

PHOTOS FROM 2010 SEASON



TRACK 7.5.7 TRACK CLUB

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TRACK 7.5.7 2011 Tentative Schedule

The final 2011 Meet Schedule will be announced later.

- April 30 Chesapeake Classic. VA Beach, VA*
- May 7 Churchland Trailblazer Inv, VA*
- May 14 Real Deal Track Classic. Suffolk, VA*
- May 21 Technique Relays. Hampton, VA*
- May 28 Suffolk Stars Inv. Suffolk VA
- June 4 East End Flyers, TBD, VA*
- June 11/12 AAU District Virginia Beach, VA*
- June 18/19 USATF State Meet. TBD, VA
- June 25 Atlantic Coast Inv. Suffolk, VA *
- July 1/2/3 AAU Nat. Qualifying Meet. Hampton, VA#
- July 7/8/9 USATF Regional. #
- July 16 Cannonball Cooper, Richmond, VA*
- July 23/24 Virginia Association Inv, Hampton, VA*
- July 23-30 USATF Jr. Olympics. #
- July 30 - Aug 6 AAU Jr. Olympics. New Orleans, LA#

* These meets are included in the monthly dues

Must qualify to participate

TRACK 7.5.7

2011 OUTDOOR TRACK & FIELD SEASON INFORMATIONAL HANDOUT



The 2010 TRACK 7.5.7 Track Team

TRACK 7.5.7 TRACK CLUB

How are the athletes categorized for competition ?

USA Track & Field (USATF) and the Amateur Athletic Union (AAU) each classify athletes differently for competition. The AAU uses a 1 year age grouping, whereas the USATF uses a two year grouping for younger age groups. Each athlete must be able to verify their Age Division when entering events at the meets. Age divisions up through Midget are allowed 3 events. The Sub-Youth and older are allowed 4 events.

Year Born	AAU Age Division	USATF Age Division
2003	Primary	Sub-Bantam
2002	Sub-Bantam	Bantam
2001	Bantam	
2000	Sub-Midget	Midget
1999	Midget	
1998	Sub-Youth	Youth
1997	Youth	
1996 1995	Intermediate	Intermediate
1994 1993	Young	Young

Track Season

Practices begin Monday, March 14th, and end in the middle of July, unless the athlete has qualified for the National Junior Olympics meet held at the end of July through the beginning of August. High School and Middle School athletes can join the team either before or after their school track season is completed. Athletes may join at anytime during the season. Practices are held at either Tallwood High School in Virginia Beach, Greenbrier Christian Academy in Chesapeake, or Oscar F. Smith High School in Chesapeake on Monday's, Tuesday's & Thursday's from 6:00 PM to 7:45 PM. Practices are required, however, conflicts with other activities are understood. Please note, the more an athlete attends practice, the more he/she learns & improves!

Membership

New Members Registration fee

The TRACK 7.5.7 Track Club Registration fee is **\$125** per athlete for new members. This fee pays for the athlete's uniform. New members, PLEASE bring a copy of the athlete's birth certificate that the club can keep on file.

Returning Members Registration fee

The TRACK 7.5.7 Track Club Registration fee is **\$25** per athlete for returning members. Half of the administrative fee is covered by donations from the Atlantic Coast Track League.

Monthly dues

The monthly dues are **\$25 to \$30** each month during the season (March April, May, June and July) monthly dues are required to pay the cost of the local developmental meets, the first qualifying meet and either an AAU or USATF membership card.

Transportation, meals and any overnight lodging expenses are not covered.

Fundraisers

There are two mandatory fundraisers. Participation is required. You may buy out of the two mandatory fundraisers if desired.

Coaches and Volunteers

TRACK 7.5.7 Head Coaches:

Stan Holloway
Keenan Galloway

Assistant Coaches:

Howard Wilson	Sprints
Darnell Ringo	Distance
Herb Lavender	Jumps
Toriano Moody	Jumps/Sprints
C. Harris	Hurdles
Stacy Nixon	Sprints
Freddy Silva	Distance



2010 Coaches

The TRACK 7.5.7 is a volunteer organization. Help is appreciated with all aspects of organization and operations.



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