

2012
Iowa AAU
District Qualifier
Track & Field Meet
June 10, 2012

Bill Buxton Stadium
Simpson College
701 North C Street
Indianola, Iowa 50125



Marvin (Marv) Allen
Iowa District Sports Director
AAU Track & Field
(515) 252-0856
aaustarter@copper.net

Visit www.aauiaowa.org for latest information

VENUE

DATES & TIMES Track and Field Events: Sunday, June 10, 2012

STADIUM opens at 6:00am.
CHECK-IN begins at 9:00am.
COMPETITION begins at 9:30am.

**ALL EVENTS WILL RUN ON A ROLLING SCHEDULE.
TRACK EVENTS WILL RUN WITH TIMED FINALS.**

LOCATION Bill Buxton Stadium
Simpson College
701 North C Street
Indianola, Iowa 50125

GOVERNANCE The 2012 Iowa AAU District Qualifier will be conducted under the AAU code guidelines and follow competitive rules of the NGB as modified and outlined in the AAU Youth Athletics Handbook (available at www.aauathletics.org)

REGISTRATION

AAU MEMBERSHIP REQUIREMENTS & ATHLETE ELIGIBILITY A current 2012 AAU membership number is necessary to register for this meet. AAU memberships can be obtained on-line at www.aausports.org. If you already have a 2012 AAU membership card from another AAU sport, you do not need to purchase another card.

NOTE: Athletes and coaches must be registered members of their state's AAU District, which entails a \$12.00 annual fee for athletes and \$14.00 for coaches.

HOW TO ENTER All registrations will be conducted on-line. Additions and corrections can be made until the entry deadline. NO CHANGES can be accepted after the deadline. Please use the on-line location below to register:

http://coachoregistration.com/meet/entry/ia_aaudqia/

ENTRY FEE The entry fee is \$20.00 per athlete. There is only one option for payment this year. Entry fees MUST be paid on-line with a credit card to complete the registration process.

ENTRY DEADLINE All athletes must register on-line NO LATER than MIDNIGHT, THURSDAY, JUNE 07, 2012.

ON-SITE REGISTRATIONS ARE NOT AVAILABLE AT THIS MEET.

UNCONTESTED EVENTS The following events will NOT be contested at the Iowa AAU Meet:

- Multi-Events
- Pole Vault

Athletes who did not compete in a District Qualifier will only be eligible to compete in the pole vault and multi-events if the aforementioned events were not contested on the District level. Each participant/athlete must register and pay to enter a District Qualifier regardless of participation or waiver in order to be advanced to the National Qualifier.

AGE DIVISIONS

Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls. YEAR OF BIRTH determines the division in which the athlete must compete. Competing in the wrong division is grounds for disqualification.

DIVISION	YEAR OF BIRTH	AGE ON 2012 BIRTHDAY
Primary	2004 & after	8 or younger
Sub-Bantam	2003	9
Bantam	2002	10
Sub-Midget	2001	11
Midget	2000	12
Sub-Youth	1999	13
Youth	1998	14
Intermediate	1996-1997	15 & 16
Young Men & Women	1994-1995	17 & 18

NOTE: Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games National Championship shall be eligible to compete in the Young Men's or Young Women's age division.

PROOF OF AGE

Proof of age may be required at District, National Qualifier, and National Championship events and whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A valid (not expired) passport
5. A valid US driver's license

NOTE: Other forms of documentation, including, but not limited to, letters from public or private schools and/or city and state Parks & Rec Departments are not acceptable.

EVENT LIMITS

Primary, Sub-Bantam, Bantam, Sub-Midget, and Midget: Maximum of 3 events
Sub-Youth, Youth, Intermediate, Young Men/Women: Maximum of 4 events

NOTE: Any athlete who participates in more than his/ her age division's prescribed maximum number of events will be disqualified from this meet and WILL NOT be allowed to advance to the National meet in ANY event.

RELAY LIMITS

Participation of relay teams will be limited to those clubs which hold a current (2012) valid club membership in the AAU.

Relay teams consist of four (4) members and can list up to four (4) alternates.

Relays are conducted in the Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Women divisions ONLY. The Sub-Bantam divisions may run in the Bantam divisions, the Sub-Midget divisions may run in the Midget divisions, and the Sub-Youth divisions may run in the youth divisions only in the relays.

NOTE: Each entry in a relay is considered one of each of these athlete's individual

entries and counts toward the maximum number of events allowed.

ATHLETES AND COACHES

REPORTING FOR EVENTS Coaches, parents, and athletes are fully responsible for athletes reporting to their events on time. This meet will be run on a ROLLING schedule. It is not the fault of the Meet Management if any athlete misses his/her event.

