #2) (SB-M-Y-I-YMYW) Primary last

+ HIGH JUMP

Girls youngest to oldest (B-M-Y-I-YMYW)

Boys youngest to oldest (B-M-Y-I-YMYW)

+ SHOT PUT

Girls youngest to oldest (SB-M-Y-I-YMYW)

Boys youngest to oldest (SB-M-Y-I-YMYW)

DISCUS THROW

Girls oldest to youngest (YMYW-I-Y-M)

Boys oldest to youngest (YMYW-I-Y-M)

+ MINI JAVELIN (PRIMARY WILL THROW @8:35 SHARP ON FOOTBALL FIELD)

Girls & Boys Together right after (SB-B-M)

9:00 Running Events Start

+ 1500m Race-Walk (Bantam and Midget)

+ 3000m Run (Midget-Youth- Intermediate-YoungMenYoungWomen)

+ 200m Hurdles (Youth)

+ 400m Hurdles (I-YMYW)

+ 4x800m Relay (Midget-Youth- I-YMYW)

+ 100m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- I-YMYW)

+ 1500m Run Finals (Sub Bantam-Bantam- Midget-Youth- I-YMYW)

+ 400m Dash Finals (Primary-Sub Bantam- Bantam- Midget-Youth I-YMYW)

+ 50m Finals (Primary)

+ 80m Hurdles (Midget)

+ 100m Hurdles (Youth-I-YW)

+ 110m Hurdles (I-YM)

+ 4x100m Relay (Sub Bantam-Bantam- Midget-Youth- I-YMYW)

+ 800m Run (Sub Bantam-Bantam- Midget-Youth- I-YMYW)

+ 200m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- I-YMYW)



Primary (5&6)	Sub Bantam (7/8)	Bantam (9/10)	Midget (11-12)	Youth (13/14)	Intermediate (15-16)	Young- Men&Women (17-18)
50m Finals	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals	100m Finals
100m Finals	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals	200m Finals
Mini Javelin	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash	400m Dash
	800m Run	800m Run	800m Run	800m Run	800m Run	800m Run
	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run
	4x100m Relay	1500m RW	3000m Run	3000m Run	100m Hurdles	100m Hurdles
	Long Jump	4x100m Relay	1500m RW	100m Hurdles	110m Hurdles	110m Hurdles
	Shot Put	High Jump	80m Hurdles	200m Hurdles	400m Hurdles	400m Hurdles
	Mini Javelin	Mini Javelin	4x100m Relay	4x100m Relay	3000m Run	3000m Run
		Shot Put	Shot Put	4x800m Relay	4x100m Relay	4x100m Relay
		Long Jump	4x800m Relay	High Jump	4x800m Relay	4x800m Relay
			High Jump	Long Jump	Long Jump	Long Jump
			Long Jump	Shot Put	High Jump	High Jump
			Mini Javelin	Triple Jump	Triple Jump	Triple Jump
			Discus	Discus	Shot Put	Shot Put
					Discus	Discus

