

# AAU PRIMARY TRACK & FIELD SERIES 2017

The AAU Primary Track & Field Series is a series of Primary track meets in every District. This activity is designed to promote AAU Track & Field Grass Roots Program and to give these athletes the opportunity to compete in single age groups 5, 6, 7 and 8. This activity will also help prepare these athletes to compete in the National Primary Track & Field Championship, July 7-8, 2017 Disney Sports Complex, Orlando, Florida.

AAU Track & Field Executive Committee will sponsor the ribbon awards 1st – 3rd for a Series track meet in each District, more than one Primary track meet may be run in each District. Primary Series track meets must be sanctioned by AAU. All athletes and coaches must have 2017 AAU membership. For membership information, and to purchase membership online, go to [www.aauathletics.org](http://www.aauathletics.org).

If you plan to host a Primary Series track meet, please forward your information: Date, Location, Meet Director, Contact Person, Email and Phone to Roland Williams, Primary National Coordinator and Reggie Williams, AAU National Staff.

## AGE DETERMINATION

The athlete's year of birth shall determine the age division in which he/she will compete:

<b>Age Group</b>	<b>Year Born</b>	<b>Code</b>
PRIMARY GIRLS - 5	2012	PG5
PRIMARY BOYS - 5	2012	PB5
PRIMARY GIRLS - 6	2011	PG6
PRIMARY BOYS - 6	2011	PB6
PRIMARY GIRLS - 7	2010	PG7
PRIMARY BOYS - 7	2010	PB7
PRIMARY GIRLS - 8	2009	PG8
PRIMARY BOYS - 8	2009	PB8

## EVENTS

<u>Code</u>	<u>55</u>	<u>100</u>	<u>200</u>	<u>400</u>	<u>800</u>	<u>1500</u>	<u>LJ</u>	<u>SP</u>	<u>4X1</u>	<u>4X4</u>	<u>MED RELAY</u>	<u>40H</u>	<u>TURBO</u>
PG5	X	X	X				X	X	X	X	X		
PB5	X	X	X				X	X	X	X	X		
PG6	X	X	X				X	X	X	X	X		
PB6	X	X	X				X	X	X	X	X		
PG7		X	X	X	X	X	X	X	X	X	X	X	X
PB7		X	X	X	X	X	X	X	X	X	X	X	X
PG8		X	X	X	X	X	X	X	X	X	X	X	X
PB8		X	X	X	X	X	X	X	X	X	X	X	X

All divisions are limited to three (3) events including relays.

Entry in a relay, either as a principal runner or an alternate member will be considered an entry for the purpose of this rule.

## HURDLES

Plyometric Power Training Hurdles can be used for the 40 Meter Hurdle event. It is a collapsing hurdle that will work well for young athletes. Most hurdle coaches use this type hurdle for training.

	<u>HURDLES</u>	<u>HIGH</u>	<u>FIRST</u>	<u>BETWEEN</u>	<u>FINISH</u>	<u>AGE</u>
40METER	4	24"	10M	5.5M	13.5M	7-8

## RELAY TEAMS

All relay teams may consist of Athletes 8 and under. All relay teams are gender specific, Girls compete against Girls and Boys compete against Boys. Members of a relay team must be registered with the same Club.

The 800 Medley Relay (100 100 200 400) is the running order of this event, with a two turn stagger start. The 100 & 200 runners must run in assigned lanes, 400 runners may cut-in.

### Order of Events

Long Jump	PG7 – PB7 – PG8 – PB8
Shot Put (4 lbs)	PG5 – PB5 – PG6 – PB6

Long Jump	PG5 – PB5 – PG6 – PB6
Shot Put (4 lbs)	PG7 – PB7 – PG8 – PB8

Turbo Jav (300 gram)	PG7 – PB7 – PG8 – PB8
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### Running Events

4 x 1 relay	May consist of Girls 8 & under
4 x 1 relay	May consist of Boys 8 & under

1500 meter	PG7 – PG8 – PB7 – PB8
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100 meter	PG5 – PB5 – PG6 – PB6
	PG7 – PB7 – PG8 – PB8

800 medley relay	May consist of Girls 8 & under
800 medley relay	May consist of Boys 8 & under

400 meter	PG7 – PG8 – PB7 – PB8
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55 meter	PG5 – PB5 – PG6 – PB6
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800 meter	PG7 – PG8 – PB7 – PB8
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40m hurdles	PG7 – PB7 – PG8 – PB8
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200 meter	PG5 – PB5 – PG6 – PB6
	PG7 – PB7 – PG8 – PB8

4 x 4 relay	May consist of Girls 8 & under
4 x 4 relay	May consist of Boys 8 & under

**FOR MORE INFORMATION CONTACT:**

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**National Primary Committee Staff**

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