



## REGIONAL CHAMPIONSHIP TRACK AND FIELD MEET

Maple Grove High School 9800 Fernbrook Lane North, Maple Grove, MN

Featuring

New Location

JUNE 29 - 30  
JULY 1-2

MULTI EVENTS AND STEEPLECHASE  
TRACK AND FIELD EVENTS

Host:



Youth Determined To Succeed, Inc. (YDS)



Eligibility:

- Current AAU membership is required. Memberships can be obtained and/or renewed online at [www.aausports.org](http://www.aausports.org). (\$20)
- Individual athletes and relay teams must have placed in the top 16 at a District Meet. Athletes competing in Multi-events, Steeplechase or Pole Vault who did not participate in a district meet is able to compete in the Regional Meet per AAU rule.
- Athletes who are 18 years old through the final day of the National AAU Track and Field Meet will be eligible to compete.

Advancement:

The top 6 in running events, top 5 in field events and top 4 finishers in multi-events will qualify for the Junior Olympic Games in Detroit, Michigan July 26 through August 5, 2017. Note that the final AAU Junior Olympic Games schedule will be posted on July 28<sup>th</sup> at: [www.auathletics.org](http://www.auathletics.org)

Athlete Cost:

Meet Registration Cost will be \$25.00 per athlete.

ADMISSION:

General Public \$5.00 (ages 5 and under free)  
Coaches 5 coaches get free admission per team (all others must pay)

Awards:

AAU Medals will be awarded to the top three performers in each event

### How to Register

Online Registration Will Close @  
11:59 p.m. on June 28

- Go to [www.coacho.com](http://www.coacho.com)
- **Click on** : Online Registration
- **Click on**: Enter a meet > Meets are listed by date > Find the Regional Qualifier (June 29– July 2)
- **Log-in** or **Register**, if you have not already registered. **Search** for your team. If it has not already been created, the site walks you through how to create your team after the search.
- **If you are unattached (no team)** you must select UNATTACHED as YOUR TEAM NAME. Create your team rosters (girls and boys), including birthdates. Revisions to team rosters and events can be made online before the Registration deadline.
- Once registration closes all questions should be directed to Jack Mayeron, Meet Director 612-850-1990





**Minneapolis Marriott Northwest**

**\$92 Per Night (Free Wi Fi)**

**All Rooms Are Suites**

7025 Northland Drive North Brooklyn Park

To RSVP – [Click Here](#)

Questions Contact Jessica Lemke 763-971-5563

**Registration Packets Pick Up - June 30 7:00 to 8:30 at Host Hotel - Also available at the meet on Thur & Fri**

**Other Accommodations:**

Country Inn & Suites Brooklyn Center Brooklyn Center 763-561-0900 11 x x x x 121.00 - 141.00

DoubleTree by Hilton Brooklyn Center 763-566-8000 11 x x x 119.00

Embassy Suites Minneapolis North Brooklyn Center 763-560-2700 11 x x x x 179.00 - 199.00

La Quinta Inn & Suites Minneapolis Northwest Brooklyn Park 763-971-8000 15 x x x x 109.00

<b>Meet Director</b>	Jack Mayeron	612-486-6730	Ext. 12	Jmayeron@youthdetermined.org
<b>Meet Director</b>	Melvin Anderson	612-486-6730	Ext. 10	Manderson@youthdetermined.org

**Online Entry Questions** [info@coacho.com](mailto:info@coacho.com)

**Venue Info:**

- **Tents and canopies** will be permitted only in the top 3 rows of the bleachers. No team camps, with or without tents or canopies will be permitted in the infield.
- **Warm-up Area** designated areas only and will not be allowed the infield or the track
- **No dogs**, except service dogs will be permitted inside the stadium.
- **Athletic and Health based vendors will be present**
- **Inclement weather:** Weather related delays or scheduling changes will be at the sole discretion of the Meet Director.

