



2016 AAU Area 1 Junior Olympic National Qualifier James Hill House High School, 480 Sherman Pkwy, New Haven, Connecticut 06511 (Day 1-3)

DATE: June 24 – June 26

Contacts for additional information: Ron McBride, Sr., AAU New Jersey Assistant Director of Athletics (732-545-7614); Charlene Cumberbatch, AAU New Jersey Director of Athletics (908-222-1475); Major Ruth, AAU Connecticut Director of Athletics ()

Meet Host: AAU- NJ Athletic Administrative Club, New Haven Age Group Track Club, Connecticut Jaguars Track Club Day O Light Track Club

Meet Director: Ron McBride

Meet Coordinator: Charlene Cumberbatch

Meet Managers: Major Ruth. Gary Moore and Garfield White

This is a pre-entry meet only.

Entry Fee: \$25/athlete. Multi-Event entry fee is an additional \$25/athlete. Registration including Multi-Event is online registration only. Registration opens February 1, 2016. Entry fee is paid via major credit card. Deadline for online registration is Friday June 24. Results will be posted on www.njaau.org and www.aausports.org. Region I Districts are Adirondack, Connecticut, Metropolitan New York, New England and New Jersey.

AGE GROUPS:

8&UG - 8 and under (2008 & After)

9G - 9 years old (2007)

8&UB - 8 and under (2008 & After)

9B - 9 years old (2007)

10G - 10 years old (2006)	10B - 10 years old (2006)
11G - 11 years old (2005)	11B - 11 years old (2005)
12G - 12 years old (2004)	12B - 12 years old (2004)
13G – 13 year old (2003)	13B – 13 year old (2003)
14G - 14 years old (2002)	14B - 14 years old (2002)
15-16G - 15-16 years old (2001-2000)	15-16B - 15-16 years old (2001 - 2000)
17-18G - 17-18 years old (1999-1998)	17-18B- 17-18 years old (1999 - 1998)

PROOF OF AGE: 1 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

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.

MULTI-EVENTS: Friday July 1st– Hill House School - Start Time 8:00am

Please check in 30 minutes prior to start of event

Decathlon: Day 1 - 100m, Long Jump, Shot-put (12 lbs.), High Jump and 400m

Heptathlon: Day 1 - 100m Hurdles, High Jump, Shot-Put (4 kg.) and 200m

9G / 10G – Triathlon HJ, SP (6#), 200m Dash 8:00AM

9B / 10 B –Triathlon HJ, SP (6#), 400m Dash 8:00AM

11G- 12G - Pentathlon 80m H (8-30”), SP (6#), HJ, LJ, 800m

11B / 12B - Pentathlon 80m H (8-30”), SP (6#), HJ, LJ, 1500m

13G / 14G- Pentathlon 100mH (10-30”), SP (6#), HJ, LJ, 800m

13B / 14B/Pentathlon 100mH (10-33"), SP (4 kg), HJ, LJ, 1500m

Multi-Event start times and start day may change if entry levels exceed anticipated.

Any changes will be posted on www.njaau.org. All events will be run in the time order listed above. All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready. Time limit between attempts will be strictly enforced.

1/4 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

**FRIDAY June 24, 2016 –Track Events – 8:00AM – Rolling Schedule;
Beginning with the Multi Events (Decathlon 100M)**

2000M STEEPLE CHASE 8:00 AM – 10:00 (SITE TBA)

3000M Run (12B, 12G, 13B, 13G, 14B, 14G, 15-16B, 15-16G, 17-18B, 17-18G)	FINAL
3000M Race walk (13B, 13G, 14B, 14G, 15-16B, 15-16G, 17-18B, 17-18G)	FINAL
1500 M Race walk (11B, 11G, 12B, 12G)	FINAL
3200 M Relay (12B, 12G, 13B, 13G, 14B, 14G, 15-16B, 15-16G, 17-18B, 17-18G)	FINAL
400 M Hurdles (15-16G, 17-18G, 15-16B, 17-18B)	FINAL
200 M Hurdles (13G, 14G 13B, 14B)	FINAL
200 M Dash (All Divisions)	SEMI