NO EXCUSES WILL BE ACCEPTED.

UNIFORMS There is no specific uniform required except as follows:

1. All athletes must wear clothing that is clean and, in the opinion of the officials, in good taste. A jersey (top) must be worn by all competitors.
2. Shoes or foot coverings must be worn by all competitors.
3. All members of a relay team must wear jerseys & shorts of the same color.
4. Speed suits & one-piece uniforms are acceptable as long as the chest area is covered.

SPIKES Any shoes containing spikes must have 1/8" or 1/4" pyramid spikes. Needle type spikes are prohibited. Athletes will not be allowed to compete with spikes that do not comply.

WAIVERS Athletes CANNOT be advanced at any level of competition without having successfully qualified through the required qualifying rounds in the proper event and division.

Athletes scheduled to take a college entrance exam (ACT/SAT) will be waived to the National Qualifier upon receipt of proper documentation by JUNE 22, 2012 to Robin Brown-Beamon (aauathleticswaiver@bellsouth.net), National Qualifier Program Coordinator. Please do not send waiver request to any other e-mail address.

AWARDS First through third place finishers in each division and event will be awarded AAU medals. Fourth through sixth place finishers will be awarded ribbons.

ADVANCEMENT TO AAU NATIONAL QUALIFIER The top sixteen (16) Individual, Field, Relay Teams, and Multi-Events will advance to the AAU National Qualifier.

June **28** – July **1**, 2012
Area 18 AAU Track & Field National Qualifier
Multi-Events / Track & Field
Bill Buxton Stadium
Simpson College
701 North C Street
Indianola, Iowa 50125

The following events will not be contested at the Iowa AAU District meet and will be passed through to the National Qualifier – Multi-Events, Pole Vault.

TRAINER A certified trainer will be on site all day Sunday, June 10.

ACCESS TO TRACK AND INFIELD Only the Meet Director, meet workers, and competing athletes will be allowed on the field. Any unauthorized individuals on the track, or in the field, will result in a disqualification of their athlete or team.

THIS RULE WILL BE STRICTLY ENFORCED.

COACHES MEETING A coaches' meeting will be held Sunday at 8:30am. The location for the meeting will be announced over the PA system.

PROTESTS Protests relating to matters which develop during the conduct of the meet must be made to the Referee in writing. Protests should be filed immediately; but, in any case, not more than 30 minutes after the results have been announced. A \$50.00 cash deposit must accompany the protest. The Referee shall follow the 2012 AAU Athletics Handbook and the 2012 USATF Rulebook in rendering his decision. When the Referee renders his decision, there is still the right to appeal to the Jury of Appeals. The decision of the Jury of Appeals is final.

IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.

SPECTATORS

FOOD AND DRINK There will be concessions available. Medium-sized ice chests may be brought in with fruit, water, and sports drinks. No glass containers are permitted. Fast food meals are not allowed in the stadium.

MEET PROGRAM A Meet Program (*if available*) will be sold at the meet.

TENTS & CANOPIES Tents and canopies will be permitted ONLY in designated areas.

GATE ADMISSIONS Admissions will be sold at the gate on the day of the event.
Athletes & Coaches: FREE with proof of valid 2012 AAU membership.
Adults: \$5.00
Students & Senior Citizens: \$2.00
5 & Under: FREE

PARKING Ample parking is located adjacent to the track.

RESTROOMS Stadium restroom facilities are located adjacent to the track. Additional portable facilities will be available at other locations.

INCLEMENT WEATHER The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather and resuming when weather permits. The format of the meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and the Games Committee. We will have indoor access to the Simpson College Gym in case of a lightning storm or any other adverse weather.

In the event the meet is delayed due to lightning, the meet director will make an updated announcement every 20 minutes until the meet is resumed.

MEET OFFICIALS

COORDINATOR &
MEET DIRECTOR Marvin (Mary) Allen
Iowa District Sports Director
AAU Track & Field
515-252-0856
aaustarter@copper.net

HEAD REFEREE Cortez Nichols
xcaliburs2003@yahoo.com

ONLINE ENTRY
SUPPORT Bill Haynes
support@coacho.com

HY-TEK DATA
ENTRY Marchan Adkins
marchan@adkinstrak.com



“Sports for All, Forever”

SCHEDULE OF EVENTS: SUNDAY, JUNE 10

Events will be run as TIMED FINALS according to the schedule below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

TRACK EVENTS (Racewalk @ 9:30am, Running Events @ 10:00am)



