

## INFORMATION PACKET



**LOCATION:** Bishop Snyder High School  
5001 Samaritan Way  
Jacksonville, Florida 32210

**PACKET PICKUP:** *Thursday – Sunday* Bishop Snyder High School *High School 6:30 a.m. – meet conclusion*

***THERE WILL BE NO COACHES MEETING. PLEASE VERIFY ENTRIES ARE CORRECT PRIOR TO CLOSING OF MEET REGISTRATION***

<b>DATES:</b>	Thursday - June 20	Multi-Events/Track and Field
	Friday - June 21	Multi-Events/Track and Field
	Saturday - June 22	Track and Field
	Sunday - June 23	Track and Field

**SANCTION:** This event is sanctioned by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website at [www.aausports.org](http://www.aausports.org) to obtain their membership.

**HOST CLUB:** EPITOME – [epitomeofex@comcast.net](mailto:epitomeofex@comcast.net)

**MEET DIRECTOR:**  
Angela Harris  
904-616-9373  
[epitomeofex@comcast.net](mailto:epitomeofex@comcast.net)

**ASSISTANT MEET DIRECTOR:**  
Larry Holsey  
352-281-2630  
[dogbone735@bellsouth.net](mailto:dogbone735@bellsouth.net)



TIMING: [www.halfmiletiming.com](http://www.halfmiletiming.com)

**RULES:** In accordance with AAU Youth Athletics Guidelines

**AGE DIVISIONS:**

8 & under (born 2005+)	Allowed 3 events
9 (born 2004)	Allowed 3 events
10 (born 2003)	Allowed 3 events
11 (born 2002)	Allowed 3 events
12 (born 2001)	Allowed 3 events
13 (born 2000)	Allowed 4 events
14 (born 1999)	Allowed 4 events
15 - 16 (born 1997-1998)	Allowed 4 events
17 - 18 (born 1995-1996)	Allowed 4 events

**\*\*Athletes that are still 18 on August 3rd the final day of the National Championships shall be eligible. There is no Multi-Event competition for Primary Age Groups**

**ELIGIBILITY/AAU MEMBERSHIP:**

Competition is open to all boys and girls who have a valid/current AAU registration card. AAU membership may be obtained online at [www.aausports.org](http://www.aausports.org). The AAU membership fee is not included in the AAU Area 9 National Qualifier entry fee and must be obtained prior to participation in this meet.

Top Sixteen (16) athletes who have **COMPETED AND RECEIVED A VALID MARK** in a District Qualifier Meet are eligible in the event that was entered at the district level. Relay teams must have competed at the district level.

**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

**MEET ENTRY:**

Each athlete/team competing in this meet must complete the entry process on [www.CoachO.com](http://www.CoachO.com).

**ENTRY FEE:**

Entry fee is \$25 per individual athlete competing in Track & Field and \$25 per Multi-Event athlete. All members of relay teams, including alternates, who have not entered an individual event, must pay a \$25.00 entry fee. Payments will only be accepted online at [www.coacho.com](http://www.coacho.com). Entry Fee must be paid online at the time of registration. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.** Visa and Master Card accepted online.

**ENTRY DEADLINE:**

**REGISTRATION WILL OPEN ON March 20, 2013 AND CLOSE ON June 16, 2013 at 11:59p.m., EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. NO EXCEPTIONS.**

**ADVANCEMENT:**

The top (5) five athletes in individual and field events and top (4) four relay teams and Multi-Events will advance to the AAU Junior Olympic Games at Eastern Michigan University in Ypsilanti, Michigan from July 29 – August 3, 2013 (**AAU JUNIOR OLYMPIC GAMES REGISTRATION DEADLINE – July 16, 2013**)

**QUALIFYING:**

Athletes must compete in an AAU sanctioned District Qualifier in order to be eligible to compete in a National Qualifier meet.

\*An athlete may compete in multiple District Qualifiers but may not exceed the allowable number of events for their age group at the National Qualifier.

**ADMISSION:**

There will be a **\$5.00 gate fee** charge **per person per day**. All Children 5 and under will be admitted free.

**PARKING/DIRECTIONS:**

There is no charge for parking in designated area. Team buses will be directed to a designated area to park.

**COACHES PASS:**

- 4-10 Athletes One (1) complimentary Coaches Credential issued
- 11-20 Athletes Two (2) complimentary Coaches Credential per club
- 21-30 Athletes Three (3) complimentary Coaches Credentials per club
- Over 30 Athletes\* Four (4) complimentary Coaches Credentials per club

All Registered athletes with a 2012 AAU Card and Wristband will also be admitted free.

