

**6TH Annual
Sonic Boom Invitational Track Meet
Hosted by
Ft. Belvoir Track Club**

**Saturday, April 30, 2011
Pullen Field
Fort Belvoir, Virginia 22060**

**Registration: 8:00 a.m.
Coaches meeting will be at 8:45 a.m.**

**\$ 4.00 Individual Athlete
\$ 8.00 Relay Team
\$ 300.00 Team Fee (Includes 6 Relays)**

www.sonicboomtrackclub.com

**MEET DIRECTOR - RICHARD HERMAN 703-975-1222/703-550-9605
Email: Richard.Herman@vdh.virginia.gov**

**HEAD COACH - ALTON GREENE
Email: altonmoni@comcast.net**

Directions to Fort Belvoir

Northbound - Take I-95 South to Exit 166 (Fort Belvoir). After exiting I-95 turn right onto Fairfax Parkway. Proceed on Fairfax Parkway approximately 3 miles until reaching Route 1. At the traffic light, make a left onto Route 1. Proceed to the next light. Make a right to enter the Tulley Gate of Fort Belvoir. Entering the gate, pass the second light. The field house is 150 yards on the right next to the gas station. Pullen Track is directly behind the field house. All adults must have proper I.D. and all vehicles are subject to search. All vehicles that do not have a military or DOD decal **must** enter through Tulley Gate.

ORDER OF EVENTS

TRACK	9:00 A.M.	FIELD	9:00 A.M.
100 (T)	All Ages	Long Jump	All Ages
1500 Race Walk	8 & Up	High Jump	17 - 18; 15 - 16;
3000 Race Walk	11 & Up		13 - 14; 11 - 12; 9-10
		Triple Jump	G/B 13 - 14; 15 - 16;
4 X 400 M (F)	All Ages		17 - 18
1500/3000 Run	All Ages	Shot Put	G/B 6 - 18
50 Yard Dash (F)	6 & Under	Turbo Javelin	G/B 9 - 12
4 X 100 Relay	All Ages	Discus	G/B 11 - 18
400 M (F)	All Ages		
Sprint Hurdles	11 & Up		
100 (F)	All Ages		
800 M (F)	All Ages		
200 (F)	All Ages		

Stickers required for all athletes with age, name, gender, and club's name.
 Four Events Maximum for All Ages.
 Only $\frac{1}{4}$ spikes.



Medals awarded 1st - 3rd Places
Ribbons 4th - 6th Places
Outstanding Athlete Award for Each Team

FORGOT YOUR SNACKS OR DRINKS?
CONCESSION STAND WILL BE AVAILABLE!