



Dear Coach,

We are pleased to offer your school an invitation to the Fred Hardy Jr. Invitational to be held Thursday, January 20th, 2022. The deadline for entries is January 18th at 5:00pm. All entry fee money must be in prior to the meet. The link for entering will be posted in the near future on milestat.com and you must be given a password in order to enter.

Enclosed is a list of guidelines that we ask you to follow. We hope you will join us as we celebrate the 13th edition of the Fred Hardy Jr. Indoor Track Invitational and the 33rd edition of the meet formerly known as the Fork Union Invitational.

Sincerely,

Winston Brown
Meet Director

MEET GUIDELINES

1. TWO ENTRIES PER EVENT. PLEASE STAY AS CLOSE AS POSSIBLE TO THE LISTED ENTRY GUIDELINES.
 2. ENTRY DEADLINE IS JANUARY 18TH. NO CHANGES ARE PERMITTED AFTER ENTRIES HAVE BEEN SUBMITTED. NO REFUNDS. **ENTRIES WILL BE MADE ON-LINE THIS YEAR ON THE MILESPLOT NETWORK.** PAPER ENTRIES OR EMAILED ENTRIES WILL NOT BE ACCEPTED. **MAIL ENTRY FEE TO : FUMA, BOX 278, C/O WINSTON BROWN, FORK UNION, VA. 23055.** MAKE CHECKS PAYABLE TO FUMA.
 3. MEDALS WILL BE GIVEN TO THE TOP SIX INDIVIDUALS IN EACH EVENT INCLUDING RELAYS. TROPHIES WILL BE GIVEN TO THE TOP THREE TEAMS IN BOTH GIRLS AND BOYS COMPETITION. THERE WILL ALSO BE FOUR M.V.P. AWARDS GIVEN OUT.
 1. **ALL CAMPUS BUILDINGS ARE OFF LIMITS. COMPETITORS CAUGHT IN BARRACKS OR CLASSROOM BUILDINGS WILL BE EXCUSED FROM THE MEET.**
 2. PLEASE DO NOT BRING ATHLETES AND STUDENTS, WHO ARE NOT COMPETING IN THE MEET.
 3. PARKING WILL BE AVAILABLE ON THE BOTH SIDES OF THE CAMPUS INCLUDING BEHIND THE ESTES CENTER. WE WILL ALLOW BUSES TO DROP OFF ATHLETES AT THE ESTES CENTER AND THEN PARK IN THE ASSIGNED AREAS. SIGNS WILL BE IN PLACE TO DIRECT ALL VEHICLES.
 4. T-SHIRTS AND CONCESSIONS WILL BE AVAILABLE.
- FOR QUESTIONS CONTACT WINSTON BROWN AT 434-842-4289 OR 434-842-4280. EMAIL - brownw@fuma.org.
8. FORK UNION MILITARY ACADEMY IS LOCATED ON ROUTE 15 IN FORK UNION, VIRGINIA.

ORDER OF EVENTS

1:45 PM SCRATCHES DUE
2:00 PM EARLY SECTION 3200
2:30PM BOYS' LJ
GIRLS' PV
GIRLS' HJ
BOYS' SP
FOLLOWED BY
GIRLS' LJ
GIRLS' SP
BOYS' PV
BOYS' HJ
BOYS' TJ AFTER
GIRLS LJ
GIRLS TJ AFTER
BOYS'
3:30 RUNNING EVENTS
START
GIRLS THEN BOYS
4X800
HIGH HURDLE
55 DASH
4X200
1600
500
1000
300
3200
4X400
AWARDS



ENTRY GUIDELINES

EVERY SCHOOL GETS TWO ENTRIES—WE ASK THAT YOU STAY AS CLOSE AS YOU CAN TO THESE STANDARDS.

EVENT	BOYS	GIRLS
LONG JUMP	19'0	15'0
TRIPLE JUMP	41'0	33'0
HIGH JUMP	5'10	4'10
POLE VAULT	11'0	9'0
SHOT PUT	41'0	30'0
55 HH	8.8	10.4
55	6.9	7.8
1600	4:55	5:50
500	1:15	1:28.0
1000	2:55.0	3:25.0
300	39.0	49.0
3200	10:40.0	12:40

ENTRY FEES

250 DOLLARS PER SCHOOL

FEE IS NON REFUNDABLE.

ENTRY FEE IS DUE PRIOR TO THE RUNNING OF THE MEET.

ENTRIES ARE DUE JANUARY 18TH, 2022 BY 5:00PM— ON-LINE ENTRY IS CURRENTLY OPEN ON [MILESTAT.COM](https://www.milestat.com)





