

2017 AAU REGION 5 NATIONAL QUALIFIER

June 23-25th

GENERAL INFORMATION

WHERE: Gloucester High School
6680 Short Ln, Gloucester, VA 23061

DATES: Friday, June 23, 2017 Packet Pick-Up (7am – 12 noon)
Saturday, June 24, 2017 Packet Pick-Up (7am – 12 noon)
Sunday, June 25, 2017 Packet Pick-Up (7am – 12 noon)

PACKET PICK UP WILL BE HELD AT GLOUCESTER HS TRACK.

FINAL SCHEDULE WILL BE POSTED ON MONDAY, JUNE 19, 2017

HOST CLUB: Technique Track Club	MEET DIRECTOR: William Moore 757-593-6985 coachwill.moore@gmail.com	ASSISTANT MEET DIRECTOR: Deon Moore 757-218-1405
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TIMING: Atlantic Coast Timing System & Event Management will be the official timer of the meet

RULES: In accordance with AAU Youth Athletics Guidelines

Coaches Education

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all AAU **Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.ausports.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.

Event Licensed

- This event is licensed 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 Youth Athlete membership must be obtained before the competition begins
- BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed
- Participants can visit the AAU website www.ausports.org to purchase AAU Memberships.

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Division (Girls & Boys)2017	
8-Under	2009 & After (Allowed 3 Events)
9 years	2008 (Allowed 3 Events)
10 years	2007 (Allowed 3 Events)
11 years	2006 (Allowed 3 Events)
12 years	2005 (Allowed 3 Events)
13 years	2004 (Allowed 4 Events)
14 years	2003 (Allowed 4 Events)
15-16 years	2000-1999 (Allowed 4 Events)
17-18 years	1997-1998 (Allowed 4 Events)**

****Athletes that are still 18 on Aug. 5th the final day of the AAU JO Games shall be eligible.
No Multi-Event competition for 8-Under Age Groups.**

ELIGIBILITY/AAU MEMBERSHIP:

Competition is open to all boys and girls who have a valid/current AAU membership card. AAU membership may be obtained online at www.ausports.org. The AAU membership fee is not included in the AAU Region 5 National Qualifier entry fee and must be obtained prior to participation in this meet.

PROOF OF AGE:

Proof of age may be required at District, National Qualifier, and Junior Olympic Game events and must be provided whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A valid (not expired) passport
5. A valid US driver's license

MEET ENTRY:

Each athlete/team competing in this meet must complete the entry process on www.CoachO.com.

ENTRY FEE:

Entry fee is \$25 per individual athlete competing in Track & Field and \$25 per Multi- Event athlete. All members of relay teams, including alternates, who have not entered an individual event, must pay a \$25.00 entry fee. Payments will only be accepted online at www.coacho.com. Entry Fee must be paid online at the time of registration. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.** Visa and Master Card accepted online.

ENTRY DEADLINE:

REGISTRATION WILL OPEN ON March 1, 2017 AND CLOSE ON JUNE 19, 2017, 12:00 MIDNIGHT, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. NO EXCEPTIONS.

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ADVANCEMENT:

STEEPLECHASE WILL NOT BE CONTESTED AT THE REGION 5 NQ. HOWEVER, YOU MUST REGISTER and PAY ONLINE FOR THIS EVENT AT THE REGIONAL LEVEL IN ORDER TO BE ADVANCED TO THE JUNIOR OLYMPIC GAMES!

Advancement from Region 5 National Qualifier to the *AAU Junior Olympic Games*:

- **Running Events:** The top six (6) athletes advance
- **Field Events:** The top five (5) athletes advance
- **Multi-Events:** The top four (4) athletes advance
- **Relays:** The top five (5) relays advance

CHALLENGE:

Region 5 National Qualifier results will be posted within 4 hours after the conclusion of the meet. Any challenges to posted results must be emailed to support@coacho.com within 24 hours of the posting. Challenges will not be accepted after the 24 hour challenge period has expired.

