

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.

AAU Region 23 Athletics National Qualifier Schedule of Events

Thursday, June 16, 2016

Multi Events

3:00pm	Heptathlon (100H/HJ/SP/200M)	15-16G, 17-18W Combined
	Decathlon (100M, LJ, SP, HJ, 400M)	15-16B, 17-18M Combined
	Triathlon (HJ, SP, 400M)	9B, 10B Combined
	Triathlon (HJ, SP, 200M)	9G, 10G Combined

Friday, June 17, 2016

Multi Events

3:00pm	Decathlon (110H, DT, PV, JT, 1500M)	15-16B, 17-18M Combined
	Heptathlon (LJ, JT, 800M)	15-16G, 17-18W Combined
	Pentathlon (80H or 100H, LJ, SP, HJ, 1500M)	11B, 12B, 13B, 14B Combined
	Pentathlon (80H or 100H, LJ, SP, HJ, 800M)	11G, 12G, 13G, 14G Combined

Saturday, June 18, 2016

Running Events

8:00am	1500m	All Divisions
THIS IS A ROLLING SCHEDULE	110m hurdles (10-39")	15-16, 17-18
	100m hurdles (10-33")	13B, 14B, 15-16G, 17-18W
	100m hurdles (10-30")	13G, 14G
	80m hurdles (8-30")	11G, 11B, 12G, 12B
	3200m relay	11, 12, 13, and 14, 15-16, 17-18
	400m relay	All Divisions
	100m	All Divisions
	800m	All Divisions
	200m	All Divisions
	1600m relay	9, 10, 11, 12, 13, and 14, 15-16, 17-18

Field Events

8:00am	Discus	11G, 11B, 12G, 12B
	Discus	13G, 13B, 14G, 14B
	Discus	15-16G, 15-16B, 17-18W, 17-18M
8:00am	Long Jump	8G, 8B
	High Jump	15-16G, 17-18W
Followed by:	Long Jump	9G, 9B, 10G, 10B
	High Jump	15-16B, 17-18M
Followed by:	Long Jump	11G, 11B, 12G, 12B
	High Jump	13G, 13B, 14G, 14B
Followed by:	Long Jump	13G, 13B, 14G, 14B
	High Jump	9G, 9B, 10G, 10B
Followed by:	Long Jump	15-16G, 15-16B, 17-18W, 17-18M
	High Jump	11G, 11B, 12G, 12B

Sunday, June 19, 2016

Running Events

8:00am	1500m Race-walk	9, 10, 11, and 12
THIS IS A ROLLING SCHEDULE	3000m Race-walk	13, 14, 15-16, 17-18
	2000m Steeplechase	15-16, 17-18 (DRY – NO WATER JUMPING)
	400m hurdles (10-30")	15-16G and 17-18W
	400m hurdles (10-36")	15-16B and 17-18M
	200m hurdles (5-30")	13G, 13B, 14G, 14B
	3000m	11, 12, 13, 14, 15-16, 17-18
	400m	All Divisions

Field Events

8:00am	Turbo Javelin/Javelin	All Divisions
8:30am	Triple Jump	13, 14, 15-16, 17-18
8:30am	Shot Put	All Divisions
9:30am	Pole Vault	13, 14, 15-16, 17-18

All races are timed finals. There are no qualifying rounds to a final. In all field events other than the High Jump and Pole Vault competition shall consist of three preliminary attempts followed by three final attempts (3 plus 3 rule). Visit <http://www.aauathletics.org/Rules/RulesHandbook.aspx> for AAU Athletics Handbook.