

7 Year Old Girls & Boys	
100m	4x100m
200m	4x400m
400m	Turbo Jav (300g)
800m	40m Hurdles (4 hurdles @ 24in.)
1500m	Triathlon
Long Jump	Girls (Long Jump, Shot Put, 100m)
Shot Put (4 lbs.)	Boys (Long Jump, Shot Put, 200m)

6 Year Old Girls & Boys	
55m	Long Jump
100m	Shot Put (4lbs.)
200m	4x100m
Triathlon – (Long Jump, Shot Put, 55m)	

5 & Under Girls & Boys	
55m	Long Jump
100m	Shot Put (4lbs.)
200m	4x100m
Triathlon – (Long Jump, Shot Put, 55m)	

5. **Indoor Track & Field**
a) **Authorized Individual Events**

8-Under DIVISION					
55m Dash	200m Dash	400m Dash	800m Run	Long Jump	Shot Put (4 lbs.)

9 & 10 year old DIVISIONS		
Track & Field Events		Multi Events (Triathlon)
55m Dash	1500m Racewalk	200m Dash
200m Dash	Long Jump	Shot Put (6 lbs.)
400m Dash	High Jump	High Jump
800m Run	Shot Put	
1500m Run		

11 & 12 year old DIVISIONS			
Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	1500m Racewalk	55m Hurdles (5-30")	55m Hurdles (5-30")
200m Dash	Long Jump	High Jump	High Jump
400m Dash	High Jump	Shot Put (6 lbs.)	Shot Put (6 lbs.)
800m Run	Shot Put (6 lbs.)	Long Jump	Long Jump
1500 m Run		800m/1000m Run	800m Run
3000 m Run			
55m Hurdles (5-30")			

13 & 14 year old DIVISIONS

Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	3000m Racewalk	55m Hurdles (5-33")	55m Hurdles (5-30")
200m Dash	Pole Vault		
400m Dash	Shot Put (6 lbs. Girls)	High Jump	High Jump
800m Run	Shot Put (4 kg Boys)		
1500m Run	Long Jump	Shot Put (4 kg)	Shot Put (6 lbs.)
3000m Run	High Jump	Long Jump	Long Jump
55m Hurdles (5-30" Girls)		800m/1000m Run	
55m Hurdles (5-33" Boys)			

15-16 & 17-18 year old DIVISIONS

Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	3000m Racewalk	55m Hurdles (5-39")	55m Hurdles (5-33")
200m Dash	High Jump		
400m Dash	Long Jump	High Jump	High Jump
800m Run	Triple Jump		
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs.)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs. Boys)	Long Jump	Long Jump
55m Hurdles (5- 33" Girls)		1000m Run	800m Run
55m Hurdles (5-39" Boys)			

b) Authorized Relay Events

AGE DIVISION	RELAY EVENTS
8-Under, 9 years & 10 years	4 x 400m
11 years & 12 years	4 x 400m
13 years & 14years	4 x 400m
15-16 years	4 x 400m
17-18 years	4 x 400m

- (1) Participation of relay teams shall be limited to those clubs which hold current valid club membership in their home District of the Amateur Athletic Union, and must also show proof of club membership. All members of the relay team must be members of the club they represent, of the same age division and under.
- (2) Substitutions are subject to the same restrictions as in outdoor competition.
- (3) Athletes must compete in their own age division. No one may compete in a younger or older age division in individual events or relays, with the following exceptions: Relays are authorized only in the 8-Under, 10 Year Old, 12 Year Old, 14 Year Old, 15-16 Year Old, and 17-18 Year Old age divisions. 9 Year Olds may move up and run in the 10 Year Old Relay Division, 11 Year Olds may run up in the 12 Year Old Relay Division and 13 Year Olds may run up in the 14 Year Olds Relay Division. The 15-16 Year Old and 17-18 Year Old age divisions may not move up or down in relays or in any individual events. Any

violation of the above rules will result in immediate disqualification from the meet being conducted at that time.

