

AAU TRACK & FIELD
2012 AREA 23 NORTHERN CALIFORNIA
NATIONAL QUALIFIER
JUNE 13-16, 2012



**TOP 5 INDIVIDUAL FINISHERS
AND TOP 4 RELAY TEAM & MULTI-EVENT QUALIFY
FOR THE AAU JUNIOR OLYMPIC GAMES**

Overall Team Scoring-Awards for the top 5 teams!

- SITE:** Bob Mathias Stadium @ Tulare Union High School in Tulare, California
- RATIONALE:** The National Qualifier Track & Field Meet has been designed to place an emphasis on promoting the sport of track and field in western part of the United States.
- QUALIFYING TO AAU JO GAMES:** **The top 5** individual finishers in each event and the **top 4 relay team/multi-events finishers** in each event will qualify to the National AAU Junior Olympic Games in Houston, Texas.
- The FINAL Junior Olympic Games schedule will be posted on July 26, 2012 at www.aauathletics.org
- AWARDS:** Top FOUR (4) place finishers in each event will receive medals. Awards can be picked up at the awards tent approximately 20 minutes after the conclusion of the event. **Medals will not be mailed home**, it is the responsibility of the competitor, coach or parent to pick up awards before leaving the meet. Scoring will be done in each division and then combined to determine the top 5 team awards.
- DATES:**
- | | |
|---------------------------------|--|
| <i>Wednesday, June 13, 2012</i> | Packet Pick-Up/Multi-Event Competition |
| <i>Thursday, June 14, 2012</i> | Packet Pick-Up/Multi-Event Competition |
| <i>Friday, June 15, 2012</i> | Packet Pick-Up/Team Check-in |
| <i>Friday, June 15, 2012</i> | Track and Field Competition |
| <i>Saturday, June 16, 2012</i> | Track and Field Competition |
- AGE DIVISIONS:** Individual Primary, Sub Bantam, Bantam, Sub Midget, Midget, Sub Youth, Youth, Intermediate, Young Men/Young Women
- Relay events: Primary, Bantam, Midget, Youth, Intermediate, Young Men/Young Women

DETERMINATION: The athlete's year of birth shall determine the age division in which he/she will compete for individual events:

| <u>AGE GROUPS</u> | <u>NAME OF AGE GROUPS AFTER THIS YEAR</u> | <u>YEAR OF BIRTH</u> |
|-------------------------|---|----------------------|
| Primary | 8 AND UNDER | 2004 & After* |
| Sub Bantam | 9 YEAR OLDS | 2003 |
| Bantam | 10 YEAR OLDS | 2002 |
| Sub Midget | 11 YEAR OLDS | 2001 |
| Midget | 12 YEAR OLDS | 2000 |
| Sub Youth | 13 YEAR OLDS | 1999 |
| Youth | 14 YEAR OLDS | 1998 |
| Intermediate | 15-16 YEAR OLDS | 1996 - 1997 |
| Young Men/Young Women** | 17-18 YEAR OLDS | 1994 - 1995** |

**Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games shall be eligible to compete.

ENTRY

DEADLINE: **The online entry deadline is MONDAY, June 11, 2012 @11:59pm Pacific Standard Time.**



Online entry can be done at www.coacho.com .

Online registration will NOT be reopened after closing time. Therefore, you must make all final changes and pay before closing time on MONDAY night at 11:59pm. Late registrations must be done at the track on Friday, June 15th before the start of the meet. Please see late fees information.

AAU ATHLETICS RULE (2009) Athletes who sign up the day of the meet will be allowed to participate, but will not be allowed to advance to the National Junior Olympic Games.

WARNING: Many coaches procrastinate and wait to register the last night. As a result, they end up running out of time and have experienced problems related to high volume. Running out of time and/or experiencing technical problems is no excuse for missing the registration deadline. Make life easier by registering before Monday, June 11, 2012.

PLEASE DOUBLE CHECK YOUR ENTRIES USING THE EMAIL CONFIRMATION THAT YOU RECEIVE.

