

AAU West Coast National Championships Multi Event Championships



SCHEDULE OF EVENTS

Multi-Events Information

- The goal is that all events will be run in the order listed below. Adjustments may be made based on availability of field event competition areas.
- Intermediate Boys and Young Men pole valuator may compete on separate pits (if available).
- Starting height will be 6' or 1.83m.
- 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 ups. Be ready.
- Each "Final" event will be contested according to the point totals of all of the preceding events. All possible medal winners must run together.

THURSDAY, JUNE 30, 2016

8:00am	Triathlon	SBB, BB (Combined) HJ, SP, 400M
	Triathlon	SBG, BG (Combined) SP, HJ, 200M
8:30am	Decathlon	IB, YM (Combined) 100M, LJ, SP, HJ, 400M
8:45am	Heptathlon	IG, YW (Combined) 100H, HJ, SP, 200M
9:00 am	Pentathlon	SYB, YB (Combined) 100H, LJ, SP, HJ, 1500M
9:15 am	Pentathlon	SYG, YG (Combined) 100H, HJ, SP, LJ, 800M
10:00 am	Pentathlon	SMB, MB (Combined) 80H, LJ, SP, HJ, 1500M
10:15 pm	Pentathlon	SMG, MG (Combined) 80H, LJ, SP, HJ, 800M

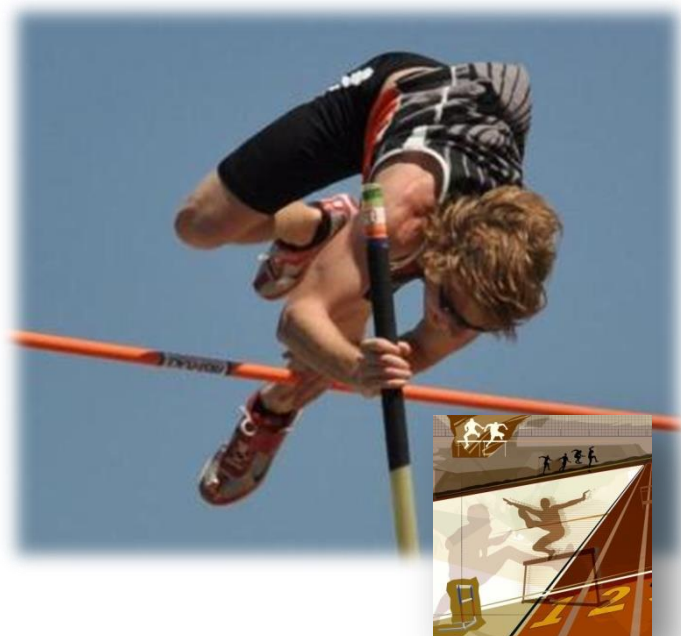
FRIDAY, JULY 1, 2016

8:00am	Decathlon	IB, YM (Combined) 110H, DT, JT, PV, 1500M
	Heptathlon	IG, YW (Combined) LJ, JT, 800M

ATTENTION

Several events from the Track and Field Championships start on Friday and run concurrently with the final day of the Multi-Event Meet.

See the schedule on the next page.



AAU West Coast National Championships Track and Field Championships

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 & under)	PB-Primary Boys (8 & under)
SBG-Sub-Bantam Girls(9 years old)	SBB-Sub-Bantam Boys (9 years old)
BG-Bantam Girls (10 years old)	BB-Bantam Boys (10 years old)
SMG-Sub-Midget Girls (11 years old)	SMB-Sub-Midget Boys (11 years old)
MG-Midget Girls (12 years old)	MB-Midget Boys (12 years old)
SYG-Sub-Youth Girls (13 years old)	SYB-Sub-Youth Boys (13 years old)
YG-Youth Girls (14 years old)	YB-Youth Boys(14 years old)
IG-Intermediate Girls (15-16 years old)	IB-Intermediate Boys (15-16 years old)
YW-Young Women (17-18 years old)	YM-Young Men (17-18 years old)

S = Semifinals TF= Timed Finals F = Finals

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

Events will not start before indicated time, however, they are not assured to start at the indicated time due to the unknown amount of entries in each event.

FRIDAY, JULY 1, 2016

RUNNING 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.

8:30am

2000m Steeplechase	IB, YM, IG, YW	TF
3000M Racewalk	SYG, SYB, YG, YB, IG, IB, YW, YM (Combined when possible)	TF
1500M Racewalk	SBG, SBB, BG, BB, SMG, SMB, MG, MB (Combined when possible)	TF

4:00 pm

400IH	IB, YM, IG, YW	TF
200LH	SYG, SYB, YG, YB	TF
4 x 800 Relay	MG, MB, YG, YB, IG, IB, YW, YM	TF

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

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.

2:00pm

Turbo Javelin	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB	F
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2:00pm

Pole Vault	SYG, SYB, YG, YB, IG, IB, YW, YM	F
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4:00pm

Javelin	YM, YW, IB, IG, YB, YG, SYB, SYG	F
Long Jump	SBG, SBB, BG, BB	F

SATURDAY, JULY 2, 2016

RUNNING EVENTS—Start at 8 am

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.

8:00am	3000M *	SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	TF
9:00am	100M **	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	SF
10:15am	400M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB	TF
11:30am	110H (39")	IB, YM	TF
	100H (33")	SYB, YB, IG, YW	TF
	100H (30")	SYG, YG	TF
	80H (30")	SMG, SMB, MG, MB	TF
1:00pm	200M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	SF
3:15pm	4 x 100 Relay	PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	TF

*Some distance races (example 1500m) might be combined

**If not enough runners in the SF, heat will be run as final at the scheduled time.

FIELD EVENTS—Start at 8 am

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

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.

Long Jump	YW, IG, YG, SYG, MG, SMG, PG (North Pit) YM, IB, YB, SYB, MB, SMB, PB (South Pit)	F
High Jump	SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YB, YG, IB, IG, YW, YM	F
Discus	SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F

SUNDAY, JULY 3, 2016

RUNNING EVENTS—Start at 8 am

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.

8:00am	1500M*	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	TF
9:00am	100M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
9:45am	400M	SYG, SYB, YG, YB, IG, IB, YW, YM	TF
10:45am	800M*	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	TF
12:15pm	200M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
1:00pm	4 X 400 relay	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	TF

*Some distance races (example 1500m) might be combined

FIELD EVENTS—First divisions start at 8 am

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

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.

8:00am			
Shot Put	PB, SBB, BB, SMB, MB, SYB, YB, IB, YM (East Ring)	F	
	PG, SBG, BG, SMG, MG, SYG, YG, IG, YW (West Ring)	F	
Triple Jump	SYG, SYB, YG, YB, IG, IB, YW, YM(North Pit)		