

# Northern California National Qualifier Track and Field Meet

## 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

8G- 8 and under girls	8B- 8 and under boys
9G- 9 year old girls	9B- 9 year old boys
10G- 10 year old girls	10B- 10 year old boys
11G- 11 year old girls	11B- 11 year old boys
12G- 12 year old girls	12B- 12 year old boys
13G- 13 year old girls	13B- 13 year old boys
14G- 14 year old girls	14B- 14 year old boys
15-16G- 15-16 year old girls	15-16B- 15-16 year old boys
17-18G- 17-18 year old girls	17-18B- 17-18 year old boys

In all running events, EXCEPT RELAYS, where "all divisions" are indicated, the order will be: 8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B

TF= TIMED FINALS

F= FINALS

***15-16 & 17-18 year old divisions MUST use starting blocks in the sprint races!!!***

### **WEDNESDAY, JUNE 14, 2017**

8:00am	Heptathlon	15-16G/17-18G Combined	100H, HJ, SP, 200M
8:30am	Decathlon	15-16B/17-18B Combined	100M, LJ, SP, HJ, 400M
10:00am	Triathlon	9B/10B Combined	HJ, SP, 400M
11:00am	Triathlon	9G/10G Combined	HJ, SP, 200M

### **THURSDAY, JUNE 15, 2017**

8:00 am	Decathlon	15-16G/17-18G Combined	110H, DT, PV, JT, 1500M
8:00 am	Heptathlon	15-16B/17-18B Combined	LJ, JT, 800M
8:30 am	Pentathlon	11B,12B,13B,14B Combined	80H or 100H, LJ, SP, HJ, 1500M
10:00am	Pentathlon	11G,12G,13G,14G Combined	80H or 100H, LJ, SP, HJ, 800M
10:30am	1500m racewalk	9G,9B,10G,10B,11G,11B,12G,12B Combined	TF
	3000m racewalk	13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B Combined	TF

## FRIDAY, JUNE 16, 2017

### RUNNING EVENTS

\* Same distance races might be combined  
THIS IS A ROLLING SCHEDULE

3:00pm	2000m Steeplechase	15-16G&B/17-18G&B (this is a dry steeple, no water jump)	TF
	400m hurdles	15-16G&B/17-18G&B	TF
	200m hurdles	13G,13B,14G,14B	TF
	3000m	11G,11B,12G,12B,13G,13B,14G,14B,15-16G&B, 17-18G&B	TF
	400m	ALL DIVISIONS IN ORDER	TF

### FIELD EVENTS

Age divisions might be combined with other divisions (example 15-16B and 17-18B).

It is strongly suggested that athletes be ready to go at the scheduled time.

LJ, TJ, DT, SP, JT WILL RECEIVE 4 ATTEMPTS, NO FINALS

**JAVELIN RUNWAY IS GRASS**

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

2:30pm	Turbo Javelin	8G,8B,9G,9B,10G,10B,11G,11B,12G,12B	F
2:30pm	Triple Jump	13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B	F
4:00pm	Javelin	13G,13B,14G,14B,15-16G,15-6B,17-18G,17-18B	F
4:15pm	Shot Put	17-18G,17-18B,15-16G,15-16B,14G,14B, 13G,13B,12G,12B,11G, 11B,10G,10B,9G,9B,8G,8B	F
5:00pm	Pole Vault	13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B	F
5:00pm	Long Jump	13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B	F

## SATURDAY, JUNE 17, 2017

### RUNNING EVENTS

\* Same distance races might be combined  
THIS IS A ROLLING SCHEDULE

8:00am	3200m relay	ALL DIVISIONS	TF
8:45am	400m relay	ALL DIVISIONS	TF
	110m hurdles (39")	15-16B,17-18B	TF
	100m hurdles (33")	15-16G,17-18G,13B,14B	TF
	100m hurdles (30")	13G,13B	TF
	80m hurdles (30")	11G,11B,12G,12B	TF
	100m	ALL DIVISIONS IN ORDER	TF
	800m	ALL DIVISIONS IN ORDER	TF
	200m	ALL DIVISIONS IN ORDER	TF
	1500m	ALL DIVISIONS IN ORDER	TF
	1600m relay	ALL DIVISIONS	TF

### FIELD EVENTS

Age divisions might be combined with other divisions (example 15-16B & 17-18B).

It is strongly suggested that athletes be ready to go at the scheduled time.

LJ, TJ, DT, SP, JT WILL RECEIVE 4 ATTEMPTS, NO FINALS

**THIS IS A ROLLING SCHEDULE**

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

7:45am	Long Jump	8G,8B,9G,9B,10G,10B,11G,11B,12G,12B	F
	High Jump	IG, YW, IB, YM, SYG, SYB, YG, YB, SMG, SMB, MG, MB, SBG, SBB, BG, BB 15-16G,17-18G,15-16B,17-18B,13G,14G,13B,14B,11G,12,11B,12B,9G,10G,9B,10B	F
	Discus	11G,11B,12G,12B,13G,13B,14G,14B,15-16G,17-18G,15-16B,17-18B	F

# 2017 AAU EVENT STANDARDS



## THROWING IMPLEMENTS USED

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN	TURBO JAVELIN
Primary (G) (B)	4 lbs	-----	-----	300 grams
Sub-Bantam (G) (B)	6 lbs	-----	-----	400 grams
Bantam (G) (B)	6 lbs	-----	-----	400 grams
Sub-Midget (G) (B)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	-----	400 grams
Midget (G) (B)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	-----	400 grams
Sub-Youth (G)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
Sub-Youth (B)	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
Youth (G)	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
Youth (B)	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
Intermediate (G)	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
Intermediate (B)	12 lbs	1.6 kg (3 lbs 9 oz)	800 grams	
Young Women	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
Young Men	12 lbs	1.6 kg (3 lbs 9 oz)	800 grams	

## OUTDOOR MEET HURDLE RACES

EVENTS	AGE DIV	# of HURDLES	HURDLE HEIGHT	TO 1 <sup>st</sup> HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
80m	Sub-Midget (G)	8	30"	12m	7.5m	15.5m
	Sub-Midget (B)	8	30"	12m	7.5m	15.5m
	Midget (G)	8	30"	12m	7.5m	15.5m
	Midget (B)	8	30"	12m	7.5m	15.5m
100m	Sub-Youth Girls	10	30"	13m	8.5m	10.5m
	Sub-Youth Boys	10	33"	13m	8.5m	10.5m
	Youth Girls	10	30"	13m	8.5m	10.5m
	Youth Boys	10	33"	13m	8.5m	10.5m
	Intermed Girls	10	33"	13m	8.5m	10.5m
	Young Women	10	33"	13m	8.5m	10.5m
110m	Intermed Boys	10	39"	13.72m	9.14m	14.02m
	Young Men	10	39"	13.72m	9.14m	14.02m
200m	Sub-Youth Girls	5	30"	20m	35m	40m
	Sub-Youth Boys	5	30"	20m	35m	40m
	Youth Girls	5	30"	20m	35m	40m
	Youth Boys	5	30"	20m	35m	40m
400m	Intermed Girls	10	30"	45m	35m	40m
	Young Women	10	30"	45m	35m	40m
400m	Intermed Boys	10	36"	45m	35m	40m
	Young Men	10	36"	45m	35m	40m