LOOK FOR and FIX THE FOLLOWING COMMON MISTAKES:

- 1) Correct birth date (Entering an athlete with the incorrect birth date is unsportsman-like conduct and grounds for suspending the athlete and coach. Birth date and birth certificate must match.**
- 2) Misspelled names**
- 3) Incorrect athlete gender (list is divided by male and female for easy confirmation)**
- 4) Missing relay teams or team members and alternates**
- 5) Incorrect events (especially the selection of 100 hurdles by mistake)**

TO FIX MISTAKES BEFORE THE DEADLINE:

- 1) Log back into Coach O using your account information and make revisions.
- 2) If this doesn't work, send changes to ncnq_tf_meet@yahoo.com with ATTENTION DAVE SCHLICK in the subject line.

TO FIX MISTAKES AFTER THE DEADLINE, BUT BEFORE CHECK-IN:

- 1) Send the change to ncnq_tf_meet@yahoo.com with ATTENTION DAVE SCHLICK
- 2) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be made at no charge.
- 3) All changes related to individual's events and relay teams will be allowed with a \$10 fee per change.
- 4) Be prepared at packet pick-up/team check-in to pay \$10 cash for each change made after the deadline.

TO FIX MISTAKES AT PACKET PICK-UP/CHECK-IN: (absolute last opportunity)

- 1) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be allowed for a processing and inconvenience fee of \$5 per athlete.
- 2) All changes related to an athlete's individual events and/or relay teams will be allowed for a fee of \$20 per change. This must be done the day before the actual competition.
- 3) All payments must be made in cash.

ENTRY FEE:

TRACK AND FIELD INDIVIDUAL ENTRY FEE: \$25.00 per athlete

The Track & Field meet entry fee is \$25.00 per athlete regardless of the number events. Fee must be paid online at the time of registration.

MULTI-EVENT ENTRY FEE: \$25.00 per athlete

The Multi-Event competition is a separate event and costs \$25.00. Fee must be paid online at the time of registration.

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Entry fees are per athlete, no substitutions allowed after submission. All athlete entries must be made online. Visa & MasterCard accepted.

NOTE- There will be a service fee charged to your credit card for the transaction

RELAY TEAMS

There is no additional entry fee for relay events as long as the following criteria are met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$25.00.
- 2) The relay team represents a current 2011 AAU registered club.
- 3) All competitors must have current AAU membership

LATE FEE/

CHANGE FEE:

Late fee of \$25.00 per athlete will be added on to the entry fee if registration is done after closing date. This will need to be paid in cash only. Changing events after closing date will be allowed at the cost of \$10.00 per athlete. All this can be done without late fees on-line before closing date. PLEASE avoid these fees by registering on-line by Monday, June 13th. Please see NEW advancement rule listed above.

ELIGIBILITY:

Open to any athlete or club/team who holds a current AAU Membership. Register coaches, athletes, and clubs/teams with your local AAU Association. You may also register instantly on line at www.aausports.org. The annual fee for individual membership is \$12.00 for athletes and \$14.00 for coaches. Consult your local AAU Office for the club fee structure.

In order for athletes to be physically prepared to compete at the AAU Championships level, it is highly recommended that athletes compete in their local AAU Association meet. Contact your local AAU Association 1-800-AAU 4USA or the AAU National Headquarters 407-828-4394 for information about meets in your area.

Individual athletes (unattached) and Clubs from other organizations are also encouraged to compete in this Championship upon becoming members of the AAU.

AAU

MEMBERSHIP:

All athletes and coaches must be able to present their 2012 AAU membership cards at time of Check-in.

All relay teams and clubs/teams must present current 2012 AAU Club membership at check-in.

EVENT

All competitors in the Primary(8 and under), Sub-Bantam(9 year olds), Bantam(10 year olds), Sub-Midget(11 year olds) and Midget(12 year olds) age divisions will be limited

LIMITATIONS:

to a maximum of (3) three events per competitor, including relays but excluding multi-events (NO PRIMARY). Competitors in the Sub Youth(13 year olds), Youth(14 year olds), Intermediate(15-16 year olds) and Young Men/Young Women(17-18 year olds) age divisions will be limited to a total of (4) four events per competitor, including relays but excluding multi-events.