SPECTATOR ADMISSION FEE:

There will be a \$5.00 gate fee charge per person per day. An All Event Pass can be purchased for \$12 for all 3 days of competition. All Children 4 and under will be admitted free.

COACHES CREDENTIALS:

All Registered Coaches who present a current 2017 Non-Athlete and a Pictured ID Card will be admitted free. AAU Memberships must be presented at this time, or pay regular spectator gate fee. A Length of Event (LOE) Pass can be purchased for \$12 for all 3 days of competition. There are absolutely NO Replacements for Lost or Stolen Coaches passes.

PARKING/DIRECTIONS:

Team buses will have a designated area to park.

AAU Junior Olympic Games Declaration & Registration

Qualifiers for the 2017 AAU Junior Olympic Games in Detroit, Michigan (July 29 - August 5th) must declare and register for the meet online through www.aauathletics.org before July 18th, 2017 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 AAU JUNIOR OLYMPIC GAMES SCHEDULE OF EVENTS:

The Final AAU Junior Olympic Games Schedule will be posted on July 24, 2017 at www.aauathletics.org.

PROTESTS:

Protests concerning status or eligibility of any competitor must be made to AAU Youth Athletics Committee prior to commencement of meet, or Referee during meet. Protests relating to matters which develop during conduct of meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result posting. Protests MUST be filed on official protest forms and presented to Protest Table accompanied by a cash deposit of \$75.00. The Referee shall consider all available official evidence. Once Referee renders his/her decision, protester may request an appeal to the Jury of Appeals. The jury's decision is final. If protest is denied, cash deposit will be forfeited.

JURY OF APPEALS WILL NOT ACCEPT PROTESTS CONCERNING JUDGMENT CALLS.

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ATHLETES, COACHES AND VENUE INFORMATION

TENTS:

Tents will only be allowed on top row of home side of stadium bleachers. Teams may put tents up on visitor side and in all rows. At the end of day, each team must lower tent frames and remove all tent tops in case of inclement weather. Meet management reserves the right to change tent policy if problems occur.

RESTROOM FACILITIES:

Restroom facilities will be available at track & field venue.

BIB NUMBERS:

Competitor bib numbers will be issued at athlete/team check-in. All athletes will be required to wear bib numbers on the front of their 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 Registration Table/Tent.

HIP NUMBERS:

Hip numbers will be issued by clerk of the course and is 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.

THROWING IMPLEMENTS:

Personally owned implements may be used if approved by the meet host; if used, they become part of the equipment pool for the duration of the meet. **(IMPLEMENTS WILL NOT BE PROVIDED)**

ATHLETE WARM-UP:

There will be a designated area for athlete warm up. The track will open one hour prior to first running event of each day.

ATHLETE CHECK-IN:

It is athletes' responsibility to hear calls and report to event venue on first call for their division. Field event athletes should report directly to field event venue. Track event athletes should report to clerk of the course area.

RELAY EVENTS:

There is no additional entry fee for relay events as long as following criteria is met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$25.00.
- 2) The relay team represents a current 2017 AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards. Athletes listed as relay alternates (up to 4) will have relay event count towards their event limitation.

RUNNING EVENT RULES:

100m and 200m, events each have two rounds, Semi-Final and Final. Top eight (8) fastest times from the semi-final will advance to the final. If there are eight (8) or fewer entries in semi-final, that event will run as a final at semi-final time.

400m, 800m, 1500m, 80m hurdle, 100m hurdle, 110m hurdle, 200m hurdle and 400m hurdle will be ran as a final.

The **4 x 100 relay** (lanes all the way), **4x400m relays** will run a three turn stagger with up to eight (8) teams per heat. The **4x800 relays** will run a two-turn stagger with up to 16 teams per heat. Combining heats/divisions is at the discretion of Meet Director.

FIELD EVENT RULES:

Each competitor will have a total of four (4) attempts for throws and horizontal jumps. There are no prelims and finals in field events. Athletes who must leave for another event must check out with Field Event Official. These athletes may also request to take attempts in succession. In vertical jumps, within a division, once the bar moves up, it will not move down for any reason. If excused during a round the athlete must return prior to conclusion of that round or forfeit remaining attempts.