SATURDAY June 25, 2016 – Track Events - 8:00AM - Rolling Schedule

Decathlon (9am): Day 2 – 110m Hurdles, Discus Throw, Pole Vault, Javelin and 1500m

Heptathlon (9am): Day 2 - Long Jump, Javelin (600g) and 800m

400 M Relay (All Divisions)	FINAL
1500 M Run (All Divisions)	FINAL
100 M Dash (All Divisions)	SEMI
110 M Hurdles (IB, YM)	SEMI

110 M Hurdles (Multi-Event Only)

100 M Hurdles (13G, 13B, 14G, 14B, 15-16G, 17-18G) SEMI

80 M Hurdles (11G, 12G, 11B, 12B) SEMI

400 M Dash (8-UG, 8-UB, 9G, 9B, 10G,10BB, 11G, 11B, 12G, 12B) FINAL

400 M Dash (13G, 13B, 14G, 14B, 15G-16G, 15B-16B, 17G-18G, 17B-18B) SEMI

1500 M Run (Multi-Event Only)

800 M Run (Multi Event Only)

1/4 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

Multi-Events May effect the events order, for they must be ran in accordance with the time requirement of the event.

SATURDAY June 25, 2016 - Field Events - 8AM

Discus (IG, IB, YW, YM, SMG, SMB, MG, MB, SYG, SYB, YG, YB)

Long Jump,(SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, I B, YW, YM)

High Jump (SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB)

Shot-Put (BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, PG, PB, BG, SBB)

Pole Vault (13B, 14B, 15-16B, 17-18M), (17-18G, 15-16G, 14G, 13G)

Turbo-Jav – Tartan Runway (8-UG, 8-UB, 9G. 9B, 10G, 10B, 11G, 11B, 12G, 12B)

1/8 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

*****IN ORDER CALLED. NO OPEN PIT*****

SUNDAY June 26, 2016 Track Events – 8:00AM – Rolling Schedule

110 Meter Hurdles (15-16B, 17-18B) FINAL

100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW) FINAL

80 Meter Hurdles (11G, 12G, 11B, 12B) FINAL

400 Meter Dash (13G, 13B, 14G, 14B, 15G, 16B, 17G-18G, 17B-18B) FINAL

100 Meter Dash (All Divisions)	FINAL
800 Meter Dash (All Divisions)	FINAL
200 Meter Dash (All Divisions)	FINAL
1600 Meter Dash Relay (All Divisions)	FINAL

SUNDAY June 26, 2016 - FIELD EVENTS – 8:00AM

Long Jump ((PG, PB, SBG, SBB, BG, BB)

Triple Jump (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-16G, 17-18B)

High Jump (15-16G, 15-16B, 17-18G, 17-18B)

Shot Put (15-16G, 15-16B, 17-18G, 17-18B)

Javelin – Tartan Runway (13G, 13B, 14G, 14B, 15-16G, 15-16B, YW, YM) - **Rubber Tipped Javelin Only**

¼ INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

******* IN ORDER CALLED NO OPEN PIT*******

COACHES MEETING FRI, SAT and SUN 7:30 AM

A track and field meet can start one hour late. The Games Committee has no obligation to schedule meet events to the pleasure of those attempting multiple event entry.

- **Packet Pick up:** Edison Park, Fri.7am – 2pm, Sat. 7am – 1pm and Sun.7am – 12pm
Events will not be delayed for athletes picking up packets late. One coaches credential per (six) registered athletes, max (five) coach's bands per team.
- **General Admission:** Spectators \$6.00 per day (Six and under Free) \$15/3 day pass
- **Awards:** Top 3 finishers in each individual event and top 3 relays will receive medals.
Only parents and coaches are allowed to pick up the awards.
- **Qualification:** Top 6 finishers in each individual running event, top 5 finishers in field events and top 4 relays and multi-events will qualify for the National Junior Olympic Games to be contested at Houston, Texas July 27 thru August 6th, 2016.

