

# CANNONBALL COOPER

**July 9, 2022**

**VIRGINIA'S OLDEST AGE GROUP TRACK AND FIELD COMPETITION  
35th YEAR RUNNING**

**HOSTED BY:**

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

***VIRGINIA HIGH SCHOOL***

***7053 MESSER RD***

***HENRICO VA 23231***

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
  - All participants must have a current AAU membership.
  - AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.
  - Registration is on [www.coacho.com](http://www.coacho.com)



**CONTACTS:**

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**CANNONBALL  
COOPER**

**DATE:** Saturday, July 9, 2022 8:00 am

**HOST:** East End Lightning

**MEET DIRECTORS:** Accaiya Evans & Les Young

**RULES:** In accordance with USA Track and Field Rules

**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 at the end of both sessions.

**ELIGIBILITY:**

**AGE DIVISIONS:**

- 4 to 6 years of age – born after 2016 Maximum 3 Events including relays
- 7 to 8 years of age – born 2015 to 2014 Maximum 3 Events including relays
- 9 to 10 years of age – born 2013 to 2012 Maximum 3 Events including relays
- 11 to 12 years of age – born 2011 to 2010 Maximum 3 Events including relays
- 13 to 14 years of age – born 2009 to 2008 Maximum 4 Events including relays
- 15 to 18 – born before January 01, 2004-2007 Maximum 4 Events including relays

**ENTRY INFO:** \$15 per/athlete. RELAYS WILL BE \$20 for team entries for competition and payment will only be accepted through online registration at [www.coacho.com](http://www.coacho.com). Entries must be entered on CoachO by **Wednesday July 6, 2022 11:59pm**. Mailed, faxed, emailed, phoned entries **WILL NOT be accepted.**

***No registration or changes for competition on the day of the event!!! So please look over your entries before submitting payment.***

**All payments must be done online via Coacho. (No registration payments at the meet, so if your account is past due, we will not submit your entries and will allow your spot to be filled with paid athlete's, SORRY NO EXCEPTIONS.)**

**FACILITIES:** 400 meter all-weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. No personal radios/portable speakers or glass containers allowed in the Stadium. **NO TENTS WILL BE ALLOWED IN FRONT OF PRESSBOX NOR BELOW ROW 10 OF BLEACHERS.** No open grills, no bare feet or stocking feet; shirts required at all times; & 1/4 inch pyramid spikes only.

**EQUIPMENT:** Blocks will NOT be allowed during session 1 nor for the 100m 11-14 YEAR OLDS, 200m or 400m finals. Throwers must use their own implements and may be subject to inspection.

**BIB NUMBERS:** All athletes will be required to wear their bib numbers at all times during competition. There is a (\$10.00) replacement fee (cash only) for lost bib numbers. Replacement bib numbers can be purchased at the front gate/registration table/packet pick.

**JUMPS/THROWS:** athletes are permitted 3 jumps and 3 throws. The high jump bar is not lowered for returning athletes.

**ADMISSION:** Admission for coaches and spectators UNDER 5 years of age will be \$10 per guests. **CASH ONLY**

**COACHES PASSES:** Complimentary coaches' bands will be provided based on the number of registered and paid athletes. BANDS WILL BE GIVEN AT PACKET PICK UP to the 1 coach that arrives to registration to gather packets for their team day of meet.

1 band 10-20

2 bands 21-30

3 bands 30 – 40

4 bands maximum for teams with 41 athletes and up.

Each team will receive 2 Coaches Credentials in your packet to be allowed on the apron during your athlete's long/triple jump event. No CREDNTIALS... no access!!!

### **\*\*\*Revised Meet Schedule (6/28)**

6:45 a.m.- Team check-in & packet pickup

7:00 a.m. – Gates WILL OPEN @7

7:30 a.m.- Officials Meeting

7:45 a.m. - Coaches Meeting for Session 1

### **Order of Events tentative time** **Events can run up to 30 minutes ahead of schedule**

#### **RUNNING EVENTS** ---8:00 am

- 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)
  - 50m Finals (Primary)
  - 100m Finals (-Sub Bantam-Bantam- Midget-Youth- I-YMYW- Primary(last)
  - 1500m Run Finals (Sub Bantam-Bantam- Midget-Youth- I-YMYW)
  - 400m Dash Finals (Primary-Sub Bantam- Bantam- Midget-Youth I-YMYW)
  - 80m Hurdles (Midget)
  - 100m Hurdles (Youth-I-YW)
  - 110m Hurdles (I-YM)
  - 4x100m Relay (Sub Bantam-Bantam- Midget-Youth- I-YMYW)
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- 4x100 Parent/Coaches--- 1 heat each of (1-Female & 1 Male Relay Team-Turn in your relay card before **NOON** to Clerk of Course/check in table)
  - 800m Run (Sub Bantam-Bantam- Midget-Youth- I-YMYW)
  - 200m Finals (Primary-Sub Bantam-Bantam- Midget-Youth- I-YMYW)
  - 4x400m Relay (Sub Bantam-Bantam- Midget-Youth- I-YMYW)

#### **FIELD EVENTS**---8:30am

- Long Jump (oldest to youngest both pits will be used) 18-7
- Triple Jump youngest to oldest (2 pits) 13-18
- High Jump Oldest to youngest Boys then the Girls 18-9
- Shot Put Youngest to oldest Girls **followed** by boys youngest to oldest 7-18
- Discus Throw oldest to youngest girls then the boys 18-11
- Turbo Javelin (Youngest to oldest) Boys and girls 2 throwing areas a.m.5-13

## **EVENTS AVAILABLE BY AGE GROUP:**

<b>Primary (5&amp;6)</b>	<b>Sub Bantam (7/8)</b>	<b>Bantam (9/10)</b>	<b>Midget (11-12)</b>	<b>Youth (13/14)</b>	<b>Intermediate (15/16) Young Men/Women (17/18)</b>
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
Turbo 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	Long Jump
		Long Jump	Discus	High Jump	High Jump
			High Jump	Long Jump	Triple Jump
			Long Jump	Shot Put	Shot Put
			Mini Javelin	Triple Jump	Discus
			4x800m Relay	4x800m Relay	4x800m Relay