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AWARDS:

AAU Championship Medals are awarded to the top three (3) finishers in each event and division. 4th thru 8th place finishers in individual events in each division will receive ribbons. 4th place relay teams in each division will receive ribbons. Awards can be picked up at awards tent approximately 30 minutes after conclusion of each event. Medals will not be mailed to the athlete's home. It is the responsibility of athlete, coach or parent to pick up awards before leaving the meet.

FOOD/DRINK/COOLERS:

NO GRILLS/DEEP FRYING ALLOWED. There will be concessions available. Team/Athlete coolers will be allowed, however, **NO GLASS CONTAINERS** are permitted. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

EVENT SCHEDULES:

Final Meet Schedule will be posted after entries close. Event order will not change but start times may differ based on number of entries. Age groups of same like sex may be combined in distance races/walks. Event Schedules will be available at registration.

VENDING:

Vendors will include 2017 AAU Region 5 National Qualifier T-Shirts, Photo's and concessions will also be sold.

INCLEMENT WEATHER:

Meet Director has the option of delaying or temporarily halting meet in the event of bad weather and resuming when weather permits. Format of meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and Games Committee.

SECURITY/MEDICAL:

- Off Duty Police Officers will be present daily.
- Emergency Medical personnel are on call. Athletic trainers will be available to athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition.

Athletic Trainers are only available in case of injury.

FLUIDS:

Meet management will provide water in certain competition areas for competing athletes. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

WEATHER:

Average high temperature in Gloucester, VA during the month of June is in the mid to high 90's so be prepared because it will be very hot.

RESULTS:

Results will be posted on line at www.aauathletics.org

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June 23-25th
EVENT SCHEDULE**



All running events will start at the designated time listed each day. After the initial event, subsequent events may start 30 minutes before the time listed. Listen to announcements and check-in to the designated area at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is ran will be scratched from the event.

FRIDAY, JUNE 23, 2017 MULTI-EVENTS DAY #1

Start 8:00 AM

Triathlon	Age 9G, 10G	High Jump, Shot Put, 200M Dash
Triathlon	Age 9B, 10B	High Jump, Shot Put, 400M Dash
Pentathlon	Age 11G, 12G	80H, Long Jump, Shot Put, High Jump, 800M Run
Pentathlon	Age 11B, 12B	80H, Long Jump, Shot Put, High Jump, 1500M Run
Pentathlon	Age 13G, 14G	100H, Long Jump, Shot Put, High Jump, 800M
Pentathlon	Age 13B, 14B	100H, Long Jump, Shot Put, High Jump, 1500M
Heptathlon	Age 15-16G, 17-18W	100H, High Jump, Shot Put, 200M
Decathlon	Age 15-16B, 17-18M	100M, Long Jump, Shot Put, (12lbs), High Jump, 400M

A maximum time of 30min. rest will be allowed between each event, (This will include warm up time!)

***THE ORDER OF EVENTS MAY CHANGE AS DEEMED NECESSARY BY MEET MANAGEMENT.**

RUNNING EVENTS

8:30am

3000m Run (F)	Age 11G, 12G, 13G, 14G, 15-16, 17-18W followed by boys 11B, 12B, 13B, 14B, 15-18M
1500RW (F)	Age 9G, 10G, 11G, 12G followed by boys 9B, 10B, 11, 12B
3000RW (F)	Age 13G, 14G, 15-16, 17-18W followed by boys 13B, 14B, 15-16, 17-18M

TENTATIVE SCHEDULE

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SATURDAY, JUNE 24, 2017



MULTI-EVENTS DAY 2 Start time 7:30AM

Decathlon	15-16B, 17-18M	110H, Discus, Pole Vault, Javelin, 1500M Run
Heptathlon	15-16G, 17-18W	Long Jump, Javelin, 800M Run

A maximum time of 30min. rest will be allowed between each event, (This will include warm up time!)

