



2022 LEGACY- Virginia Invitational

Tuscarora High School- Leesburg, VA

Saturday May 28th, 2022

801 N. King Street, Leesburg, VA

REGISTER YOUR ATHLETE ON [COACHO.COM](https://coacho.com)

- Events will be run in sections (see event schedules on the following pages) There will be 2 sections.
 - Section 1- 8U thru 13/14
 - Section 2: 15/16, 17/18, Open, Masters

NOTE: The sections will not start before the estimated Start time.

- Spectators must purchase admission tickets before the meet and will receive spectator wristband at the meet. A Spectator Link will be sent to the team coach or staff that registered the athletes (to share with their parents) and to the email associated with unattached athletes. \$10 admission (good for both sections). Your wristband must be affixed to your wrist before you enter the stadium. The spectator link will also be available on CoachO.com on the menu.

- Spectator Payment links for wristbands will be available of May 1st 2022.

- 1 Coach's wrist band per 10 athletes will be provided in the team packet (minimum of 10 athletes to receive a coach's wristband). Coaches (with coach's wristbands) may attend all sections.

- Athletes arriving late to check-in will not be rushed to the starting line. We suggest a coach be responsible for making sure athletes arrive at check-in on time.
- \$15 per athlete. ALL ENTRY FEES MUST BE PAID ONLINE by the deadline. No refunds. All major credit cards accepted online at CoachO.com.



Meet schedule and set up.

This meet will be sanctioned under USATF. All ages, girls and boys (listen for the age group calls and come race ready to check-in)

Section 1

8U thru 13/14

ALL FIELD EVENTS 8am start --- 3000M 8:30am start

- Long Jump, Triple Jump, High Jump, Shot put Discus (Oldest to Youngest)
- Turbo Javelin (Youngest to Oldest)

Order of Running Events. Start time 9am for all other events after the 3000M

-3000M (8:30am start)

-100M Prelims

-80 M hurdles (11/12)

-100 M Hurdles (13/14)

- 50 M (Primary)

- 400M

- 1500M

- 100M Finals

- 800 M

- 4 X 100 M Relay

- 200 M

- 4 X 400M Relay

SECTION 2

15/16, 17/18, Open, Masters:

ALL FIELD EVENTS- Estimated 2pm start

- Long Jump, Triple Jump, High Jump, Shot put, Discus, Turbo Javelin

Order of Running Events. Estimated start time of 3pm

-100M Prelims

-100M Hurdles (women)

-110M Hurdles (men)

- 400M

- 1500M

- 100M Finals

- 4 X 100 M Relay

- 800 M

- 200 M

- 4 X 400M Relay

-3000 M

SCHEDULE

6:45 am Packet Pick-up

7:45 am Coaches Meeting

7:55 am National Anthem

Section 1: 8:00am Field Events and the (Oldest to Youngest Long Jump, Shot Put, Discus) Turbo Javelin (Youngest to Oldest)

Section 1: **8:30am START 3000M**

Section 1: 9:00am All other Running events start

Section 2: Estimated 2pm Start

AWARDS:

1st—3rd place will receive Medals

4th—6th place will receive Ribbons

Team medals/ribbon can be picked up after each section is over.

Please assign 1 parent or 1 coach to pick up team medal. sure.

Medals/ribbons will not be mailed.

Unattached athlete medals can be picked up during the meet (when available).

FACILITIES

An 8-lane all-weather track. Spikes of 1/4" are allowed.

All jumping surfaces are all weather rubber.

IMPLEMENTS

All teams/unattached athletes must provide their own implements (shot put, discus, turbo-javelin).

FULLY AUTOMATED TIMING (F.A.T.) by Bernard Canady (Mantronic Sports). Barcode or link for live results will be available at the meet. Final results will be posted on CoachO.

CONCESSIONS: Will be available