



AAU INDOOR NATIONAL CHAMPIONSHIP March 12 – March 13, 2016

WHERE: PG Sports & Learning Complex, Landover Maryland
8001 Sheriff Rd.
Landover, MD 20785

SANCTIONED BY: Amateur Athletic Union (AAU)

HOST: AAU Track & Field Executive Committee
Darnell & Karen Hall, Meet Director
E-mail: khall@vistamaria.org

ELIGIBILITY: This meet is open to any athlete that falls within the age divisions listed below. AAU individual and club memberships can be obtained through the AAU National Website www.aausports.org. Each athlete aged **13-18 years** may enter in up to a **maximum of 4 events including relays**. Athletes aged **12 and younger** based on year of birth below may only enter in **3 events including relays**. Athletes aged **19-22 years (OPEN)** may enter in up to a **maximum of 4 events**. **RELAYS AND POLE VAULT WILL NOT BE OFFERED TO THE 19-22 YEAR (OPEN) AGE GROUP.** *If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.*

AGE DIVISIONS: Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.

5 & 6 Under Girls/Boys (Born 2009 and later) Maximum 3 Events including relays
7 & 8 Girls/Boys (Born 2008 and later) Maximum 3 Events including relays
9 Year Old Girls/Boys (Born 2007) Maximum 3 Events including relays
10 Year Old Girls/Boys (Born 2006) Maximum 3 Events including relays
11 Year Old Girls/Boys (Born 2005) Maximum 3 Events including relays
12 year Old Girls/Boys (Born 2004) Maximum 3 Events including relays
13 Year Old Girls/Boys (Born 2003) Maximum 4 Events including relays
14 Year Old Girls/Boys (Born 2002) Maximum 4 Events including relays
15-16 Year Old Girls/Boys (Born 2001-2000) Maximum 4 Events including relays
17-18 Year Old Girls/Boys (Born 1999-1998) Maximum 4 Events including relays
19-22 Year Old Women/Men (Born 1997 - 1994) Maximum 4 Events (NO RELAYS OR POLE VAULT OFFERED)

***Athletes who are still eighteen (18) years of age through the final day (March 13th) of the AAU Indoor National Track & Field Championship shall be eligible to compete in the 17-18 year old division.**

MEET ENTRY FEE: Entry fee is **\$30.00** for each **athlete** for **Track & Field events**. All members of relay teams, including alternates, who have not entered an individual event, must pay a **\$30.00** entry fee. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL ENTRY FEES MUST BE PAID ONLINE.** Entry will not be processed unless entry fee is paid by the deadline. All major credit cards accepted online. **Bring a legible copy of a birth certificate or proof of age, along with a 2016 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online.**

ENTRY PROCESS: All teams and unattached athletes must utilize the online entry process via www.aauathletics.org. This will permit a very efficient registration process that is easy to use. Everyone will have until 11:59pm CST, **Monday, March 7, 2016** to complete registration. Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are

not registered for the meet. Please take care of these issues prior to arriving in Landover Maryland, if at all possible. ***Absolutely no entries will be accepted after March 7, 2016.***

DEADLINE DATE: **ONLINE REGISTRATION ONLY: WWW.AAUATHLETICS.ORG . REGISTRATION WILL BE OPEN UNTIL March 7, 2016.**

PACKET PICKUP: **FRIDAY, MARCH 11, 2016, 5:00PM – 8:00PM – PACKETS WILL BE AVAILABLE AT THE HOST HOTEL (Courtyard - New Carrollton Landover, 8330 Corporate Drive, Landover, MD). A packet will be provided for each team consisting of team roster and events entered. A team representative will be responsible for picking up the packets. All teams are urged to pickup packets on Friday as the lines on Saturday can be long. **Packets can be picked up at the track facility on Saturday, March 12th, from 7:00AM-4:00PM and on Sunday, March 13th, from 7:00AM-12:00PM.****

AWARDS: In individual and relay events, awards will be presented for participants who finish 1st – 8th place.

ADMISSION: There will be a **\$6.00 gate fee charge per person per day**. All coaches will receive one free pass for 4 or more athletes, two free passes for 5 to 15 athletes and 3 free passes for 16 or more athletes in their packet. All Children 6 and under will be admitted free. All Registered athletes with a 2016 AAU Card and Competition Number will also be admitted free.

FACILITY: PG Sports & Learning Complex Indoor track facility contains an 8-lane straightaway as well as providing 6 lanes around the oval. **Only 1/4” or smaller pyramid spikes are allowed.** Fully Automatic Timing & results will be done using Finish Lynx Cameras interfaced with Hy-Tek Meet Manager. No radios, glass containers, or alcoholic beverages are allowed in the facility.

REFRESHMENTS: A Full Service Concession Stand will be provided as well as a hospitality area for officials.

RESULTS: Results will be posted on line at www.aauathletics.org and www.coacho.com.

COMPETITOR BIB 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.** Replacement bib numbers can be purchased at the clerking area.

IMPLEMENTS: Athletes may bring their own implements to use during competition.