MEET RECORDS

EVENT	NAME	SCHOOL	PERFORMANCE	YEAR
BOYS				
SHOT PUT	WILSON	FUMA	60'8 1/4	1991
LONG JUMP	SIMMS	E. ROOSEVELT	23'7 1/2	2000
TRIPLE JUMP	YELDELL	N. ROWAN	49'7 1/2	1998
HIGH JUMP	HINKLE	BROADWAY	6'9	2018
POLE VAULT	CHAPMAN	ATLEE	15'6	2018
4X 800	LAFAYETTE		8:16.2	1993
55 HH	BUGG	HERITAGE	7.31	1998
55	WYNDER	PHOEBUS	6.24	1995
4X 200	HIGHLAND SPRINGS		1:33.57	1993
1600	MOSTRAG	FORK UNION	4:17.76	2007
500	RICKS	MENCHVILLE	1:05.88	1995
1000	BASWEIDAN	FUMA	2:30.90	1995
300	MEADE	CENTERVILLE	35.56	1992
3200	KEINO, K	FUMA	9:19.9	2002
4X 400	MENCHVILLE		3:25.56	1995
GIRLS				
SHOT PUT	NEUBERGER	COX	47'4	2002
LONG JUMP	SESAY	E.ROOSEVELT	19'6 1/2	1997
TRIPLE JUMP	PARKS	BAYSIDE	39'10	1999
HIGH JUMP	FEYERABEND	ATLEE	5'8	2015
POLE VAULT	JAUCH	JEFF.FOREST	12'6	2018
4X 800	WEST. ALBEMARLE		9:48.78	2011
55 HH	COLANDER	MANOR	7.84	1993
55	CLAIBORNE	MATOACCA	7.09	2007
4X 200	BETHEL		1:45.20	1999
1600	GLYNN	W. JOHNSON	4:59.55	1995
500	GRANT	WHEATON	1:16.90	1996
1000	BETHEL	HIDDEN VALLEY	2:56.45	2012
300	REID	E.ROOSEVELT	40.08	1995
3200	GLYNN	W. JOHNSON	10:56.94	1995
4X 400	MENCHVILLE		3:58.12	1994

GIRLS	
1990	WEST POTOMAC
1991	BETHEL
1992	PHOEBUS
1993	MANCHESTER
1994	MENCHVILLE
1995	E. ROOSEVELT
1996	E. ROOSEVELT
1997	E. ROOSEVELT
1998	E. ROOSEVELT
1999	BETHEL
2000	E. ROOSEVELT
2001	BETHEL
2002	T.W. ANDREWS
2003	LARGO
2004	BETHEL
2005	BROOKE POINT
2006	MATOACA
2007	WILLIAM FLEMING
2008	CHANCELLOR
2009	BETHEL
2010	WESTERN ALBEMARLE
2011	COSBY
2012	FLUVANNA
2013	KING GEORGE
2014	TALLWOOD
2015	COLONIAL FORGE
2016	LOUISA
2017	COLONIAL FORGE
2018	COLONIAL FORGE
2019	C.D. HYLTON
2020	C.D. HYLTON
BOYS	
1990	BETHEL/FORK UNION
1991	FORK UNION
1992	FORK UNION
1993	HIGHLAND SPRINGS
1994	FORK UNION
1995	MENCHVILLE
1996	T.W. ANDREWS
1997	T.W. ANDREWS
1998	DEEP CREEK
1999	FORK UNION
2000	E. ROOSEVELT
2001	BETHEL
2002	FORK UNION
2003	DEMATHA
2004	NORTH ROWAN
2005	E.C. GLASS
2006	FORK UNION
2007	FORK UNION
2008	WESTERN ALBEMARLE
2009	LOUISA
2010	FORK UNION
2011	LOUISA
2012	FORK UNION
2013	FORK UNION
2014	VARINA
2015	FORK UNION
2016	FORK UNION
2017	FORK UNION
2018	FORK UNION
2019	FORK UNION
2020	FORK UNION



FRED HARDY Jr. INVITATIONAL HALL OF FAME



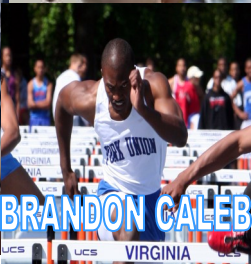
LASHAWN MERRITT



KIPPY KEINO



SARAH BOWMAN



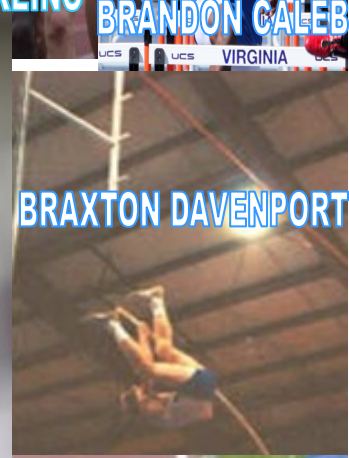
BRANDON CALEB



MARTIN KEINO



MEET FOUNDER - FRED HARDY



BRAXTON DAVENPORT



QUEEN HARRISON



**TASMIN FANNING
KATIE DOSWELL**



ALEX LOMONG



GREG YELDELL



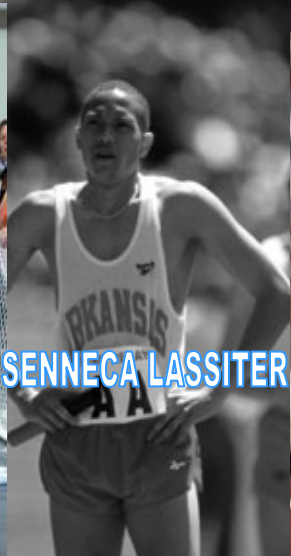
PETER LOMONG



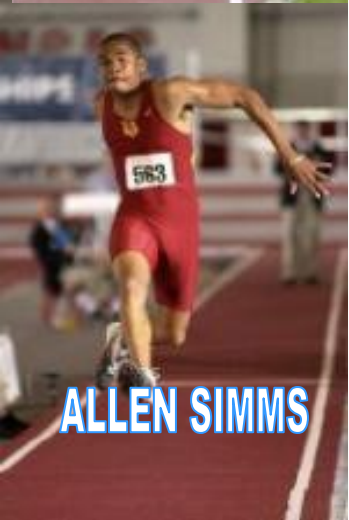
LATASHA COLANDER



AXEL MOSTRAG



SENNECA LASSITER



ALLEN SIMMS