

# ROANOKE VALLEY TIGERS TRACK INVITATIONAL

**Saturday July 23<sup>rd</sup> 2016**

**Host: Roanoke Valley Tigers Track and Field Club**



**Location:** William Fleming High School 3649 Ferncliff Ave NW. Roanoke, VA 24012

**Time:** Events start at 9:00am - Coaches Meeting 8:30am

**Entry Fee:** \$10/athlete

**Register:** On-line at [www.CoachO.com](http://www.CoachO.com)

## **EVENT SCHEDULE\***

### **FIELD EVENTS:**

9:00am

- Long Jump
- High Jump
- Triple Jump
- Shot Put
- Discus
- Turbo-Javelin

### **FIELD EVENTS:**

*Each Competitor Will Be Allowed 3 Attempts*

*All Field Events, Boys Follow Girls*

**NO FINALS**

*Athletes are responsible for their own implements*

### **RUNNING EVENTS:**

9:00am

- 3000m (Timed Finals)
- 200m/400m Hurdles (Timed Finals)
- 100m Dash (Timed Finals)
- 800m Run (Timed Finals)
- 40m/80m/100m/110m Hurdles (Timed Finals)
- 200m Dash (Timed Finals)
- 1500m Run (Timed Finals)
- 400m Dash (Timed Finals)
- 4x100m Relay (Timed Finals)
- **Parent/Coaches 4x100m Relay (time permitting, sign-up day of event)**

\*Event schedule subject to change. Teams will receive official schedule upon arrival at the meet.

**CHECK IN:** There will be a 1st, 2nd, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course or at the field event ready to compete by the Final Call.

**ENTRY FEE:** Payment must be paid on-line at [www.coacho.com](http://www.coacho.com). No payments will be accepted the day of the meet unless prior arrangements have been made. The fees are \$10.00 per athlete. There will be no entries allowed the day of the meet.

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**EVENT LIMIT:** Maximum of (3) events 6 & under-12 yrs, (4) events-13-18 yrs per athlete (relays and field events included).

**ENTRY SEED TIMES:** All entries must be completed on-line at [www.coacho.com](http://www.coacho.com) before the July 19, 2016 deadline. Performance List will be posted on Coach-O prior to the event.

**EVENT TIMING:** Charlotte Flights -FinishLynx FAT Timing system. Live results will be available.

**AWARDS:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places for Individual events and Relays, ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>. Team awards for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> large and small teams. Awards will be pre-packed and available for pick-up at the conclusion of the meet by COACHES or an assigned representative.

**FACILITIES:** Accessible stadium, synthetic rubber track – Max ¼ spikes, restrooms available, concessions on site. Please bring TRASH BAGS to police your area.

## For Additional Information:

Call: Coach Tra Wilson (540) 904-8444 E-mail: [rvtigerstrack@aol.com](mailto:rvtigerstrack@aol.com)



## AGE DIVISIONS

Primary 6 & Under	Sub-Bantam 7-8	Bantam 9-10	Midget 11-12	Youth 13-14	Intermediate 15-16	Young 17-18
-	-	-	3000m	3000m	3000m	3000m
	800m	800m	800m	800m	800m	800m
200m	200m	200m	200m	200m	200m	200m
-	40m 24" hurdles	40m 24" hurdles	80/30" hurdles	100/30" G hurdles 100/33" B hurdles	100/33" G hurdles 110/39" B hurdles	100/33" G hurdles 110/39" B hurdles
-	-	1500m	1500m	1500m	1500m	1500m
100m	100m	100m	100m	100m	100m	100m
-	-	-	-	-	400 hurdles	400 hurdles
-	-	-	-	200 hurdles	-	-
-	400m	400m	400m	400m	400m	400m
4x100 Co-ed	4x100	4x100	4x100	4x100	4x100	4x100
-	LJ	LJ	LJ	LJ	LJ	LJ
-	-	3' G HJ 3'2 B HJ	3'4 G HJ 3'10 B HJ	4' G HJ 4'6 B HJ	4'4 G HJ 5'4 B HJ	4'5 G HJ 5'6 B HJ
-	-	-	-	Triple Jump	Triple Jump	Triple Jump
-	SP	SP	SP	SP	SP	SP
-	-	-	Discus	Discus	Discus	Discus
Turbo Javelin	Turbo Javelin	Turbo Javelin	Turbo Javelin	-	-	-

\*entry heights (high jump)

- This event is licensed 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.

## JOIN US FOR THE LAST TRACK MEET BEFORE THE JUNIOR OLYMPICS

The Roanoke Valley Tigers Track Invitational provides one last opportunity to compete for those athletes not moving on to the JOs. For those athletes planning to compete at the JOs, the track meet will provide a competitive field of athletes to compete against and the chance to get one last PR before the JOs.

## **Help Support Families in Need – Food Drive**

We are asking all attending athletes and teams to please bring a donation of non-perishable food. Food will be donated to local charities supporting families in need in the Star City. Teams donating food items will be recognized at the event. Together we can help those in need.

**Youth athletics giving back to the community**