

**Virginia Beach Middle School League  
Track  
2022-2023**

**Thursday, April 20**

Landstown, Plaza, Princess Anne,  
And Corporate Landing at **Kellam HS**

Larkspur, Virginia Beach, Independence,  
and Brandon at **Tallwood HS**

Salem, Great Neck, Lynnhaven,  
Kempsville, and Bayside at **Landstown HS**

**Thursday, April 27**

C. Landing, Bayside, Larkspur,  
and Landstown at **Landstown HS**

Independence, Princess Anne,  
Virginia Beach and Salem at **Kellam HS**

Brandon, Kempsville, Lynnhaven,  
Great Neck and Plaza at **Tallwood HS**

**Thursday, May 4**

Bayside, Princess Anne, Plaza  
and Virginia Beach at **Tallwood HS**

C. Landing, Brandon,  
Great Neck and Larkspur at **Kellam HS**

Salem, Kempsville, Independence,  
Lynnhaven, and Landstown at **Landstown HS**

**Thursday, May 11**

Corporate Landing, Landstown,  
Brandon and Bayside at **Tallwood HS**

Great Neck, Plaza, Lynnhaven,  
and Virginia Beach at **Kellam HS**

Kempsville, Larkspur, Salem,  
Independence and Prin. Anne at **Landstown HS**

**Warm-up time: 10 minutes**

**Practices may begin on 3/27/23  
Regular season meets begin at  
5:30 p.m. unless otherwise noted.**

**Saturday, May 20**

City Championship – Tallwood HS

**Approved 5/19/22**