

# Virginia Pride Track Club Invitational

Sunday, May 5, 2019 43460  
Loudoun Reserve Dr,  
Ashburn, VA 20148

## SCHEDULE

**7:30 am** Gates Open

**7:45 am** Packet Pick Up

**8:00 am** National Anthem /

Coaches Meeting Near High Jump

### 8:30 am Field Events Start

#### *Order of Events*

##### **LONG JUMP**

Girls youngest to oldest  
Boys youngest to oldest

##### **HIGH JUMP**

Girls youngest to oldest  
Boys youngest to oldest

##### **SHOT PUT**

Girls oldest to youngest  
Boys oldest to youngest

##### **DISCUS THROW**

Following the Shot Put  
Girls youngest to oldest  
Boys youngest to oldest

##### **TRIPLE JUMP**

Following the Long Jump  
Girls youngest to oldest  
Boys youngest to oldest

### 9:00 am Running Events Start

#### *Order of Events*

3000m Run (11-12, 13-14, 15-16, 17-18)

4x800m Relay (11-12, 13-14, 15-16, 17-18)

100m Trials (5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

80m Hurdles (11-12)

100m Hurdles (13-14, 15-16, 17-18)

110m Hurdles (15-16, 17-18)

55m Dash Finals (5-6)

1500m Run (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

100m Finals (5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

400m Dash Finals (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

4x100m Relay (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

800m Run (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

300m Hurdles (15-16, 17-18)

200m Finals (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

4x400m Relay (9-10, 11-12, 13-14, 15-16, 17-18)

## IMPORTANT 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

WATER AND TRASH BAGS WILL BE AVAILABLE

HAVE A MEMBER OF YOUR TEAM STAY AFTER THE MEET TO COLLECT YOUR TEAM'S MEDALS

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 Youth Athlete membership must be obtained before the competition begins.

•BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.

•Please allow at least 10 days for online membership to be processed.

•Participants can visit the AAU website [www.aausports.org](http://www.aausports.org) to purchase AAU Memberships.