

SANCTIONED BY THE AMATEUR ATHLETIC UNION OF THE US, Inc.

HOSTED BY THE CENTRAL AAU DISTRICT



2020 AAU NORTHERN INDOOR NATIONAL TRACK & FIELD CHAMPIONSHIP

Saturday-Sunday
January 18th-19th, 2020

Monmouth College Huff
Athletic Center
700 East Broadway St.
Monmouth, IL 61462

Meet Director: Marchan Adkins
Central AAU Lt. Governor & Athletics Chairman
Phone: (309) 838-4130
Email: Marchan@AdkinsTrak.com

Online Entry at www.coacho.com

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. Each athlete aged 13-18 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 & older aren't restricted to 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.

Age Division	Limitations
8 & Under Girls/Boys (Born 2012 and later)	Maximum 3 Events Including Relays
9 Year Old Girls/Boys (Born 2011)	Maximum 3 Events Including Relays
10 Year Old Girls/Boys (Born 2010)	Maximum 3 Events Including Relays
11 Year Old Girls/Boys (Born 2009)	Maximum 3 Events Including Relays
12 year Old Girls/Boys (Born 2008)	Maximum 3 Events Including Relays
13 Year Old Girls/Boys (Born 2007)	Maximum 4 Events Including Relays
14 Year Old Girls/Boys (Born 2006)	Maximum 4 Events Including Relays
15-16 Year Old Girls/Boys (Born 2004-05)	Maximum 4 Events Including Relays
17-18 Women/Men (Born 2001*-2003)	Maximum 4 Events Including Relays
19 & Older Women/Men (Born 2001 & Earlier)	Unlimited Events

**Athletes who are born in 2001 and will not turn 19 years of age during the meet are eligible to compete in the 17-18 Womens/Mens divisions. Anyone who is 19 or older must compete in the Open division.*

Fees

Entry fee is \$35.00 for each athlete for Youth track and field events. No entry fee will be transferred or refunded. Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2020 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online.

Entry Process

Teams

All teams and unattached athletes must utilize the online entry process via www.aauathletics.org. Everyone will have until 9 PM CST, Monday, January 13TH 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. Absolutely no entries will be accepted after January 13TH.



Monmouth

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Packet Pickup

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 Saturday during the early pickup times of Noon-5 PM as the lines during the meet can be long. Packets can be picked up at the Huff Athletic Center on Saturday, January 18TH from 12:00 - 7:00 PM and on Sunday, January 19TH, from 7:00 - 11:00 AM. Be sure to bring birth certificates and 2019 AAU cards with you when you pick up packets.

Awards

In individual events, awards will be presented for participants who finish 1ST-8TH place. Relay participants will receive awards for 1ST-3RD place finishes.

Team Awards

Each event will be scored. Teams that finish 1ST in each age division will be awarded a plaque. The top 3 teams that accumulate the most points throughout the meet will be awarded trophies as well. Team awards will be presented at the conclusion of the meet in an award ceremony.

Facility

The facility boasts a 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 by AdkinsTrak Timing Associates using Finishlynx 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 operated by Monmouth College will be provided as well as a hospitality area for officials.

Equipment

Starting blocks will be provided by the meet management. There is no need to bring any with you. Those that desire to utilize personal implements must obtain clearance from the event official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

Admission

A charge of \$8.00 admission will be assessed for everyone not competing in the meet. Teams will be given coaches passes for every 10 competitors participating in the meet up to a maximum of 5.

Restricted Area

Only credentialed coaches and athletes competing in the meet will be permitted floor or track level access. All others will be permitted to sit in the stands on the main level. Teams will receive up to 5 coach passes and will be earned on a basis of 1 per each 10 athletes entered into the meet. Additional coach passes may be purchased for \$15.00. To order additional passes, please contact the meet director at marchan@adkinstrak.com. Coach passes will not be available on site in the ticket booth. You must pre-order.

Airline Travel

Monmouth is about an 1 hour from Peoria International Airport (PIA) and 90 minutes from Bloomington Airport (BMI), almost 3 hours away from Chicago Airports, and 3 hours from St. Louis airport.

Host Hotel

The AmericInn Lodge & Suites will serve as the host hotel for the meet. Hotel information is listed below:

Hotel	Location	Phone	Amenities	Rate
AmericInn by Wyndham	1 AmericInn Way, Monmouth, IL 61462	(309) 734-9958	Free Breakfast Indoor Pool	\$99

Please be sure to indicate that you are participating in the AAU Track & Field Indoor Meet.

Rooms must be reserved by December 27TH to ensure you get the best rate.



Area Hotels

Hotel	Location	Phone
Monmouth, Illinois		
AmericInn by Wyndham	1 AmericInn Way, Monmouth, IL 61462	(309) 734-9958
Super 8	1122 N 6th Street, Monmouth, IL 61462	(309) 734-8558
Galesburg, Illinois (12 MILES TO MONMOUTH VIA HWY 34)		
Fairfield Inn & Suites	901 W. Carl Sandburg Drive, Galesburg, IL 61401	(309) 344-1911
Holiday Inn Express & Suites	2160 E. Main Street, Galesburg, IL 61401	(309) 343-7100
Best Western Inn & Conference Center	300 S Soangetaha Road, Galesburg, IL 61401	(309) 343-7151
Country Inn & Suites by Radisson	2284 Promenade Court, Galesburg, IL 61401	(309) 344-4444
Baymont by Wyndham Galesburg	2285 Washington Street, Galesburg, IL 61401	(309) 807-3727
Quality Inn	907 W Carl Sandburg Drive, Galesburg, IL 61401	(309) 344-5445
Americas Best Value Inn Galesburg	737 Knox Hwy 10, Galesburg, IL 61401	(309) 289-2100
Macomb, IL		
Super 8 by Wyndham Macomb	313 West University Drive, Macomb, IL, 61455	
Best Western Macomb Inn	1655 E Jackson Street, Macomb, IL, 61455,	(866) 539-5067
Hampton Inn Macomb	1639 East Jackson Street, Macomb, IL, 61455	(866) 539-5067
Quality Inn, Macomb	1646 N Lafayette Street, Macomb, IL, 61455	(866) 539-5067
Americas Best Value Inn Macomb,	1414 West Jackson Street, Macomb, IL, 61455	

Area Restaurants

Restaurant	Location	Phone
Monmouth, Illinois		
McDonald's	1134 North Main Street	(309) 734-6701
Dairy Queen	1134 North Main Street	(309) 734-6701
Pizza Hut	837 North Main Street	(309) 734-8474
Tootie's D.T.L	103 Market Alley Street	
Alfano's Pizzeria	206 South Main Street	(309) 734-1992
Maple City Restaurant	235 South Main Street	(309) 734-3313
Papa's Bar & Grill	701 South Main Street	(309) 734-7299
Pepperoni's Pizza Co.	318 North Main Street	(309) 734-8090
Chicks at the Club	1451 East 3rd Avenue	(309) 734-0222
Galesburg, Illinois (12 MILES TO MONMOUTH VIA HWY 34)		
Perkins Restaurant & Bakery	1850 N Henderson St, Galesburg, IL 61401	(309) 344-5498
Packinghouse Dining Restaurant	441 Mulberry St, Galesburg, IL 61401	(309) 342-6868
Perkins	1850 N Henderson St, Galesburg, IL 61401	
Buffalo Wild Wings	2683 N Seminary St, Galesburg, IL 61401	(309) 341-1244
Applebees	1966 N Henderson St, Galesburg, IL 61401	(309) 344-7325
Liebers BoxCar Express	1966 N Henderson St, Galesburg, IL 61401	(309) 344-7325

Event Schedule

Schedule may be adjusted if entries are larger than historical numbers

Saturday

January 18, 2020

Track & Field	
6:00 PM	3000 Meter Run Finals
Ages 11-18 Girls And Boys	
7:00 PM	200 Meter Dash Prelims
All Age Groups Starting With 8&U – (TOP 8 TIMES TO FINALS)	
8:45 PM	4X200 Meter Relay Finals — 8G, 8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

Field Events (ALL EVENTS BEGIN AT 6:00 PM)	
6:00 PM	High Jump — 8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
6:00 PM	Shot Put — 8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
6:00 PM	Triple Jump — 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B



Running Events

(FIRST EVENT WILL START AT 8:00 AM. ROLLING SCHEDULE THEREAFTER. TIMES ARE APPROXIMATE)

8:00 AM	800 Meter Run Timed Finals
All Age Groups Starting With 8&U – (TIMED FINALS)	
9:15 AM	60 Meter Hurdles Timed Finals
Ages 11-18 Girls And Boys	
10:00 AM	60 Meter Dash Prelims
All Age Groups Starting With 8&U (TOP 8 TIMES TO FINALS)	
11:30 AM	1500 Meter Racewalk Finals
Ages 9-12 Girls And Boys	
11:30 AM	3000 Meter Racewalk Finals
Ages 13-18 Girls And Boys	
12:00 PM	200 Meter Dash Finals
All Age Groups Starting With 8&U – (TOP 8 TIMES FROM PRELIMS)	
12:45 PM	1500 Meter Run Finals (Age groups may be combined)
All Girls Age Groups Starting With 8U	
1:45 PM	400 Meter Dash Finals
All Age Groups Starting With 8&U (TIMED FINALS)	
3:45 PM	1500 Meter Run Finals (Age groups may be combined)
All Boys Age Groups Starting With 8U	
4:45 PM	60 Meter Dash Finals
All Age Groups Starting With 8U (TOP 8 TIMES FROM PRELIMS)	
5:15 PM	4 x 400 Meter Relay Finals — 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
Team Award Presentations	

Field Events

(FIRST EVENT WILL START AT 8:30AM. ROLLING SCHEDULE THEREAFTER)

9:00 AM	High Jump — 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B
9:00 AM	Long Jump — 8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B
9:00 AM	Pole Vault — 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B
9:00 AM	Shot Put — 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B

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 except where the event operator has a laptop available with an internet connect.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.