SATURDAY, JUNE 24, 2017

All field events will follow the listed schedule. **This is a rolling schedule.** Listen to **announcements** for field event calls. Any athletes who do 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 must report back and be ready to compete.

SPECIAL NOTE: If there are not enough runners in semi-final, that event will be run as a final on Sunday. (SOME DIVISIONS WILL HAVE A 2 HEAT FINAL!) Some distance races may be combined based on number of participants.

8:00am

FIELD EVENTS

JAVELIN

(4 throws- No Finals)

Age 13G, 14G, 15-16G, 17-18W **Girls followed by boys**

Age 13B, 14B, 15-16B, 17-18M

SHOT PUT

(4 Throws, No Finals)

Age 13B, 14B, 15-16B, 17-18M **Boys followed by Girls** 13G, 14G, 15-16G, 17-18W

Age 8Under G, 9G, 10G, 11G, 12G, **Girls followed by boys** Age 8Under B, 9B, 10B, 11B, 12B

HIGH JUMP

Age: 9G, 10G, 11G, 12G, **Girls followed by boys** 9B, 10B, 11B, 12B

Age 13B, 14B, 15-16B, 17-18M **Boys followed by Girls** 13G, 14G, 15-16G, 17-18W

LONG JUMP

(4 Jumps, No Finals)

Age 13G, 14G, 15-16G, 17-18W (Pit #1)

Age 13B, 14B, 15-16B, 17-18M (Pit #2)

10:00am

POLE VAULT

Age 17-18W, 15-16G, 14G, 13G, **Girls followed by Boys** 17-18M, 15-16B, 14B, 13B

RUNNING EVENTS

9:00am

100M (S)

ALL AGE DIVISION

400M (F)

ALL AGE DIVISION

1500m Run (F)

ALL AGE DIVISION

4 X 100R (F)

ALL AGE DIVISION

200H (F)

Age 13G, 14G, 13B, 14B

400H (F)

Age 15-16G, 17-18W, 15-16B, 17-18M

200M (S)

ALL AGE DIVISION

4 X 800R (F)

Age 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M

2017 AAU REGION 5 NATIONAL QUALIFIER
SUNDAY, JUNE 25, 2017



FIELD EVENTS

8:00am

LONG JUMP

(4 Jumps, No Finals)

Age 8Under G, 9G, 10G, 11G, 12G, (PIT #1)

Age 8Under B, 9B, 10B, 11B, 12B, (PIT #2)

TRIPLE JUMP

At the conclusion of LJ

(4 Jumps, No Finals)

Age 13G, 14G, 15-16G, 17-18W (PIT #1)

Age 13B, 14B, 15-16B, 17-18M (PIT #2)

DISCUS

(4 Throws, No Finals)

Age 11G, 12G, 13G, 14G, 15-16G, 17-18W **Girls followed by boys**

Age 11B, 12B, 13B, 14B, 15-16B, 17-18M

TURBO JAVELIN

(4 Throws, No Finals)

Age 8Under G, 9G, 10G, 11G, 12G **followed by boys**

Age 8Under B, 9B, 10B, 11B, 12B

RUNNING EVENTS

9:00am

100M (F)

ALL AGE DIVISION

80H (F)

Age 11G, 11B, 12G, 12B,

100H (F)

Age 13G, 13B, 14G, 15-16G, 17-18W, 14B

110H (F)

Age 15-16B, 17-18M

800M (F)

ALL AGE DIVISION

200M (F)

ALL AGE DIVISION

4 X 400R (F)

Age 9-10 GIRLS & BOYS thru 17-18 WOMEN & MEN

RULES AND REGULATION:

Only competing athletes and meet officials will be permitted inside fence surrounding track.

Violations of this rule by coaches, parents, and non-competitors may result in disqualification from the meet.

Abusive language and /or improper behavior will not be tolerated. Will result in disqualification from the meet.

NO SMOKING allowed at GLOUCESTER HS TRACK or on grounds.

CLERKING AREA IS OFF LIMITS TO:

COACHES, PARENTS GRANDPARENTS, and OTHER RELATIVES!