c) **Indoor Meet Hurdle Races**

Event	Age Division	# of Hurdles	Hurdle Height	To First Hurdle	Between Hurdles	Last Hurdle to Finish
55m	11 years (Girls & Boys)	5	30"	12m	7.5m	13m
	12 years (Girls & Boys)	5	30"	12m	7.5m	13m
	13 years (Girls)	5	30"	13m	8m	8m
	14 years (Girls)	5	30"	13m	8m	8m
	13 years (Boys)	5	33"	13m	8.5m	8m
	14 years (Boys)	5	33"	13m	8.5m	8m
	15-16 years (Girls)	5	33"	13m	8.5m	8m
	17-18 years (Women)	5	33"	13m	8.5m	8m
	15-16 years (Boys)	5	39"	13.72m	9.14m	4.72
	17-18 years (Men)	5	39"	13.72m	9.14m	4.72

d) **Throwing Implements**

- (1) Approved implements shall be furnished by the meet host, with the exception of pole vault poles.
- (2) Personally owned implements may be used if approved by the meet host; if used, they become part of the equipment pool for the duration of the meet.
- (3) Shot Put weights are as follows:

AGE DIVISION	WEIGHT
8-under(Girls & Boys)	4 lbs.
9 years (Girls & Boys)	6 lbs.
10 years (Girls & Boys)	6 lbs.
11 years (Girls & Boys)	6 lbs.
12 years (Girls & Boys)	6 lbs.
13 years (Girls)	6 lbs.
14 years (Girls)	6 lbs.
13 years (Boys)	4 kg
14 years (Boys)	4 kg
15-16 years (Girls)	4 kg
17-18 years (Women)	4 kg
15-16 years (Boys)	12 lbs.
17-18 years (Men)	12 lbs.

e) **Eligibility / Age Divisions**

- (1) **Indoor Age Divisions are the** same as Outdoor Track & Field.
- (2) Athletes who are eighteen (18) years of age through the final day of the National Indoor Track & Field Championships shall be eligible to compete in the 17-18 Year Old age division through that Track & Field meet
- (3) Participants must hold current membership in the Amateur Athletic Union.
- (4) Competitors are responsible for determining whether competing in this event will disqualify them from competing in events sponsored by their State High School Activities/Athletics District.

- (5) Competitors must present proof of age and current AAU membership card at check-in.
- f) **AAU Indoor National Championship(s)**
- (1) The Youth Athletics Committee Chairman will select the National Meet Coordinator. The Chairman will also appoint the Awards Chair; Information Center Chief; Jury of Appeals; Protest Table; Referee, and have final approval of all other certified (USATF) officials selected to officiate.
- (2) **Awards**
Official AAU National Championship medals will be presented for the top place finishers in each individual event, the number of lanes will dictate the number of places given, based on number of lanes; however, only 1st – 3rd places in relays at all National Indoor Championships. The medals are provided for by AAU National Headquarters.
- (3) **National Records**
Official records will be maintained by the National Athletics Committee for the National Championship meets only.
- (4) **Other**
1. The AAU National Office will determine the number of allowable entries based upon the facility to be used.
 2. Multi-Event rules require a thirty (30) minute rest between each event.
 3. The AAU Indoor season is from December 1 of each year through the first full weekend in March of each year.

6. Cross Country

a) **Authorized Age Divisions & Race Distances**

Age Division (Girls & Boys)	Race Distance
6 and under	1000m (1K) - exhibition
8-Under	2000m (2K)
9 years – 10 years	3000m (3K)
11 years – 12 years	3000m (3K)
13 years – 14 years	4000m (4K)
15-16 years	5000m (5K)
17-18 years	5000m (5K)

***Athletes who are still eighteen (18) years of age on the day of the AAU Cross Country National Championship Meet shall be eligible to compete in the 17-18 Year Old division.**

*** Competitors must compete in their own age divisions only. No athlete may compete in a younger or older division.**

*** The 15-16 Year Old and 17-18 Year Old age divisions will run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Men/Women Team Division. Individual awards will be given to both the 15-16 Year Old and 17-18 Year Old age divisions.**

b) Individual Qualification and Advancement

- (1) There are no individual qualification and/or advancement procedures in order to attend the AAU Cross Country National Championship.

c) Team Eligibility and Advancement

- (1) Participation of Cross Country teams shall be limited to those clubs, which hold current valid membership in their home District of the Amateur Athletic Union.