DIRECTIONS

TO COMPLEX:

Tulare Union High School—755. East Tulare Avenue, Tulare, CA

Traveling South on Hwy 99
Take Tulare Avenue Exit
Turn Right onto Tulare Ave.
Turn Left on Blackstone (first stop light)
Turn Right on Kern (first stop light)
Track is on the right/parking on the left.

Traveling North on Hwy 99
Take Tulare Avenue Exit
Turn Left onto Tulare Ave.
Turn Left on Blackstone (first stop light)
Turn Right on Kern (first stop light)
Track is on the right/parking on the left.

CHECK-IN: **On-Site Check In:** Check-in for all athletes and coaches participating in the 2012 AAU National Qualifier Track & Field Meet will be held at the Tulare Union High School track and field complex.

Hours of operation at the Registration Center will be as follows for the AAU National Qualifier Track & Field Meet:

| <u>Day/Date</u> | <u>Open Time</u> | <u>Close Time</u> |
|--------------------------|------------------|--------------------|
| Wednesday, June 13, 2012 | 7:00 am | 11:30 am |
| Thursday, June 14, 2012 | 7:00 am | 10:30 am |
| Friday, June 15, 2012 | 1:00 pm | End of Competition |
| Saturday, June 16, 2012 | 7:00 am | End of Competition |

NOTE: It is highly recommended that you pick up your packet on Friday, especially if you have a race or event first thing Saturday morning. Races and events WILL NOT be held up for athletes picking up bib numbers.

RESULTS: Results will be posted on line at www.aauathletics.org, www.centralcalaau.com

CHALLENGE

PERIOD: Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 24 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

**JUNIOR OLYMPIC
DECLARATION &
REGISTRATION**

INFORMATION: Qualifiers for the 2012 AAU Junior Olympic Games in Houston, Texas (July 28th – August 4th) must declare and register for the meet online through www.aauathletics.org before July 17th, 2012 at 11:59 PM EST. No entries will be accepted after the 11:59 PM EST (9:00 PM PST West Coast). Do not jeopardize your athletes chance to compete by not completing this step before the AAU Junior Olympic Games registration deadline.

**FINAL NATIONAL
JO GAMES
SCHEDULE OF
EVENTS:**



PLEASE NOTE THIS: The FINAL AAU Junior Olympic Games Schedule will be posted on July 24, 2012 at www.aauathletics.org

PARKING: No charge for parking.

**SPECTATOR
TICKETS:**

Admission: main gate to the track and field facility.
Children under the age of three (3) are admitted for free.
Wednesday, June 13th FREE to all
Thursday, June 14th FREE to all
Friday, June 15th \$5.00
Saturday, June 16th \$5.00

A pass for Friday and Saturday may be purchased for \$8.00 on Friday

**COACHES
PASSES:**

1-8 Athletes NO (0) complimentary Coaches Credential issued.
9-16 Athletes One (1) complimentary Coaches Credential per club
17-25 Athletes Two (2) complimentary Coaches Credentials per club
Over 25 Athletes* Three (3) complimentary Coaches Credentials per club

***A Maximum of three (3) complimentary Coaches Credentials will be given to any given club. All coaches must be a current registered member of the AAU and must produce current membership card to receive the complimentary pass. Coaches passes will be handed out the time of packet pick up. If AAU memberships are not presented at this time, Credentials will be forfeited. Absolutely NO Replacements for LOST or Stolen Credentials.**

AAU memberships will not be sold at the meet!!!!

COACHES'

EDUCATION:

The AAU National Office is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This exciting program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

MEDICAL:

Emergency Medical personnel are on call; all other injuries are up to parents/coaches. Ice and water will be provided for injury situations.

FLUIDS:

Meet management will do its best to try to provide water in certain competition areas. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

WEATHER:

The average high temperature in Tulare during the month of June is in the high 90's with low humidity.