The District Qualifier meet directors must resolve all issues at the District Qualifier. The National Qualifier will not review nor resolve any District issues. All challenges to meet results

must be initiated and resolved same day of meet. If you leave meet without a resolution; results will stand as posted. Only the Meet Coordinator has the authority to authorize changes to meet results. (This does not preempt the protest rule, which is \$100 to file). This pertains only to errors in posted time, place and mark. Protest applications may be picked up at the Press box. Judgment calls will not be considered for protest. No changes to results will be made after National Qualifier weekend. Per AAU guidelines there is no additional Challenge period. The AAU National Office will post the results of all National Qualifiers on the AAU website (www.aauathletics.org). Junior Olympic Games registration will open after the posting of your Qualifier results.

· **AAU JUNIOR OLYMPIC GAMES DECLARATION & REGISTRATION INFORMATION:**

Qualifiers for the National Junior Olympic Games in Houston, Texas July 27 thru August 6th, 2016 must declare and register for the meet at www.aajuniorolympics.org. No entries will be accepted after closing deadline. Do not jeopardize your athlete's chance of competing by not completing this step before the National JO Games.

· **Registration:** Will be online only at www.coacho.com. Coaches must register their entire team. Unattached athletes must register themselves.

La Quinta Inn & Suites New Haven 3-star hotel • 0.9 mi \$79,

Address: 400 Sargent Dr., New Haven, CT 06511

Phone: (203) 562-1111

Red Roof Inn Milford - 3.2 mi. 2-star hotel \$63

Address: 10 Rowe Ave, Milford, CT 06460

Phone: (203) 877-6060

Hilton Garden Inn Milford 4.0 mi. 3-star hotel \$109

Address: 291 Old Gate Ln, Milford, CT 06460

Phone: (203) 783-9988

Baymont Inn & Suites Branford/New Haven 3.3 mi.

2-star hotel \$68

Address: 3 Business Park Dr., Branford, CT 06405

Phone: (203) 488-4991

Howard Johnson Hotel - Milford/New Haven 2.2 mi.

2-star hotel

\$59

Address: 1052 Boston Post Rd, Milford, CT 06460

Phone: (203) 878-4611

COACHES MEETING FRI, SAT and SUN 7:30 AM

- **Packet Pick up:** Hill House High School, New Haven at the track 7am

Events will not be delayed for athletes picking up packets late.

- **Awards:** Top 3 finishers in each individual event and top 3 relays will receive medals. Medals must be picked up at meet or they will be forfeited. **No medals will be mailed or delivered to another location.**

- **Inclement Weather:** The Meet Director and/or Hill House High School have 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.

- **Bib Numbers:** 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/Awards Table(s)

- **Uniforms: (excerpts from Rule 5D)** :In all events competitors must wear clothing that is clean, designed and worn so as not transparent even if wet. Bare midriffs are not allowed. If the uniform is of a two-piece design (top and bottom), the top must either touch the waistband of the bottom or be tucked into the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff. Athlete's top must be of the same color front and back. The shirt must be tucked in on all male two piece uniforms.

- **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 Coaches Alliance (PCA). Please visit www.aausports.org and click on JOIN NOW in order to enter and take the **MANDATORY** AAU PCA coach's educational course. Membership may be revoked from non-athletes who do not complete course before competition.

General Information for athletes & coaches

ALL COMPETITORS MUST WEAR FOOTWEAR ON BOTH FEET.

NO WARMUP FOR ANY EVENT OR COOL DOWN ALLOWED ON INFIELD

INTERMEDIATE GIRLS/BOYS AND YOUNG WOMEN/MEN WILL BE REQUIRED TO USE STARTING BLOCKS IN THE 100 - 400 METER DASH, 100 - 400 METER HURDLES, 400 METER RELAY AND START OF 4X400 METER RELAY.

ATHLETES WHO DID NOT COMPETE IN A DISTRICT QUALIFYING MEET WILL ONLY BE ELIGIBLE TO COMPETE IN THE REGION QUALIFIER MEET IN THE JAVELIN, POLE VAULT, STEEPLECHASE, MULTI-EVENTS, OR ON A RELAY TEAM. ALL RELAY TEAM ATHLETES INCLUDING ALTERNATES MUST BE DECLARED AT THIS TIME

UNSPORTSMAN LIKE CONDUCT BY ATHLETE(S) OR COACHE(S) WILL NOT BE TOLERATED AND WILL RESULT IN DISMISSAL FROM COMPETITION.