EVENT	BOYS / MEN									GIRLS / WOMEN								
	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
9:30am																		
3000M Race-Walk						X	X	X						X	X	X		
1500M Race-Walk	X	X	X	X	X						X	X	X	X				
10:00am																		
400M Dash	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3000M Run				X	X	X	X	X					X	X	X	X	X	X
80MHurdles				X	X								X	X				
100M Hurdles						X	X								X	X	X	X
110M Hurdles								X	X									
4x800M Relay					X		X	X	X					X		X	X	X
100M Dash	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
BREAK																		
2000 Steeplechase								X	X							X	X	
200M Dash	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500M Run	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X
200M Hurdles						X	X								X	X		
400M Hurdles								X	X							X	X	
4x100M Relay	X		X		X		X	X	X	X		X		X		X	X	X
800M Run	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x400M Relay			X		X		X	X	X			X		X		X	X	X

SCHEDULE OF EVENTS: SUNDAY, JUNE 10

Events will be contested according to the schedule below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

FIELD EVENTS (Begin @ 9:30am - Check-in at Field Events)



EVENT	BOYS / MEN									GIRLS / WOMEN								
	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
9:30am																		
Shot Put (4 lbs)	X									X								
Shot Put (6 lbs)		X	X	X	X						X	X	X	X	X	X		
Shot Put (4 kg)						X										X	X	
Shot Put (12 lbs)							X	X										
Discus (1.0 kg)				X	X	X	X						X	X	X	X	X	X
Discus (1.6 kg)								X	X									
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump					X	X	X	X						X	X	X	X	
High Jump		X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X
Turbo Javelin (500 g)	X	X	X	X	X					X	X	X	X	X				
Javelin (600 g)					X	X	X							X	X	X	X	
Javelin (800 g)							X	X										

ACCOMODATIONS

Local Hotel Information

Indianola:

Apple Tree Inn
Hwy 65/69 North
Indianola, IA 50125
515-961-0551

Super 8
1701 N. Jefferson
Hwy 65/69 North
Indianola, IA 50125
515-961-0058

Des Moines: (Motels listed below are 15 to 20 minutes from Indianola)

Radisson
6800 Fleur Drive
Des Moines, IA 50321
515-285-7777

Hampton Inn
5001 Fleur Drive
Des Moines, IA 50321
515-287-7300

Airport Conference Center
Baymont Inn & Suites
6221 Army Post Road
Des Moines, IA 50321
515-285-0654

Motel 6
4817 Fleur Drive
Des Moines, IA 50321
515-287-6364

Comfort Inn
5231 Fleur Drive
Des Moines, IA 50321
515-287-3434

Holiday Inn Airport
6111 Fleur Drive
Des Moines, IA 50315
515-287-2400

Days Inn-Airport
1901 Hackley Ave
Des Moines, IA 50315
515-256-0603

Best Western Airport
1810 Army Post Road
Des Moines, IA 50315
515-287-6464

Fairfield Inn & Suites
Next to Radisson
515-285-7777

(West side of I-35, Des Moines)

Residence Inn
160 S Jordan Creek
West Des Moines, IA 50266
515-267-0338

Hilton Garden Inn
8600 Northpark Dr
Johnston, IA 50131
515-223-0571
515-270-8890

Marriott, West Des Moines
1250 Jordan Creek Parkway
West Des Moines, IA 50265
515-267-1500

(West side of Des Moines)

Comfort Suites
11167 Hickman Rd
Urbandale, IA 50322
515-276-1126

Sleep Inn
Hickman Rd
Urbandale, IA 50322
515-276-2424

Drury Inn & Suites
5505 Mills Civic Pky
West Des Moines, IA 50266
515-457-9500

(East side of Des Moines)

Sleep Inn
5850 Morning Star Ct
Pleasant Hill, IA 50327
515-299-9922

(Downtown Des Moines)

Embassy Suites
101 E Locust St
Des Moines, IA
515-244-1700

(West of I-35)