TRACK & FIELD VENUE INFORMATION

TENTS:

Tents will be allowed only on the top five (5) rows of stadium. Meet management reserves the right to change this policy. Tulare Union High School will provide some tenting for shading on or near the warm-up area of the track. Some individual tents will be allowed to be erected in a limited area. However, the tents cannot be staked down, and tent tops must be removed at night or during inclement weather.

SHOWER &

LOCKER ROOMS:

There are no shower or locker room facilities available at the track & field venue. All competitors need to dress at their hotel and arrive at the complex ready to compete.

RESTROOM

FACILITIES:

Restroom facilities will be available at the track & field venue.

COMPETITOR

NUMBERS:

Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their bib numbers on the front of your competition singlet at all times of competition. There is a ten dollar (\$10.00) replacement fee for lost bib numbers.

HIP NUMBERS:

Hip numbers will be issued at clerk of the course and will be required for all running event competitors during their event. The clerk of course will indicate which side and location to wear the hip numbers at check-in time.

IMPLEMENTS:

The Central California AAU District will be supplying implements for use at this event. Athletes may bring their own implements to use during competition. However, personal implements will be required to be weighed-in prior to reporting to the event site. Implement weigh-in will occur in a tent near the clerking and warm-up areas of the event. Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition.

PROTESTS:

Protests concerning the status or eligibility of any competitor must be made to the AAU Youth Athletics Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result has been announced. Protests **MUST** be filed on official protest forms and presented to the Protest Table. The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals, accompanied by a cash deposit of \$75.00. The jury's decision is

final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

- ATHLETE WARM-UP:** The warm up area will be located adjacent to the Clerk of Course tent.
- COMPETITOR CHECK-IN:** Competitors will be given a final call to check-in 1 hour prior to the start of their event. Any athlete not checked in at this time will be scratched from the event.
- COOLERS:** As part of security and safety measures by Tulare Union High School, NO GLASS CONTAINERS. Provisions are in place to handle medications, infant products, and special dietary foods. All coolers, bags, backpacks, and duffels will be subject to the existing security inspection process.
- SCHEDULES:** Time specific schedules will be posted at registration.
- QUALIFICATION:** This meet is OPEN to any current 2012 AAU member in the Central California, Pacific or adjoining districts. Athletes may only compete in one regional meet. Other qualification meets available are the West Coast AAU Junior Olympic Games.
- APPAREL:** Event shirts will be available by

EQUIPMENT: Track Equipment will be available by



HOTEL INFORMATION: Go to www.centralcalaau.com for more information and special rates.



**Need uniforms? Bags?
Check out Coacho.com**

Meet contact information:

GUY FOWLER
MEET COORDINATOR
559-358-0850

DAVE SCHLICK
MEET REGISTRATION
559-679-5733

KAREN FOWLER
AAU MEMBERSHIPS
209-845-9868

centralcalaau@aol.com

ncnq_tf_meet@yahoo.com

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

**Northern California National Qualifier
Track and Field Meet**

Schedule of Events

YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS TENTATIVE AND SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. A REVISED MEET SCHEDULE WILL BE AVAILABLE UPON CHECK-IN.

CLASSIFICATION

| | |
|---|--|
| PG-Primary Girls/8 and under SBG-Sub-Bantam Girls/9 years BG-Bantam Girls/10 years SMG-Sub-Midget Girls/11 years MG-Midget Girls/12 years SYG-Sub-Youth Girls/13 years YG-Youth Girls/14 years IG-Intermediate Girls/15-16 years YW-Young Women/17-18 years | PB-Primary Boys/8 and under SBB-Sub-Bantam Boys/9years BB-Bantam Boys/10years SMB-Sub-Midget Boys/11 years MB-Midget Boys/12 years SYB-Sub-Youth Boys/13 years YB-Youth Boys/14 years IB-Intermediate Boys/15-16 years YM-Young Men /17-18 years |
|---|--|

In all running events, EXCEPT RELAYS, where "all divisions" are indicated, the order will be: PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

TF= TIMED FINALS

F= FINALS

IG, IB, YW, YM divisions MUST use starting blocks in the sprint races!!!