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 in writing and presented to the Meet Director accompanied by a cash deposit of \$100.00. 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. 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.***

AIR TRAVEL: Baltimore-Washington International Airport (BWI) is approximately 30 mins away from PG Sports & Learning Complex.

HOST HOTEL: Courtyard - New Carrollton Landover, will serve as the host hotel for the meet. Hotel information is listed below.

HOTEL	LOCATION	PHONE	AMENITIES	RATE
	8330 Corporate Drive, Landover, MD, 20785	(P) (800) 321-2211 or (301) 577-3373	INDOOR POOL	\$99.00

Please be sure to indicate that you are participating in the AAU Indoor Track & Field Championship Meet. Rooms must be reserved by **February 20, 2016** to ensure you get the best rate.

FINAL SCHEDULE



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All Running events will start at the designated time listed each day. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event.

Please note: OPEN division is for ages 19-22 years old. No Relays, Race Walk or Pole Vault will be offered for the OPEN division.

Saturday – March 12, 2016

This is a rolling schedule

9:00AM 4 x 400 Meter Relay – **TIMED FINAL - Starting with 7-8 year old Girls – 17/18 years old**
3000 Meter Run – **Starting with 11 Year Old Girls – OPEN** - Age Groups may be combined by gender
60 Meter Hurdles – **SEMI-FINAL - Starting with 11 Year Old Girls - OPEN** – (top 8 times advance to finals)
60 Meter Dash – **SEMI-FINAL – Starting with 7-8 Year Old Girls - OPEN** – (top 8 times advance to finals)
1500 Meter Race walk – **TIMED FINAL - All Age Groups Combined - 9 Year Olds – 12 Year Olds**
800 Meter Run – **TIMED FINAL - Starting with 7-8 year old Girls - OPEN**
200 Meter Dash – **SEMI-FINAL - Starting with 7-8 Year Old Girls - OPEN** – (top 8 times advance to finals)

Sunday – March 13, 2016

This is a rolling schedule

9:00AM 4X800 Meter Relay - **TIMED FINAL - Starting with 7-8 year old Girls – 17/18 year old**
60 Meter Hurdles – **FINAL - Starting with 11 Year Old Girls - OPEN**
60 Meter Dash – **FINAL - Starting with 7-8 year old Girls - OPEN**
400 Meter Dash – **TIMED FINAL - Starting with 7-8 year old Girls – OPEN**
1500 Meter Run – **TIMED FINAL - Starting with 7-8 Year Old Girls – OPEN** - Age Groups may be combined by gender
200 Meter Dash – **FINAL - Starting with 7-8 year old Girls - OPEN**
3000 Meter Race-walk – **TIMED FINAL - All Age Groups Combined – 13 Year Olds – 17/18 Year Olds**
4 x 200 Meter Relay – **TIMED FINAL - Starting with 7-8 year old Girls – 17/18 years old**

- **NOTE: If there are not enough runners in Semi-Final, event will be run as a Final at that time.**
- **NOTE: Some distance races may be combined due to the number of participants.**

FINAL SCHEDULE



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All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event official – ONLY** - at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event after their running event** and be ready to compete.

Long Jump, Shot Put will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

This is a rolling schedule

Saturday March 12th




Time	Long Jump 1	High Jump 1	Shot Put 1	Pole Vault BOYS ONLY
8:00	13G/13B	9G/9B	12G/12B	13B
	14 G/ 14B	10G/10B	11G/11B	14B
	15-16G/ 15-16B	11G/11B	10G/10B	15-16B
	17-18 G/17-18B	12G/12B	9G/9B	17-18B
	OPEN(19-22)		7-8G/7-8B	

Sunday March 13th

Time	Long Jump 1	High Jump 1	Shot Put 1	Pole Vault GIRLS ONLY
8:00am	7-8 G/ 7-8B	13G/13B	17-18 G/17-18B	13G
	9G/9B	14 G/ 14B	15-16G/ 15-16B	14G
	10G/10B	15-16G/ 15-16B	14 G/ 14B	15-16G
	11G/11B	17-18 G/17-18B	13G/13B	17-18G
	12G/12B	OPEN(19-22)	OPEN(19-22)	

***All Triple Jumps** start at the conclusion of Long Jump **12 G/12 B**
13G/13B 14 G/ 14B 15-16G/ 15-16B 17-18 G/17-18B

HOTEL ACCOMODATIONS

HOTEL	LOCATION	PHONE	AMENITIES	RATE
	8330 Corporate Drive, Landover, MD, 20785	(P) (800) 321-2211 or (301) 577-3373 Must reserve by Feb. 20 th	INDOOR POOL	\$99.00
	9100 Basil Court, Largo MD. 20774	(P) 301-773 -0700 Must reserve by Feb.10 th	INDOOR POOL	\$129.00
	5910 Princess Garden Parkway Lanham, MD 20706	(P) (301) 459-1000 Must reserve by Feb. 12 th	BREAKFAST INDOOR POOL	\$89.00

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Rooms must be reserved by the date listed to ensure you get the best rate.