

Lake Braddock Hall of Fame Invitational 2018
Presented by: Potomac River Running Stores

FRIDAY / SATURDAY APRIL 20-21, 2018

Meet Director: Mike Mangan bruinxctnf@aol.com

Entry Fee: \$300 for a full team (must have boys and girls team to enter)
Make Checks Payable to:
Lake Braddock Boosters
9200 Burke Lake Rd
Burke, Va 22015

Email Coach Mangan at bruinxctnf@aol.com for password.

Entry Due: Thursday April 19, 2018 by Noon via Milestat.com entries.
Slow and fast sections will be sent out via [Milesplit](http://Milesplit.com) Thursday afternoon.
Please do not enter athletes that cannot guarantee a high school performance. Please seed appropriately. Athletes seeded way better than their previous performances will be placed in the slowest section.

*Admission: \$6

* Meet Format: Two entries per event (one in the relays).

If you legitimately have a 3rd athlete in any event CALL Mike or Bob to verify if acceptance is allowed. All three entries in that event need to be legitimate. A legitimate entry is usually one that can compete in one of the fast sections. Please don't ask for a third entry when one of your first two entries is not a legitimate entry.

*Team awards for 1st and 2nd (Team Scoring will be combined for girls and boys crowning an overall program champion.

*Relays are scored 20-16-12-10-8-4-2)

*Individual Awards to Top 3. Relays top 3

* Outstanding Performer awards for Girls/Boys Track & Girls/Boys Field

-Coaches will have access to athletes throughout the event. You won't have to fight the fans to coach your kids.

-Concessions: The concession stand is always fully stocked with everything a track athlete needs.

-T-shirts will be on sale.

Order of Events:

FRIDAY EVENING "ON THE FIELD"

Friday 5 pm

Flights in the TJ, SP, DT, LJ all go best to worst and have 4 attempts with no finals

Girls Shot Put Boys Discus Boys High Jump (Starting height 5'6)

Girls and Boys TRIPLE JUMP Girls Pole Vault (Starting height 73)

FRIDAY EVENING "ON THE TRACK"

*Sections go fast to slow on the track.

5:00 PM- Girls 800 Run

5:15 PM DAN HUSKERSON Boys 800 Run

5:30 PM- Girls 1600m (unseeded section 1) Fastest of the unseeded sections

5:40 PM- Girls 1600m (unseeded section 2)

5:50 PM - Boys 1600m (unseeded section 1) Fastest of the unseeded sections

6:00 PM - Boys 1600m (unseeded section 2)

6:10 PM Girls 100m hurdle trials (Top 6 to special section final)

6:40 PM Boys 110m hurdle trial (Top 6 to special section final)

7:00PM WENDY NEELY- Girls 3200m SEEDED SECTION

7:15 PM- Girls 3200m Unseeded SECTION

7:30 PM- Boys 3200m SEEDED SECTION

7:45PM- Boys 3200m (Unseeded Section 1) Fastest of the unseeded sections

8:00PM Boys 3200m (Unseeded Section 2)

8:15 PM DANA BOONE: Girls 100m hurdle final

8:20 PM ALLEN JOHNSON: Boys 110m hurdle final

SATURDAY MORNING "ON THE FIELD"

9:30am

Boys Pole Vault Height (Starting height 10') Girls High Jump- (Starting @ 4'6)

Girls and Boys Long Jump Boys Shot /Girls Discus

SATURDAY MORNING "ON THE TRACK"

10:00am Rolling Time Schedule

3200m Relay

100 Meter Dash

1600 Meter Run (Fastest girl/boy sections 10-12 athletes)

400m Relay

HALL OF FAME INDUCTIONS

COACHES / OFFICIALS LUNCH

SPONSORED BY GLORY DAYS GRILL

CYA Youth Club / Middle School Races (50m, 100m, 1500m)

Ainsleys Angels Races ***The future of track and field***

SPECIAL OLYMPICS 4x100

CATHRON BIRGE Girls 400 Meter Dash

MIKE LACY Boys 400 Meter Dash

300 Meter Hurdles

200 Meter Dash

MORGAN BIRGE 1600 Meter Relay