Holiday Inn
6075 Mills Civic Pky
West Des Moines, IA 50266
515-309-3900

Restaurant Establishments
Indianola, IA 50125

A&W
109 E 2nd Ave
961-3553

Uncommon Grounds
101 E. Salem
961-9681

Burger King
N. Jefferson (Hwy 65-69)
962-2055

Taco John's
1103 N. Jefferson (Hwy 65-69)
961-3335

The Brickhouse Tavern
107 N. Buxton

Crouse Café
115 E. Salem
961-3362

Dairy Queen
300 N. Jefferson
961-4725

Cal's Restaurant
1501 N. 1st St.
961-0206

Subway
606 N Jefferson
961-2315

Funaro's
201 N. Buxton
961-7627

Sport's Page Grill
1802 W 2nd Ave
961-5771

Godfather's Pizza
200 S. Jefferson
961-8801

LaCasa Mexican Resturant
508 N. Jefferson
961-5417

Arby's
408 N. Jefferson
961-6379

HyVee Deli
910 N. Jefferson
961-5329

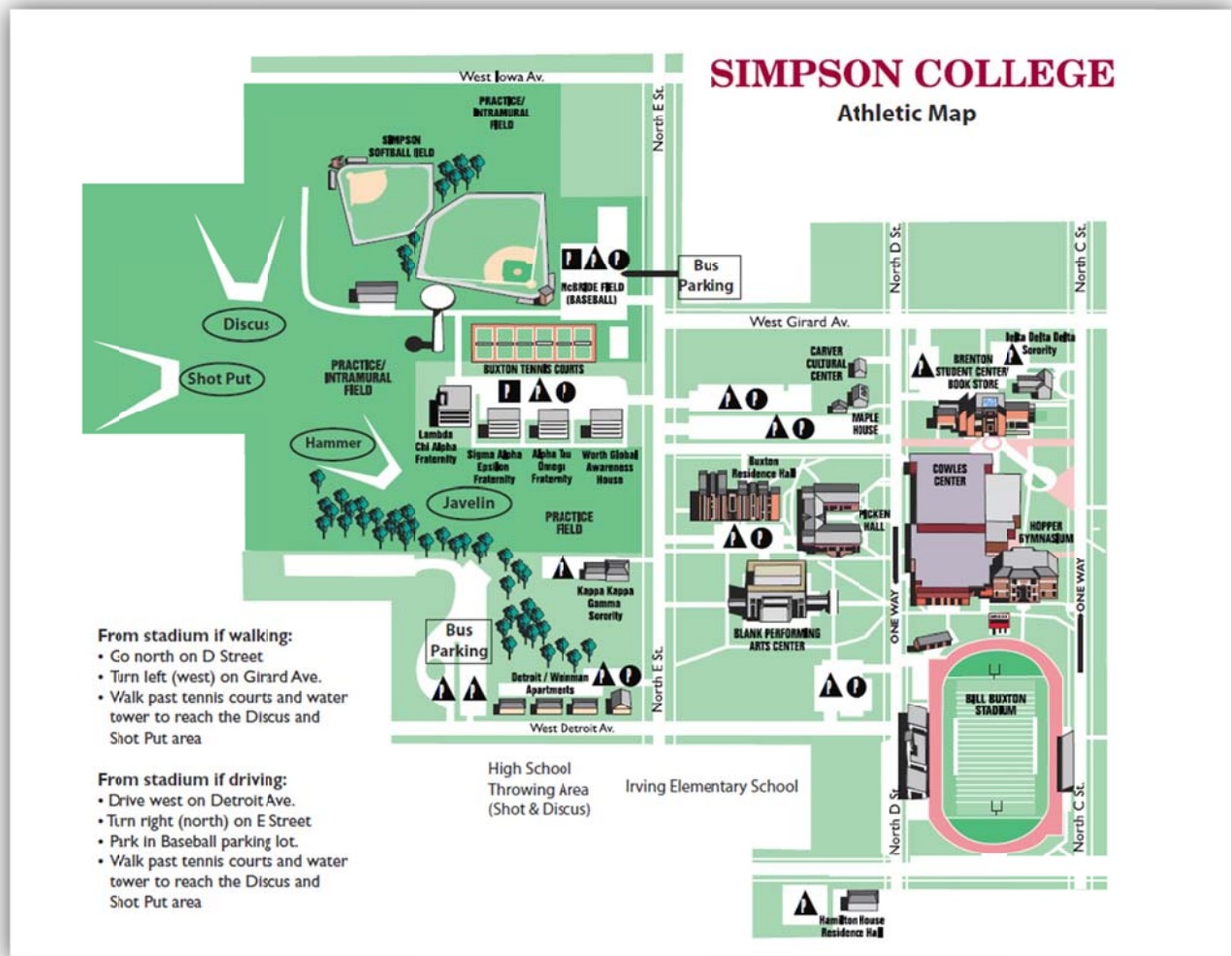
McDonalds
1207 N. Jefferson
961-8507

Garden Buffet
312 N Jefferson Way
961-7338

Winn's
122 W. Ashland
961-5757

Pete's Pizza
118 N. Howard
961-7797

Pizza Hut
404 N. Jefferson
961-8401



Please ask for the "AAU Track and Field Rate" to support these sponsor hotels.