WEDNESDAY, JUNE 13, 2012

| | | | |
|---------|------------|------------------|------------------------|
| 8:00am | Heptathlon | IG, YW Combined | 100H, HJ, SP, 200M |
| 8:30am | Decathlon | IB, YM Combined | 100M, LJ, SP, HJ, 400M |
| 10:00am | Triathlon | SBB, BB Combined | HJ, SP, 400M |
| 11:00am | Triathlon | SBG, BG Combined | HJ, SP, 200M |

THURSDAY, JUNE 14, 2012

| | | | |
|---------|----------------|------------------------------------|--------------------------------|
| 8:00 am | Decathlon | IB, YM Combined | 110H, DT, PV, JT, 1500M |
| 8:00 am | Heptathlon | IG, YW Combined | LJ, JT, 800M |
| 8:30 am | Pentathlon | SMB, MB, SYB, YB Combined | 80H or 100H, LJ, SP, HJ, 1500M |
| 10:00am | Pentathlon | SMG, MG, SYG, YG Combined | 80H or 100H, LJ, SP, HJ, 800M |
| 10:30am | 1500m racewalk | SBG, SBB, BG, BB, SMG, SMB, MG, MB | TF |
| | 3000m racewalk | SYG, SYB, YG, YB, IG, IB, YW, YM | TF |

FRIDAY, JUNE 15, 2012

RUNNING EVENTS

*** Same distance races might be combined
THIS IS A ROLLING SCHEDULE**

| | | | | |
|--------|--------------------|--|--|----|
| 4:00pm | 2000m Steeplechase | IB, YM, IG, YW | (this is a dry steeple, no water jump) | TF |
| | 400m hurdles | IB, YM, IG, YW | | TF |
| | 200m hurdles | SYG, SYB, YG, YB | | TF |
| | 3000m | SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM | | TF |
| | 400m | PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM | | TF |

FIELD EVENTS

Age divisions might be combined with other divisions (example IB and YM).

It is strongly suggested that athletes be ready to go at the scheduled time.

LJ, TJ, DT, SP, JT WILL RECEIVE 4 ATTEMPTS, NO FINALS

| | | | |
|--------|-------------|---|---|
| 4:00pm | Javelin | SYG, SYB, YG, YB, IG, IB, YW, YM | F |
| 4:15pm | Triple Jump | SYG, SYB, YG, YB, IG, IB, YW, YM | F |
| 4:15pm | Shot Put | PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM | F |
| 5:30pm | Pole Vault | SYG, SYB, YG, YB, IG, IB, YW, YM | F |

SATURDAY, JUNE 16, 2012

RUNNING EVENTS

* Some distance races might be combined

THIS IS A ROLLING SCHEDULE

| | | | |
|---------------|--|---|----|
| 8:00am | 3200m relay | MG, MB, YG, YB, IG, IB, YW, YM | TF |
| 8:45am | 400m relay | PG,PB,BG, BB, MG, MB, YG, YB, IG, IB, YW, YM | TF |
| | 110m hurdles (36") | IB, YM | TF |
| | 100m hurdles (33") | IG, YW, SYB, YB, | TF |
| | 100m hurdles (30") | SYG, YG | TF |
| | 80m hurdles (30") | SMG, SMB, MG, MB | TF |
| | 100m | PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM | TF |
| | 800m | PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM | TF |
| | 200m | PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM | TF |
| | 1500m | PG,PB ,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM | TF |
| | 1600m relay | BG, BB, MG, MB, IG, IB, YW, YM | TF |
| | New Event this year- PG, PB 1500 meters | | |

FIELD EVENTS

Age divisions might be combined with other divisions (example IB and YM).

It is strongly suggested that athletes be ready to go at the scheduled time.