**\*A Maximum of four (4) 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. There are absolutely NO Replacements for Lost or Stolen Coaches Credentials. Replacement bibs numbers can be purchased for \$10.00 dollars and can be purchased at Clerk of Course Table/Tent.**

**AAU MEMBERSHIPS WILL NOT BE SOLD AT THE MEET!!**

**RESULTS:**

Results will be posted on line at [www.epitomeofex.org](http://www.epitomeofex.org), [www.halfmiletiming.com](http://www.halfmiletiming.com), [www.aauathletics.org](http://www.aauathletics.org) and [www.coacho.com](http://www.coacho.com)

**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 accompanied by a cash deposit of \$75.00. 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. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **THE JURY OF APPEALS WILL NOT ACCEPT PROTESTS CONCERNING JUDGMENT CALLS.**

**AAU Junior Olympic Games Declaration & Registration**

Qualifiers for the 2013 AAU Junior Olympic Games Eastern Michigan University in Ypsilanti, Michigan from July 29 – August 3, 2013 must declare and register for the meet online through [www.aauathletics.org](http://www.aauathletics.org) before July 16, 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.

# ATHLETES, COACHES AND VENUE INFORMATION

## **TENTS:**

Tents will be allowed in the stadium bleachers on the side opposite of the press box on the top row.

## **SHOWER & LOCKER ROOMS:**

There are no shower or locker room facilities available at the track & field venue. All competitors must come to the track dressed and ready to compete.

## **RESTROOM FACILITIES:**

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

## **BIB 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 their competition singlet at all times of competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the Registration Table/Tent.

## **ARM BANDS:**

Armbands will be issued at athlete check-in. All athletes will be required to wear their arm band at all times of competition. There is a ten-dollar (\$10.00) replacement fee for lost arm bands. Replacement arm bands can be purchased at the Registration Table/Tent.

## **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:**

Athletes are responsible for their own implements for use during competition. However, personal implements must be checked in prior to competition. Implement check-in will occur near the field event area.

## **ATHLETE WARM-UP:**

Warm up track is adjacent to actual competition track. The track will open one hour prior to the 1st running event of each day.

## **ATHLETE CHECK-IN:**

It is the athletes' responsibility to hear the calls and report to their event venue on the first call for their division. It is recommended that athletes check in for their event at least 30 minutes before their scheduled event. Field event athletes should report directly to the field event venue. Track event athletes should report to the clerking area.

## **RELAY EVENTS:**

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 2013 AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards. Athletes listed as relay alternates (up to 4) will have that relay event count towards their event limitation.

## **RUNNING EVENT RULES:**

**100m, 200m and 4 x 100 relay** events each have two rounds, Semi-Final and Final. The top nine (9) fastest times from the semi-final will advance to the final. If there are nine (9) or fewer entries in the semi-final, then that event will be ran as a final at the semi-final time. The 4x400m relays will run a three turn stagger with up to nine (9) teams per heat. The 4x800 relays will run a two-turn stagger with up to 18 teams per heat. Combining heats/divisions is at the discretion of the Meet Director.

## **FIELD EVENT RULES:**

Each competitor will have a total of four (4) attempts for throws and horizontal jumps. There are no prelims and finals in field events. Athletes who must leave for another event must check out with the Field Event Official. These athletes may also request to take attempts in succession.

In the vertical jumps, within a division, once the bar moves up, it will not move down for any reason.

If excused during a round the athlete must return prior to the conclusion of that round or forfeit remaining attempts.

**ADVANCED EVENTS:**

The 2000m Steeplechase, Pole Vault and all of the Multi-Events will be advanced from the District Qualifier to the National Qualifier. Athletes entering these events must complete the online entry process, indicate these events on the entry and must include an entry performance mark. Multi-Events do not count towards the track and field event limitation.

**AWARDS:**

AAU Championship Medals are awarded to the top three (3) finishers in each event and division. Awards can be picked up at the awards tent approximately 30 minutes after the conclusion of the event. **Medals will not be mailed to the athlete's home.** It is the responsibility of the athlete, coach or parent to pick up awards before leaving the meet.

**FOOD/DRINK/COOLERS:**

There will be concessions available. Team/Athlete coolers will be allowed, however, **NO GLASS CONTAINERS** are permitted. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

**EVENT SCHEDULES:**

The Final Meet Schedule will be posted after entries close. The event order will not change but start times may differ according to number of entries. Age groups of like sex may be combined in distance races/walks, which have minimal participation. Event Schedules will be available at registration.

**T-SHIRTS:**

2012 AAU National Qualifying Meet T-Shirts will be on sale and available by JAM Marketing and Consultation, Inc.

**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.

**MEDICAL:**

Emergency Medical personnel are on call. Athletic trainers will be available to athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition. ***Athletic Trainers are only available in case of injury.***

**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 Jacksonville during the month of June is in the mid to high 90's so be prepared because it will be very hot.

**Coaches Education**

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all AAU Non-Athletes. This exciting program is MANDATORY for all AAU Non-Athletes and will be administered by Positive Coaching Alliance (PCA). Please visit [www.aausports.org](http://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.



## **TRACK MEET SCHEDULE**

All running events will start at the designated time listed each day. Listen to announcements and check-in to the designated area at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is run will be scratched from the event. Field event athletes who have a conflict with a running event will be released by the Field Event Official **only** at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and must report back and be ready to compete.

## **THIS MEET IS CONTESTED ON A ROLLING SCHEDULE**

### **SPECIAL NOTES:**

- If there are not enough runners in the Semi-Final, the event will be run as a Final at the Semi-Final time.
- Some distance races may be combined due to the number of participants.
- S = SEMI-FINAL F= FINAL
- 15-16 & 17-18 age divisions **MUST** use starting blocks in the sprint races!!!

