



Legion of Zoom Track Club
Indoor Season 2025

www.legionofzoom.org

Practice Site: Salem Church Middle School (Cafeteria), 9700 Salem Church Rd, Richmond, VA 23237

Practice Time: 6-8PM. Practice days are outlined below based on age and skill level.

- Monday: Beginners and 8 & Under Kids
- Monday: Throwers Practice
- Tuesday: LOZ Returning Athletes 9 and Older and Experienced Kids
- Thursday: All Athletes

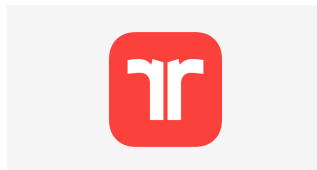
Registration Fees- A \$100 Non-Refundable Deposit is due upon registration.

1. **Full Track Registration Fee:** \$250 (Full Track Registration includes USATF or AAU Track and Field Membership card, Insurance, Equipment cost, athletes entry for scheduled track meet, and Coaching/Instruction)

- **Discount: \$25 off for each additional athlete registered.**

2. **Training Only Registration Fee:** \$150 (No Track Meets)

Team App: Please download TeamReach. This app is for all communication for the season. Only parents and guardians will be allowed entry into the app.



Team Schedule

The Schedule is subject to change! The Team will be notified of any changes prior.
Track Meets with an asterisk (*), are for select athletes whose times meet requirements.

Date	Event/Track Meet	Location
*December 15th	*Speed Capital Indoor Showcase: New York	*Ocean Breeze Staten Island, NY
December 22nd	Grant Holloway Invitational	Virginia Beach Sports Center, VA Beach
January 4th	Kings & Queens Series Meet 1	Boo Williams, Hampton VA
January 5th	*Coach Miami Presents The 757 ShowDOWN	Virginia Beach Sports Center, VA Beach
January 18th	Kings & Queens Series Meet 2	Boo Williams, Hampton VA
January 19th	*VA Showcase	Virginia Beach Sports Center, VA Beach
February 1st	Kings & Queens Series Meet 3	Boo Williams, Hampton VA
February 2nd	*Track 757 Invitational	Virginia Beach Sports Center, VA Beach
February 16th	The 2nd HRH Winter Storm Classic	Boo Williams, Hampton VA
February 22nd	Kings & Queens Series Meet 4	Boo Williams, Hampton VA
March 2025	AAU Indoor Championship (DATE TBD)	Virginia Beach Sports Center, VA Beach