**Protests:** Protests relating to matters that develop during the conduct of the meet must be made to the Meet Director in writing. Protests must be filed not more than 30 minutes after results have been announced. A \$75.00 cash deposit must accompany the protest. The Referee shall follow the 2015 AAU Athletics handbook. The Referee's decision may be appealed to the Jury of Appeals, whose decision will be final DEPOSIT WILL BE FOFETED IF THE PROTEST IS DENIED.

**Challenges:** Any person wishing to challenge the final results must do so via email to Josh Gerber at [josh@wayzataresults.com](mailto:josh@wayzataresults.com) within 24 hours after competition ends. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding rules of competition will follow the AAU Athletics Handbook.



**Meet Format:**

**RUNNING EVENTS:** will be on a “rolling schedule”. An approximate time schedule will be provided, however since there is no way to accurately predict the number of participants, the number of heats needed in each event is uncertain. Running events will be contested from youngest age to oldest, girls’ heats first. Age groups will be combined when appropriate.

**IMPORTANT NOTE:** Preliminary heats with 8 contestants or less will be run as a final.

**FIELD EVENTS:** In all but the high jump and pole vault competitors will be given 3 preliminary attempts and the best 8 preliminary marks will be given 3 final attempts. In the event that 8 or fewer competitors report all will be given 6 attempts, whether or not any of the first 3 is legal.

**Age Divisions: The athlete’s year of birth determines their competitive division**

<b>Ages 8 &amp; Under</b>	<b>2009 &amp; After</b>
Age 9	2008
Age 10	2007
Age 11	2006
Age 12	2005
Age 13	2004
Age 14	2003
Ages 15 & 16	2001-2000
Ages 17 & 18*	1999-2000

**Athletes 18 years old through the final day of the National AAU Track and Field Meet are eligible to compete (Aug 5<sup>th</sup>)**

**Ages 18+ to 21** Allowed to compete in State & Regional Meet Only

**Pole Vault,** Pole Vault, Steeplechase and Multi events will not be contested in the District

**Multi events, Steeplechase:** Qualifier. Athletes wishing to enter these events at a Regional Meet will be allowed to do so at [www.coacho.com](http://www.coacho.com)

**Event Limits:** Ages 12 and younger: Maximum of 3 events. // Ages 13 and over: Maximum of 4 events (**Participation in multi-events will not count toward these limits.**)

**Relay Limits:** Participation on a relay will count as one of the athlete’s individual entries and counts toward the maximum number of events allowed. Relay teams will consist of 4 members and can list up to 4 alternates.



**MINNESOTA AAU TRACK AND FIELD  
REGIONAL QUALIFIER – JUNE 29 & 30, 2017**



**MULTI EVENTS  
THURSDAY, JULY 29**

TIME	EVENT	AGE GROUP	EVENTS
12:00 Noon	Decathlon	15/16 B (Day 1)	100 M, LJ, SP, HJ, 400 M
12:05 PM	Decathlon	17/18 B (Day 1)	100 M, LJ, SP, HJ, 400 M
12:15 PM	Heptathlon	15/16 G (Day 1)	100 M Hurdles, HJ, SP, 200 M
12:20 PM	Heptathlon	17/18 G (Day 1)	100 M Hurdles, HJ, SP, 200 M
1:45 PM	Pentathlon	13 & 14 G ( Finals)	100 M Hurdles SP, HJ, LJ, 800 M
1:50 PM	Pentathlon	13 & 14 B (Finals)	100 M Hurdles, SP, HJ, LJ, 1500 M

**Meet Results > [Trackminnesota.org](http://Trackminnesota.org)**

**MULTI EVENTS AND STEEPLECHASE  
FRIDAY, JUNE 30**

TIME	EVENT	AGE GROUP	EVENTS
10:30 AM	Decathlon	15/16 B (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
10:35 AM	Decathlon	17/18 B (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
10:45	Triathlon	9 & 10 G & B (Finals)	SP, HJ, 400 M (boys) 200 m (girls)
11:00 AM	Heptathlon	15/16 G (Day 2)	LJ, Jav, 800 M
	Heptathlon	1/818 G (Day 2)	LJ, Jav, 800 M
	Pentathlon	11 & 12 G (Finals)	80 M Hurdles, SP, HJ, LJ, 800 M
11:15	Pentathlon	11 & 12 B (Finals)	80 M Hurdles, SP, HJ, LJ, 1500 M