- PARK ONLY IN AREAS PERMITTED BY **VETERANS MEMORIAL** STADIUM.
- TRAINER(S) WILL BE ON SITE DURING COMPETITION. You must bring your own tape.
- ONLY COMPETING ATHLETES AND OFFICIALS WILL BE ALLOWED ON THE INFIELD.
- POLE WEIGHT AND ATHLETE WEIGHT MUST BE VERIFIED BY COACH AND GIVEN TO POLE VAULT OFFICIAL.
- ONLY COMPETITION UNIFORM WILL BE ALLOWED IN THE CLERKING AREA
- TENTS WILL BE ALLOWED IN BLEACHERS, HAVE CONSIDERATION FOR OTHERS. NO UMBRELLAS OR TENTS ALLOWED IN LOWER FOUR ROWS OF BLEACHERS
- There are absolutely NO Replacements for Lost or Stolen Coaches Credentials.
- RESTROOMS AVAILABLE / T-SHIRTS SALE / CONCESSION STAND/FINISH LINE PHOTOS AVAILABLE
- There will be concessions available. Team/Athlete coolers will be allowed, however, all coolers, bags, backpacks, and duffel bags are subject to inspection by security. No glass containers will be allowed. Ice chests will be inspected by meet security at the gate. Fast food meals will not be allowed in the stadium.

1/4" SPIKES ONLY ON ALL TRACK SURFACES

- Ice and water will be provided for injury situations.
- MEMBERS OF RELAY TEAMS MUST WEAR THE SAME TEAM COLOR JERSEY, SHORTS AND LEGGINGS OR T- SHIRTS WORN UNDER UNIFORM SHIRTS
- Check In: ALL RUNNING EVENTS REPORT TO THE "CLERKING TENT" FIELD EVENTS REPORT DIRECTLY TO THAT EVENT, CHECK IN WITH THAT 'OFFICIAL'.
- 3 TURN STAGGER FOR ALL 4X400M RELAYS
- NO LISTENING DEVICES ALLOWED BY ATHLETES IN COMPETITION AREA
- NO RADIO, WATER GUNS, ALCOHOL, OR SMOKING BE PERMITTED STADIUM PREMISES.
- NO ATHLETE, COACH, OR PERSON(S), ALLOWED IN ANY BUILDING, ROOMS, LOCKER ROOMS, EVENT OPERATOR OR VENDORS AREAS.
- If there are not enough runners in the Semi-Final, the event will be run at the Final time. ALL ATHLETES (NOT COACHES OR PARENTS) MUST CHECK-IN FOR ALL SEMI-FINALS. THEY WILL NOT BE ABLE TO RUN IN FINAL, IF IT IS MOVED ON, IF ATHLETE DID NOT CHECK-IN FOR THE SEMI-FINAL.
- Some distance races may be combined due to the number of participants.
- Meet management will provide water in certain competition areas for competing athletes. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

Incomplete entries, changes or corrections made after 11:59 on June 23rd will be assessed a Change Fee of \$5.00 per change. No changes or corrections will be accepted after 11:59 PM on June 25th. The \$5.00 Change Fee will automatically be assessed and must be paid at packet pickup in cash.

National Qualifier entry requirements:

- For an athlete to advance to a Region Qualifier, he/she must compete at a District qualifier and finish in top 16 in each event he/she plans to compete in at a National Qualifier. Unattached athletes and Teams may only enter 1 Region Qualifier. Unattached athletes and Teams may not compete in more than 1 District qualifier. Per 2012 rule change: all athletes must register for the National Qualifier in their respective Region.
- Teams must compete and receive a fair mark in all relay events that the team plans to compete in at a Region Qualifier.

- All entries must be submitted on-line, any athletes that are entered manually on-site will not Advance to the next level.
 - This event is licensed 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 Youth Athlete membership must be obtained before the competition begins.
- **BE PREPARED!** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership