



**AAU INDOOR YOUTH, OPEN & MASTERS NATIONAL CHAMPIONSHIP**  
**March 8 – March 10, 2019**

**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](http://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 **19-90+ (OPEN & MASTERS)** may enter in up to a **maximum of 4 events. RELAYS AND POLE VAULT WILL NOT BE OFFERED TO THE OPEN & MASTERS 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 2013 and later) Maximum 3 Events including relays
- 7 & 8 Girls/Boys (Born 2011 and 2012) Maximum 3 Events including relays
- 9 Year Old Girls/Boys (Born 2010) Maximum 3 Events including relays
- 10 Year Old Girls/Boys (Born 2009) Maximum 3 Events including relays
- 11 Year Old Girls/Boys (Born 2008) Maximum 3 Events including relays
- 12 year Old Girls/Boys (Born 2007) Maximum 3 Events including relays
- 13 Year Old Girls/Boys (Born 2006) Maximum 4 Events including relays
- 14 Year Old Girls/Boys (Born 2005) Maximum 4 Events including relays
- 15-16 Year Old Girls/Boys (Born 2003-2004) Maximum 4 Events including relays
- 17-18 Year Old Girls/Boys (Born 2002-2001) Maximum 4 Events including relays
- 19 -29 **OPEN**; 30 – 90+ **MASTERS** Women/Men (Born 2000 & Below)

*\*Athletes who are still eighteen (18) years of age through the final day (March 10<sup>th</sup>) 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 **\$35.00** for each athlete for **Track & Field events**. All members of relay teams, including alternates, who have not entered an individual event, must pay a **\$35.00** 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 2019 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](http://www.aauathletics.org). This will permit a very efficient registration process that is easy to use. Everyone will have until 11:59pm CST, **Tuesday, March 5, 2019** 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 5, 2019.***

**DEADLINE DATE:** **ONLINE REGISTRATION ONLY: [WWW.ATHLETICS.ORG](http://WWW.ATHLETICS.ORG) . REGISTRATION WILL BE OPEN UNTIL March 5, 2019.**

**PACKET PICKUP:** **FRIDAY, MARCH 8, 2019, 10:00AM – 7:00PM – PACKETS WILL BE AVAILABLE AT THE TRACK (PG Sports & Learning Complex).** 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.

**SATURDAY, MARCH 9<sup>TH</sup>, 7:00AM-4:00PM and SUNDAY, MARCH 10<sup>TH</sup>, 7:00AM-1:00PM - PACKETS CAN BE PICKED UP AT THE TRACK FACILITY (PG Sports & Learning Complex).**

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

**ADMISSION:** There will be a **\$7.00 gate fee charge per person per day**. All coaches will receive **one free pass for 4 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 2018 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](http://www.aauathletics.org) and [www.coacho.com](http://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	\$104.00
	7777 Baltimore Avenue College Park, MD 20740	Main: 301-277-7777		Single & Double \$139 Triple \$149 Quad \$159
	9100 Basil Court Largo, MD 20774	Main: 301-773-0700 1-800-HILTONS	INDOOR POOL	\$140.00

Please be sure to indicate that you are participating in the AAU Indoor National Track & Field Championship. Rooms must be reserved by **Wednesday, February 6, 2019** to ensure you get the best rate.

## FINAL SCHEDULE



### AAU INDOOR YOUTH, OPEN & MASTERS NATIONAL CHAMPIONSHIP March 8 – March 10, 2019

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. **Girls/Women will run first followed by Boys/Men.**

#### Friday – March 8, 2019

**This is a rolling schedule**

- 1:00 PM**      1500 Meter Race walk - TF- All Age Groups Combined - **9 Year Old – 12 Year Old**  
 3000 Meter Race-walk – TF - All Age Groups Combined – **13 Year Old – 17/18 Year Old**
- 200 Meter Dash – SEMI-FINAL - **Starting with 5-6 Year Old -17/18 Year Old -Open & Masters** (top 8 times advance to finals)  
 1500 Meter Run – TF - **Starting with 13 Year Old – 17/18 Year Old - Open & Masters** Age Groups may be combined by gender  
 400 Meter Dash – SEMI-FINAL – **Starting with – 13 Year Old – 17/18 Year Old - Open & Masters** (top 8 times advance to finals)

#### Saturday – March 9, 2019

**This is a rolling schedule**

- 9:00AM**      3000 Meter Run - TF – **Starting with 11 Year Old – 17/18 Year Old - Open & Masters** Age Groups may be combined by gender  
 200 Meter Dash – FINAL - **Starting with 5-6 Year Old - 17/18 Year Old - Open & Masters**  
 800 Meter Run – TF - **Starting with 7-8 year old - 17/18 Year Old - Open & Masters**  
 60 Meter Hurdles – SEMI-FINAL - **Starting with 11 Year Old -17/18 Year Old - Open & Masters** (top 8 times advance to finals)  
 60 Meter Dash – SEMI-FINAL – **Starting with 5-6 Year Old -17/18 Year Old - Open & Masters** (top 8 times advance to finals)  
 4 x 400 Meter Relay – TF - **Starting with 7-8 year old – 17/18 years old**

#### Sunday – March 10, 2019

**This is a rolling schedule**

- 9:00AM**      4X800 Meter Relay - TF- **Starting with 7-8 year old – 17/18 year old**  
 60 Meter Hurdles – FINAL - **Starting with 11 Year Old - 17/18 Year Old - Open & Masters**  
 60 Meter Dash – FINAL - **Starting with 5-6 year Old -17/18 Year Old - Open & Masters**  
 400 Meter Dash – FINAL - **Starting with 5-6 year old – 17/18 Year Old - Open & Masters**  
 1500 Meter Run – TIMED FINAL - **Starting with 7-8 Year Old – 12 Year Old** - Age Groups may be combined by gender  
 4 x 200 Meter Relay – TIMED FINAL - **Starting with 5-6 year old – 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



### AAU INDOOR YOUTH, OPEN & MASTERS NATIONAL CHAMPIONSHIP March 8 – March 10, 2019

All Field Events will follow schedule below. **This is a rolling schedule** **FRIDAY: OPEN & MASTERS START @ 2:00PM, 13 – 18 YEARS START @ 4:00PM.** 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**

Day	Date	Event	Age Groups
Friday	March 8 <sup>th</sup>	High Jump 1	Open(19-29)
			Masters (30-90+)
		Shot Put 1	Open(19-29)
			Masters (30-90+)
Friday	March 8 <sup>th</sup>	Long Jump	Masters (30-90)
			Open(19-29)
		Triple Jump	13B/13G
			14B/14G
Saturday	March 10 <sup>th</sup>	High Jump 1	17-18 G/17-18B
			15-16G/ 15-16B
		Shot Put 1	13G/13B
			14 G/ 14B
Saturday	March 10 <sup>th</sup>	Long Jump 1	15-16B/ 15-16G
			17-18 B/17-18G
		Pole Vault	GIRLS ONLY
			13G
Sunday	March 11 <sup>th</sup>	High Jump 1	14 G/ 14B
			15-16G/ 15-16B
		Shot Put 1	17-18 G/17-18B
			12B/12G
Sunday	March 11 <sup>th</sup>	Long Jump 1	9B/9G
			10B/10G
		Pole Vault	GIRLS ONLY
			11B/11G
Sunday	March 11 <sup>th</sup>	Long Jump 1	12B/12G
			7-8B/7-8G
		Pole Vault	BOYS ONLY
			13B
Sunday	March 11 <sup>th</sup>	Long Jump 1	9G/9B
			10G/10B
		Pole Vault	BOYS ONLY
			11G/11B
Sunday	March 11 <sup>th</sup>	Long Jump 1	12G/12B
			7-8B/7-8G
		Pole Vault	BOYS ONLY
			14B
Sunday	March 11 <sup>th</sup>	Long Jump 1	15-16B
			17-18B
		Pole Vault	BOYS ONLY
			17-18B

**PLEASE SEE OPEN AND MASTERS NATIONAL CHAMPIONSHIP INFORMATION BELOW**



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

19 -29 **OPEN**; 30 – 90+ **MASTERS** Women/Men (Born 2000 & Below )  
 Maximum 4 Events (NO RELAYS OR POLE VAULT OFFERED)

**OPEN Ages: 19-29**  
**MASTER’S Ages: 30-90+**

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**Please note:** OPEN & MASTERS division is for ages 19&Above. No Relays, Race Walk or Pole Vault will be offered for the OPEN & MASTERS division.

#### Friday – March 8, 2019

**This is a rolling schedule**

**1:00PM** 200 Meter Dash – SEMI-FINAL - Starting with 5 – 18 years followed by OPEN - MASTERS – (top 8 times advance to finals)  
1500 Meter Run – TF - Starting with Starting with 13 –18 years followed by OPEN - MASTERS - Age Groups may be combined by gender  
400 Meter Dash – SEMI-FINAL –Starting with 13 – 18 years followed by OPEN - MASTERS – (top 8 times advance to finals)

#### Saturday – March 9, 2019

**This is a rolling schedule**

**9:00AM** 3000 Meter Run - TF – Starting with 11 – 18 years followed by OPEN - MASTERS - Age Groups may be combined by gender  
200 Meter Dash – FINAL - Starting with 5 – 18 years followed by OPEN - MASTERS  
800 Meter Run – TF - Starting with 7 – 18 years followed by OPEN - MASTERS  
60 Meter Hurdles – SEMI-FINAL - Starting with 11 – 18 years followed by OPEN - MASTERS – (top 8 times advance to finals)  
60 Meter Dash – SEMI-FINAL – Starting with 5 – 18 years followed by OPEN - MASTERS – (top 8 times advance to finals)

#### Sunday – March 10, 2019

**This is a rolling schedule**

**9:00AM** 60 Meter Hurdles – FINAL - Starting with 11 – 18 years followed by OPEN - MASTERS  
60 Meter Dash – FINAL - Starting with 5 – 18 years followed by OPEN - MASTERS  
400 Meter Dash – FINAL - Starting with 5 – 18 years followed by OPEN - MASTERS

- **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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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**

Friday	March 8 <sup>th</sup>			
Time	Long Jump	High Jump 1	Shot Put 1	
1:00 pm	Masters (30-90+) Open(19-29)	Open(19-29) Masters (30-90+)	Open(19-29) Masters (30-90+)	