**3:30 P.M 2000 METER STEEPLECHASE 15/16 & 17/18 GIRLS FOLLOWED BY 15/16 & 17/18**

**IMPORTANT NOTE: STEEPLECHASE COMPETITION WILL BE “DRY” USING SETS OF HURDLES**

**MULTI-EVENT FORMAT:**

- All events will be run in the order listed above. If there are changes, there will be a revised schedule at Athlete Check-in.
- 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-up. 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.

**ATHLETES COMPETING IN BOTH MULTI-EVENT COMPETITION AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS. YOU WILL NOT NEED A DIFFERENT NUMBER FOR TRACK AND FIELD!**



**MINNESOTA AAU TRACK AND FIELD  
REGIONAL QUALIFIER – JULY 1 & 2 2017**

**NOTE: WE WILL BE ON A ROLLING SCHEDULE - TIMES ARE APPROXIMATE**

**SATURDAY TRACK SCHEDULE**

9:00	FIELD EVENTS OPEN FOR WARM-UP
9:15	3000 METERS
10:15	80/100/110 METER HURDLE PRELIMS (IF 8 OR FEWER RUN AS FINAL)
11:30	100 METER PRELIMS
1:30	800 METER FINALS
2:45	200 METER PRELIMS
4:45	4 X 100 METER RELAY FINALS
5:45	4 x 400 METER RELAY FINALS

**SATURDAY FIELD SCHEDULE**

	High Jump	Long Jump	Shot Put	Discus	JAVELIN
9:30	11 & 12 G	11/ 12 G & B	17/18 G & B	15/16 G & B	
10:45	13/14 G	13/14 G & B	15/16 G & B	17/18 G & B	
12:15	15/16 G		13 G & B	11 G & B	
1:45	9/10 G	17/18 G & B	14 G & B	12 G & B	9 & 10 B & G
3:00	17 & 18 G		11 G & B	13 G & B	
3:15		15/16 G & B	12 G & B	14 G & B	8 & UNDER B & G

**Meet Results > [Trackminnesota.org](http://Trackminnesota.org)**

**SUNDAY TRACK SCHEDULE**

8:30	1500 AND 3000 METER RACEWALK – (CONCURRENT)
9:00	1500 METERS
10:15	80/100/110/ METER HURDLE FINALS
11:15	100 METER FINALS
12:15	400 METER FINALS
2:45	200M/400M HURDLES
3:15	200 METER FINALS
4:15	4 x 800 METER FINALS

**SUNDAY FIELD SCHEDULE**

	LONG JUMP	TRIPLE JUMP	SHOT	POLE VAULT	JAVELIN	HIGH JUMP
9:00	8 B & G		9 G & B		11/12 B & G	17/18 B
10:00	9/10 B & G		8 G & B	ALL CONTESTANTS		15/16 B
11:00		15/16 B & G	10 G & B		13/14 B & G	13 & 14 B
12:30		13/14 B & G				11/12 B
2:00		17/18 B & G			15/16 17/18 B & G	9/10 B





## MINNESOTA'S JUNIOR OLYMPIC REGIONAL MEET DECLARATION

- This event is sanctioned 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 membership must be obtained before the competition begins.
- Expected - 750 Participants from MN, IA, NE, WI, Dakotas



## **2018 Regional Meet *In Iowa* *June 28 – July 1***



## JUNIOR OLYMPIC NATIONAL MEET INFORMATION

*Eastern Michigan University, Ypsilanti, MI  
July 6 – August 5*

