



AAU TRACK & FIELD  
REGION 22  
(PACIFIC & CENTRAL CALIFORNIA DISTRICTS)  
NATIONAL QUALIFIER  
JUNE 15-18, 2016



**TOP 6 RUNNING INDIVIDUAL FINISHERS, TOP 5 FIELD 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:** The Corral @ Oakdale High School in Oakdale, California  
**739 WEST "G" STREET, OAKDALE, CALIFORNIA 95361**

**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** The top 6 individual finishers in running events, top 5 individual finishers in field events and the top 4 relay team/multi-events finishers in each event will  
**TO AAU** qualify to the National AAU Junior Olympic Games in Houston, Texas.  
**JO GAMES:**

The FINAL Junior Olympic Games schedule will be posted on July 22, 2016 at [www.aauathletics.org](http://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.

<b>DATES:</b>	<i>Wednesday, June 15, 2016</i>	Packet Pick-Up/Multi-Event Competition
	<i>Thursday, June 16, 2016</i>	Packet Pick-Up/Multi-Event Competition
	<i>Friday, June 17, 2016</i>	Packet Pick-Up/Team Check-in
	<i>Friday, June 17, 2016</i>	Track and Field Competition
	<i>Saturday, June 18, 2016</i>	Track and Field Competition

<b>AGE DIVISIONS:</b>	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

## AGE

**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	2008& After*
Sub Bantam	9 YEAR OLDS	2007
Bantam	10 YEAR OLDS	2006
Sub Midget	11 YEAR OLDS	2005
Midget	12 YEAR OLDS	2004
Sub Youth	13 YEAR OLDS	2003
Youth	14 YEAR OLDS	2002
Intermediate	15-16 YEAR OLDS	2000-2001
Young Men/Young Women**	17-18 YEAR OLDS	1998-1999**

\*\*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 13, 2016 @11:59pm Pacific Standard Time.**



**Online entry can be done at [www.coacho.com](http://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 17<sup>th</sup> 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 13, 2016.

**PLEASE DOUBLE CHECK YOUR ENTRIES USING THE E-MAIL 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 [imschlick@att.net](mailto:imschlick@att.net) ATTN: Oakdale Meet in the subject line.**

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

- 1) Send the change to [imschlick@att.net](mailto:imschlick@att.net) ATTN: Oakdale Meet in the subject line**
- 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 2016 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 \$20.00 per athlete at packet pick up. All this can be done without late fees on-line before closing date. PLEASE avoid these fees by registering on-line by Monday, June 13<sup>th</sup>. 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 athletes instantly on line at **[www.aausports.org](http://www.aausports.org)**. The annual fee for individual membership is \$14.00 for athletes and \$16.00 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 407-934-7200 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 2016 AAU membership cards at time of Check-in.

All relay teams and clubs/teams must present current 2016 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:**

FROM THE SOUTH  
HWY 99 TO KEYES ROAD (EXIT 218)  
GO RIGHT ON KEYES  
LEFT ON GEER ROAD  
LEFT ON "G" STREET

FROM THE NORTH  
HWY 99 TO CA 120 EAST  
RIGHT ON "G" STREET

**CHECK-IN:**

**On-Site Check In:** Check-in for all athletes and coaches participating in the 2016 AAU Region 22 National Qualifier Track & Field Meet will be held at the Oakdale 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 15, 2016	7:00 am	11:30 am
Thursday, June 16, 2016	7:00 am	10:30 am
Friday, June 17, 2016	1:00 pm	End of Competition
Saturday, June 18, 2016	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](http://www.aauathletics.org), [www.centralcalaau.com](http://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 2016 AAU Junior Olympic Games in Houston, TX. must declare and register for the meet online through [www.aauathletics.org](http://www.aauathletics.org) before July 15<sup>th</sup>, 2015 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 22, 2015 at [www.aauathletics.org](http://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 8<sup>th</sup> FREE to all

Thursday, June 9<sup>th</sup> FREE to all

Friday, June 10<sup>th</sup> \$6.00

Saturday, June 11<sup>th</sup> \$6.00

**A pass for Friday and Saturday may be purchased for \$10.00 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](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.

**MEDICAL:**

Emergency Medical personnel are on call; all other injuries are up to parents/coaches.

**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 Oakdale 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. Oakdale 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 at the 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. (This does not include turbo javelins and pole vault poles)

**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 behind stadium press box.

**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 Oakdale 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 2016 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 FINE DESIGN

**EQUIPMENT:**

Track Equipment will be available by



**HOTEL**

**INFORMATION:** Go to [www.centralcalaau.com](http://www.centralcalaau.com) for the latest information.



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

**Meet contact information:**

**KAREN FOWLER**  
**MEET COORDINATOR**  
209-765-4021  
[oakdalegal@yahoo.com](mailto:oakdalegal@yahoo.com)  
ATTN: Oakdale Meet

**DAVE SCHLICK**  
**MEET REGISTRATION**  
559-679-5733  
[imschlick@att.net](mailto:imschlick@att.net) ATTN: Oakdale Meet

**KAREN FOWLER**  
**AAU MEMBERSHIPS**  
209-765-4021

- 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.aausports.org](http://www.aausports.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 15, 2016

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 16, 2016

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 17, 2016

#### RUNNING EVENTS

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

3:00pm	2000m Steeplechase 400m hurdles	IB, YM, IG, YW IB, YM, IG, YW	(this is a dry steeple, no water jump) TF
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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**

**(tentative time schedule will be posted morning of based on entries)**

2:30pm	Turbo Javelin	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB	F
2:30pm	Triple Jump	SYG, SYB, YG, YB, IG, IB, YW, YM	F
4:00pm	Javelin	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
5:00pm	Pole Vault	SYG, SYB, YG, YB, IG, IB, YW, YM	F
5:00pm	Long Jump	SYG, SYB, YG, YB, IG, IB, YW, YM	F

### SATURDAY, JUNE 18, 2016

#### RUNNING EVENTS

\* Some distance races might be combined

**THIS IS A ROLLING SCHEDULE**

<b>8:00am</b>	3200m relay	MG, MB, YG, YB, IG, IB, YW, YM	TF
<b>8:45am</b>	400m relay	PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	TF
	110m hurdles (39")	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

#### 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**

**(tentative time schedule will be posted morning of based on entries)**

<b>7:45am</b>	Long Jump	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB	F
	High Jump	IG, YW, IB, YM, SYG, SYB, YG, YB, SMG, SMB, MG, MB, SBG, SBB, BG, BB	F
	Discus	SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F

## 2016 AAU EVENT STANDARDS





## THROWING IMPLEMENTS USED

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN	TURBO JAVELIN
Primary (G) (B)	4 lbs	-----	-----	300 grams
Sub-Bantam (G) (B)	6 lbs	-----	-----	400 grams
Bantam (G) (B)	6 lbs	-----	-----	400 grams
Sub-Midget (G) (B)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	-----	400 grams
Midget (G) (B)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	-----	400 grams
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 <sup>st</sup> 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