**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.**

### **AGE DIVISIONS**

8 & under (born 2005+)	Allowed 3 events
9 (born 2004)	Allowed 3 events
10 (born 2003)	Allowed 3 events
11 (born 2002)	Allowed 3 events
12 (born 2001)	Allowed 3 events
13 (born 2000)	Allowed 4 events
14 (born 1999)	Allowed 4 events
15 - 16 (born 1997-1998)	Allowed 4 events
17 - 18 (born 1995-1996)	Allowed 4 events

**\*\*Athletes that are still 18 on August 3rd the final day of the National Championships shall be eligible. There is no Multi-Event competition for 8 & Under Age Division.**



### THURSDAY - JUNE 20, 2013

#### RUNNING EVENTS

8:00 AM	3000M (F)	11G, 12G, 13G, 14G, 15-16G, 17-18G	11B, 12B, 13B, 14B, 15-16B, 17-18B
	1500RW (F)	9G, 10G, 11G, 12G	9B, 10B, 11B, 12B
	3000RW (F)	13G, 14G, 15-16G, 17-18G	13B, 14B, 15-16B, 17-18B

#### FIELD EVENTS

8:00 AM	High Jump	17-18B, 17-18G, 15-16G, 15-16B
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#### MULTI-EVENTS

9:30 AM	Decathlon	15-16B, 17-18B	100M, LJ, SP, HJ, 400M
	Heptathlon	15-16G, 17-18G	100H, HJ, SP, 200M
	Pentathlon	13B, 14B	100H, SP, HJ, LJ, 1500M
	Pentathlon	13G, 14G	100H, SP, HJ, LJ, 800M

### FRIDAY - JUNE 21, 2013

#### MULTI-EVENTS

8:00 AM	Decathlon	15-16B, 17-18B	110H, DT, PV, JT, 1500M
	Heptathlon	15-16G, 17-18G	LJ, JT, 800M
	Pentathlon	11G, 12G	80H, SP, HJ, LJ, 800M
	Pentathlon	11B, 12B	80H, SP, HJ, LJ, 1500M
	Triathlon	9B, 10B	HJ, SP, 400M
	Triathlon	9G, 10G	HJ, SP, 200M

#### FIELD EVENTS

9:00 AM	Shot Put	17-18G, 15-16G, 17-18B, 15-16B
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#### RUNNING EVENTS

9:00 AM	100 Meters (S)	8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
	4 X 800R (F)	11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B
	4 X 100R (S)	8 & U G&B, 9-10G & B, 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B

### SATURDAY - JUNE 22, 2013

#### RUNNING EVENTS

8:00 AM	200H (F)	13G, 14G, 13B, 14B
	400H (F)	15-16G, 17-18G
	400M (F)	15-16B, 17-18B
		8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
	1500 (F)	8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
	200M (S)	8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
	4 X 100R (F)	8 & U G&B, 9-10G & B, 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B

**FIELD EVENTS**

8:00 AM

Turbo Javelin

8 &amp; U G&amp;B, 9G &amp; B, 10G &amp; B, 11G &amp; B, 12G &amp; B

FIELD EVENTS SATURDAY - JUNE 22, 2013						
TIME	LJ PIT 1	LJ PIT 2	HJ PIT 1	SP PIT 1		DISCUS
8:00 AM	13B	13G	14G	14G		15-16G, 17-18G
	14B	14G	13G	14B		15-16B, 17-18B
	15-16B	15-16G	14B	13G		13B/14B
	17-18B	17-18G	13B	13B		13G/14G
*All Triple Jumps - 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B						
* Triple Jump will be contested immediately following the 17-18G and 17-18B Long Jump for all Age Divisions on Saturday						

**SUNDAY - JUNE 23, 2013****RUNNING EVENTS**

8:00 AM

110H (F)	15-16B, 17-18B
100H (F)	13B, 14B      13G, 14G, 15-16G, 17-18G
80H (F)	11G, 12G, 11B, 12B
100M (F)	8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
Steeplechase (F)	15-16G, 17-18G, 15-16B, 17-18B
800M (F)	8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
200M (F)	8 & U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16 G & B, 17-18G & B
4 X 400R (F)	9-10G & B, 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B

**FIELD EVENTS**

7:00 AM

Javelin (F)      13G &amp; B, 14G &amp; B, 15-16 G &amp; B, 17-18G &amp; B

8:00 AM

FIELD EVENTS SUNDAY - JUNE 23, 2013							
TIME	LJ PIT 1	LJ PIT 2	HJ PIT 1	SP PIT 1	DISCUS	POLE VAULT	
8:00 AM	12B	12G	9G/9B	8&UG/B	11G	13G/14G	
	11B	11G	10G/10B	9B/10B	12G	15-16G/17-18G	
	10B	10G	11G/11B	9G/10G	11B	13B/14B	
	9B	9G	12G/12B	11G/12G	12B	15-16B/17-18B	
	8 & UB	8 & UG		11B/12B			