LJ, TJ, DT, SP, JT WILL RECEIVE 4 ATTEMPTS, NO FINALS

THIS IS A ROLLING SCHEDULE

| | | | |
|---------------|-----------|------------------|---|
| 7:45am | Long Jump | PG, PB | F |
| | High Jump | IG, YW | F |
| Followed by | | | |
| | Long Jump | SBG, SBB, BG, BB | F |
| | High Jump | IB, YM | F |
| Followed by | | | |
| | Long Jump | SMG, SMB, MG, MB | F |
| | High Jump | SYG, SYB, YG, YB | F |
| | Discus | SMB, SMB, MG, MB | F |
| Followed by | | | |
| | Long Jump | SYG, SYB, YG, YB | F |
| | High Jump | SBG, SBB, BG, BB | F |
| | Discus | SYG, SYB, YG, YB | F |
| Followed by | | | |
| | Long Jump | IG, IB, YW, YM | F |
| | High Jump | SMG, SMB, MG, MB | F |
| | Discus | IG, IB, YW, YM | F |

2012 AAU EVENT STANDARDS



THROWING IMPLEMENTS USED

| AGE DIVISION | SHOT PUT | DISCUS | JAVELIN |
|--------------------|----------|-----------------------|-----------|
| Primary (G) (B) | 4 lbs | ----- | ----- |
| Sub-Bantam (G) (B) | 6 lbs | ----- | ----- |
| Bantam (G) (B) | 6 lbs | ----- | ----- |
| Sub-Midget (G) (B) | 6 lbs | 1.0 kg (2 lbs 3 ¼ oz) | |
| Midget (G) (B) | 6 lbs | 1.0 kg (2 lbs 3 ¼ oz) | |
| Sub-Youth (G) | 6 lbs | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |
| Sub-Youth (B) | 4 kg | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |
| Youth (G) | 6 lbs | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |
| Youth (B) | 4 kg | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |
| Intermediate (G) | 4 kg | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |
| Intermediate (B) | 12 lbs | 1.6 kg (3 lbs 9 oz) | 800 grams |
| Young Women | 4 kg | 1.0 kg (2 lbs 3 ¼ oz) | 600 grams |
| Young Men | 12 lbs | 1.6 kg (3 lbs 9 oz) | 800 grams |

OUTDOOR MEET HURDLE RACES

| EVENTS | AGE DIV | # of HURDLES | HURDLE HEIGHT | TO 1 st HURDLE | BETWEEN HURDLES | LAST HURDLE TO FINISH |
|--------|-----------------|--------------|---------------|---------------------------|-----------------|-----------------------|
| 80m | Sub-Midget (G) | 8 | 30" | 12m | 7.5m | 15.5m |
| | Sub-Midget (B) | 8 | 30" | 12m | 7.5m | 15.5m |
| | Midget (G) | 8 | 30" | 12m | 7.5m | 15.5m |
| | Midget (B) | 8 | 30" | 12m | 7.5m | 15.5m |
| 100m | Sub-Youth Girls | 10 | 30" | 13m | 8.5m | 10.5m |
| | Sub-Youth Boys | 10 | 33" | 13m | 8.5m | 10.5m |
| | Youth Girls | 10 | 30" | 13m | 8.5m | 10.5m |
| | Youth Boys | 10 | 33" | 13m | 8.5m | 10.5m |
| | Intermed Girls | 10 | 33" | 13m | 8.5m | 10.5m |
| | Young Women | 10 | 33" | 13m | 8.5m | 10.5m |
| 110m | Intermed Boys | 10 | 39" | 13.72m | 9.14m | 14.02m |
| | Young Men | 10 | 39" | 13.72m | 9.14m | 14.02m |
| 200m | Sub-Youth Girls | 5 | 30" | 20m | 35m | 40m |
| | Sub-Youth Boys | 5 | 30" | 20m | 35m | 40m |
| | Youth Girls | 5 | 30" | 20m | 35m | 40m |
| | Youth Boys | 5 | 30" | 20m | 35m | 40m |
| 400m | Intermed Girls | 10 | 30" | 45m | 35m | 40m |
| | Young Women | 10 | 30" | 45m | 35m | 40m |
| 400m | Intermed Boys | 10 | 36" | 45m | 35m | 40m |
| | Young Men | 10 | 36" | 45m | 35m | 40m |