

## Lampert Indoor Track Meets at Boo Williams Sportsplex 2021-2022

### High School Meets:

Wednesday, December 1<sup>st</sup>

Tuesday, December 7<sup>th</sup>

Tuesday, January 4<sup>th</sup>

Monday, January 10<sup>th</sup>

Tuesday, January 18<sup>th</sup>

Thursday, January 27<sup>th</sup>

Tuesday, February 1<sup>st</sup>

Tuesday, February 8<sup>th</sup>

Youth Meet: Thursday, December 23<sup>rd</sup>

### Basic Info:

Our high school meets are sanctioned by the VHSL and have two divisions, Varsity and JV. Athletes in 6<sup>th</sup> through 10<sup>th</sup> grade are eligible for JV. Athletes 8<sup>th</sup> grade through 12<sup>th</sup> grade are eligible for Varsity. Any school can enter the JV division. **VHSL teams may not enter the Varsity division.**

Our meets provide Private schools and North Carolina schools the opportunity to have a weekday regular season meet. They provide VHSL teams the opportunity to run their JV athletes in their preferred events during the week rather than jamming them in where there is an open spot in the weekend invitationals.

All entries are on Milestat. To get the password email [zlampert83@gmail.com](mailto:zlampert83@gmail.com) with the subject line of the email being the date of the meet you're trying to come to.

The Youth Meet will be sanctioned by USATF, it will be on the milestat calendar, but entries will be through CoachO. The meet will have the following age divisions 5-6, 7-8, 9-10, 11-12, 13-14, and 15-18.

### Fees:

We charge \$5 an entry. Fees can be paid via paypal in the registration process, cash at the meet, or via a check made out to Zach Lampert at the meet. We do cap the entry charge per school at \$375.

However, if a school abuses that and enters a bunch of kids in running events who don't show up we reserve the right to revoke their cap in the future.

### High School Cancellation Policy:

Entries are open until 9pm the night before a meet. We do not adjust the amount due for scratches the following morning, though I do appreciate receiving them. If a team informs me prior to 9:30am the day of a meet that they are not coming, I will forgive their entry fee, or refund it if they have paid via paypal. If a team informs me after 9:30am they are not coming, I will still charge them their entry fee.

#### High School Meet Schedule:

3:00 PM: Facility doors open

3:15 PM: Varsity Boys Shot Put

3:30PM: Long Jumps(Varsity, then TJ Varsity, Then JV LJ, then JV TJ), HJ (Varsity then JV, Boys then Girls),  
PV (ALL, goes by ht)

4:00PM Running Events Girls then Boys, Varsity then JV, Fastest to slowest

3200M Run(Varsity Only)

55M Hurdles

55M Dash

1600M Run

4x200M Relay

500M Run

1000M Run

300M Dash

4x400M Relay

#### Youth Meet Events:

55M Hurdles: 11-12, 13-14, 15-18

55M Dash: All Age groups

1500M Run: 9-10, 11-12, 13-14, 15-18

4x200M Relay: All Age Groups

400M Dash: 7-8, 9-10, 11-12, 13-14, 15-18

800M Run: 7-8, 9-10, 11-12, 13-14, 15-18

200M Dash: All Age groups

3000M Run: 11-12, 13-14, 15-18

4x400M Relay: All Age Groups

LJ: 7-8, 9-10, 11-12, 13-14, 15-18

TJ: 15-18

HJ: 9-10, 11-12, 13-14, 15-18

PV: 13-14, 15-18

S: 7-8, 9-10, 11-12, 13-14, 15-18

Time Schedule TBA