AAU REGION- 2 NATIONAL QUALIFIER JUNE 24, 2016
MULTI – EVENT TRACK & FIELD CHAMPIONSHIPS
RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY

DAY (1) Friday June 24, 2016

ATHLETES FOR MULTI EVENTS MUST CHECK-IN (CLERK OF COURSE TENT)
30 MIN. PRIOR TO THE START OF YOUR EVENT.

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Age</th>
<th>Event</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45am</td>
<td>Decathlon</td>
<td>15-16 Boy</td>
<td>Day 1.</td>
</tr>
<tr>
<td>7:45am</td>
<td>Decathlon</td>
<td>17-18 Men</td>
<td>Day 1.</td>
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<tr>
<td>8:00am</td>
<td>Heptathlon</td>
<td>15-16 Girl</td>
<td>Day 1.</td>
</tr>
<tr>
<td>8:00am</td>
<td>Heptathlon</td>
<td>17-18 Women</td>
<td>Day 1.</td>
</tr>
<tr>
<td>8:00am</td>
<td>Triathlon</td>
<td>9 Girl, 10 Girl</td>
<td>Final</td>
</tr>
<tr>
<td>8:15am</td>
<td>Triathlon</td>
<td>9 Boy, 10 Boy</td>
<td>Final</td>
</tr>
</tbody>
</table>

AFTER THE 17-18, 100M Hurdles, WOMEN HEPTATHLON, THE FOLLOWING EVENTS WILL BE CONTESTED:

FIRST CALL 8:15 am START 8:45 am ROLLING SCHEDULE

3000M RUN…………… 11, 12, 13, 14, 15-16, 17-18…….. AGES MAY BE COMBINED
100M DASH TRIAL…..8-Under, 9, 19, 11, 12, 13, 14, 15-16, 17-18.
800M RUN…………….8-Under 9, 10, 11, 12, 13, 14, 15-16, 17-18.

AT THE CONCLUSION OF MULTI EVENTS, THE FOLLOWING EVENTS WILL BE CONTESTED:

FIRST CALL 12:00 Noon START 12:30 pm ROLLING SCHEDULE.

200 METER DASH TRIAL……8-under, 9, 10, 11, 12, 13, 14, 15-16, 17-18.
4x800M Relay…………..11-12, 13-14, 15-16, 17-18.
4x100M Relay…………….8-under relay, 9-10, 11-12, 13-14, 15-16, 17-18.

FIELD EVENTS

FIRST CALL 12:00 Noon START 12:30 pm ROLLING SCHEDULE


THREE (3) THROWS, 12 & UNDER.

AAU REGION- 2 NATIONAL QUALIFIER JUNE 25, 2016
MULTI – EVENT- TRACK & FIELD CHAMPIONSHIPS
RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY
DAY (2) Saturday June 25, 2016

ATHLETES FOR MULTI EVENTS MUST CHECK-IN (CLERK OF COURSE TENT)
30 MIN. PRIOR TO THE START OF YOUR EVENT.

7:45 Decathlon 15-16 Boy 110MH, DIS, PV, JAV, 1500M Final
7:45 Decathlon 17-18 Men 110MH, DIS, PV, JAV, 1500M Final
8:00 Hepathlon 15-16 Girl LJ, JAV, 800M Final
8:00 Heptathlon 17-18 Women LJ, JAV, 800M Final
8:15 Pentathlon 13,14 Girl 100MH, LJ, SP, HJ, 800M Final
8:15 Pentathlon 13,14 Boy 100MH, LJ, SP, HJ, 1500M Final
8:30 Pentathlon 11,12 Girl 80MH, LJ, SP, LJ, 800M Final
8:30 Pentathlon 11,12 Boy 80MH, LJ, SP, LJ, 1500M Final

AFTER 11-12 BOY, 80 METER HURDLES, PENTATHLON, THE FOLLOWING EVENTS WILL BE CONTESTED: 1500m Racewalk / 3000m Racewalk Followed by 2000M Steeplechase.

1. If there are any changes, there will be a revised schedule POSTED DAY OF EVENT
2. All events (MULTI’s) will be contested approximately thirty (30) minutes after the preceding event is completed. The thirty minute rest period will include food, measuring of steps, and warm-up. Be ready to compete.
3. Each final event will be contested according to the point totals of all the preceding events.
   Potential medal winners will compete together.

AT THE CONCLUSION OF MULTI EVENTS, THE FOLLOWING EVENTS WILL BE CONTESTED:

FIRST CALL 12:30pm START 1:00pm ROLLING SCHEDULE

80MH 30”…………………11Girl, Boy, 12 Girl, Boy
100MH 30”…………………13, 14 Girl
100MH 33”…………………13, 14 Boy
100MH 33”…………………15-16 Girl, 17-18 Women
110MH 59”…………………15-16 Boy, 17-18 Men
100M DASH ……………… ALL FINALIST
400mDash………………..ALL AGE DIVISION

12 AND UNDER) THREE(3) JUMPS/THROWS ONLY.

Long Jump: (Girls/Boys)…..12, 11, 10, 9, 8-Under
High Jump: (Boys/Men)…….9, 10, 11, 12, 13, 14, 15-16, 17-18
Turbo Jav: (300g) 8-Under Girl, Boy, (400g) Girls, Boys 9, 10, 11, 12.
Shot Put: (Trial-Final)…..(6lbs) 13, 14 Girls, (4 kg) 13, 14 Boys, 15-16 & 17-18 Girls.
                 (12lbs) 15-16 & 17-18 Boys.
AAU REGION- 2 NATIONAL QUALIFIER JUNE 26, 2016
MULTI – EVENT - TRACK & FIELD CHAMPIONSHIPS
RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY

DAY (3) Sunday June 26, 2016

FIRST CALL 8:15am START TIME 8:45am ROLLING SCHEDULE:

400MH…….15-16 Boys, 17-18 Men…………36”
400MH…….15-16 Girls, 17-18 Women…………30”
200MH…….13 – 14 Girl & Boy………………..30”
200M DASH FINALS……………………………….ALL FINALIST
1500M RUN…….8-UNDER, 9, 10, 11, 12, 13, 14, 15-16, 17-18……..AGES MAY BE COMBINED
4X400M RELAY……..9-10, 11-12, 13-14, 15-16, 17-18.

FIELD EVENTS
FIRST CALL 8:15am START TIME 8:45am ROLLING SCHEDULE

12 and UNDER…………. Three (3) Jumps/Throws
DISCUS: (1.0 kg)……………… Girls-Boys 11 , 12
DISCUS: Trial/Final (1.0 kg)……………… 13 Girl , Boy, 14 Girl , Boy 15-16 Girl , 17-18 Women.
(1.6 kg)…………..15-16 Boy, 17-18 Men

ALL VAULTER MUST HAVE SIGNED VAULT FORM, SIGNED BY COACH/OR PARENT AND GIVEN TO OFFICIALS BEFORE ANY WARMUPS.

POLE VAULT : 13, 14, 15-16 Girl, 17-18 Women
13, 14, 15-16 Boy, 17-18 Men

TRIPLE JUMP: Trial-Final……13,Girl, Boy 14 Girl, Boy 15-16 Girl, Boy, 17-18 Women, Men

ONLY 1 PIT MAY BE AVAILABLE FOR TRIPLE JUMP.