

SATURDAY JULY 19, 2014

John B. Todd Stadium 12465 Warwick Blvd. Newport News, VA New for 2014!

(9-10)TRIATHLON (11-12)(13-14)PENTATHLON & "TRACK EVENTS"(19-29) (30-49)



7:00 Am Track Opens 7:30 Am Coaches Meeting 8:00 Am 3000m Run (F) 8:30 Am SP/HJ/LJ/DT/TJ/PV 8:30 Am 80m/100m/110m HH (F) 9:00 Am 100m Dash (P) 10:00 Am 800m Run (F) 11:00 Am 200m Dash(F) 12:00 Pm 400m Dash(F) 1:00 Pm 4x100m Relay (F) 2:00 Pm 1500m Run (F) 3:00 Pm 100m Dash (F) 3:30 Pm 200m/400m IH (F) 4:00 Pm 4x400m Relay (F) 4:30 Pm Superlative Awards 5:00 Pm Track Closes

\$10 Per Athlete "RELAY TEAMS Included" \$10 Per Multi Event Athlete COACH "O" Website Registration Deadline Wed. July 16 @ 11:59pm 4 Events Per Athlete & "A" Relay Team Per Gender Per Age Division

> Team Trophy: Per Youth Age Division (7) Trophy: Best Overall Athlete Per Age Division (9) Medals: Per Youth Event; Gold, Silver, Bronze

(9) AGE DIVISIONS :(5-6) (7-8) (9-10) (11-12) (13-14) (15-16) (17-18) (19-29) (30-49) (AGE AS OF 12/31/2014)

\$1.24 million project will renovate Todd Stadium's Track. June 06, 2011|By Kevin Allen

Tom Root, vice president of Precision Sports Surfaces and project manager of the track's installation, said he expects the new track surface to be one of the best in Hampton Roads, and perhaps make Todd the most soughtafter venue for future high school and college track meets. When the track was originally built, Root said, the construction technology that exists now didn't exist back then. In addition, he said the track itself will be of the same surface material that is used in Olympic-Caliber venues. Newly Completed in October 2011

"I find this surface to be both fast and easy on my legs. I feel that out of all the tracks which I have competed on that the Rekortan tracks are the best, both for training and competition that I have run on in my career." Michael Johnson World Record Holder

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Meet Events By Division

- (5-6) 100m Dash, 200m Dash, 4x100m relay, Mini Javelin
- (7-8) 100m Dash, 200m Dash, 400m Dash, 800m Run, Long Jump, Shot Put, Mini Javelin 4x100m Relay
- (9-10) 100m Dash, 200m Dash, 400m Dash, 800m Run, 1500m Run, Long Jump, Shot Put, High Jump, Mini Javelin, 4x100m Relay, 4x400m Relay, TRIATHLON
- (11-12) 80m HH, 100m Dash, 200m Dash, 400m Dash, 800m Run, , 1500m Run,, 3000m Run, Long Jump, Shot Put, High Jump, Discus, Mini Javelin, 4x100m Relay, 4x400m Relay, PENTATHLON
- (13-14) 100m HH, 200m IH, 100m Dash, 200m Dash, 400m Dash, 800m Run, 1500m Run, 3000m Run, Long Jump, Triple Jump, Shot Put, High Jump, Discus, 4x100m Relay, 4x400m Relay, PENTATHLON
- (15-16) 100m/110m HH, 400m IH, 100m Dash, 200m Dash, 400m Dash, 800m Run, 1500m Run, 3000m Run, Long Jump, Triple Jump, Shot Put, High Jump, Discus, Pole Vault 4x100m Relay, 4x400m Relay
- (17-18) 100m/110m HH, 400m IH, 100m Dash, 200m Dash, 400m Dash, 800m Run, 1500m Run, 3000m Run, Long Jump, Triple Jump, Shot Put, High Jump, Discus, Pole Vault 4x100m, 4x400m Relay
- (19-29) 100m/110m HH, 400m IH, 100m Dash, 200m Dash, 400m Dash, 800m Run, 1500m Run, 3000m Run, 4x100m, 4x400m Relay (no field events)
- (30-49) 100m/110m HH, 400m IH, 100m Dash, 200m Dash, 400m Dash, 800m Run, 1500m Run, 3000m Run, 4x100m, 4x400m Relay (no field events)

Hosted By

A collective effort of local area track clubs who appreciate the time Richard "Pop" Pitts has given to the community. Technique Track Club (Hampton), Track 757 (Chesapeake), Virginia Beach Flames (Virginia Beach), Richmond Heat (Richmond), 5 STAR Track Club (Chesapeake), Hampton City Track Club (Hampton), Athletic Express (Newport News), East End Flyers (Newport News), Churchland Trailblazers (Portsmouth), Team Flash (Williamsburg)

Meet Administration

Derrel Johnson (derrelj@verizon.net)

Hotel Information

Hampton Inn & Suites Newport News (Oyster Point) 12251 Jefferson Ave. Newport News, VA (757) 249-0001