

AAU West Coast National Championships Track and Field Championships

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

S = Semifinals TF= Timed Finals F = Finals

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

Events will not start before indicated time, however, they are not assured to start at the indicated time due to the unknown amount of entries in each event.

FRIDAY, JULY 3, 2020

RUNNING EVENTS

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time. STEEPLECHASE WILL BE RUN WITH HURDLES AND NO WATER JUMP (DRY STEEPLE).

8:30am

2000m Steeplechase	15-16B, 17-18B, 15-16G, 17-18G.....	TF
3000M Racewalk	13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B (Combined when possible)	TF
1500M Racewalk	9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B (Combined when possible)	TF

4:00 pm

400IH	15-16B, 17-18B, 15-16G, 17-18G	TF
200LH	13G, 13B, 14G, 14B	TF
4 x 800 Relay	ALL DIVISIONS	TF

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

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time.

Times are shown.

NOTE: JAVELIN WILL BE THROWN ON A GRASS RUNWAY.

11:00am

Turbo Javelin	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B	F
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1:00pm

Javelin	17-18B, 17-18G, 15-16G, 15-16B, 14G, 14B, 13G, 13B	F
Long Jump	9G, 9B, 10G, 10B.....	F

2:00pm

Pole Vault	13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B	F
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SATURDAY, JULY 4, 2020

RUNNING EVENTS—Start at 8 am

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time.

8:00am	3000M *	ALL DIVISIONS	TF
9:15am	100M **	ALL DIVISIONS	SF
10:40am	400M	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B.....	TF
12:00	110H (39")	15-16B, 17-18B.....	TF
	100H (33")	13B, 14B, 15-16G, 17-18G.....	TF
	100H (30")	13G, 14G.....	TF
	80H (30")	11G, 11B, 12G, 12B.....	TF
1:00pm	200M	ALL DIVISIONS	SF
3:00pm	4 x 100 Relay	ALL DIVISIONS	TF

*Some distance races (example 1500m) might be combined

**If not enough runners in the SF, heat will be run as final at the scheduled time.

FIELD EVENTS—Start at 8 am

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

Age divisions might be combined with other divisions. It is strongly suggested that athletes be ready to go at the scheduled time AT 8:00AM.

Long Jump	17-18G, 15-16G, 14G, 13G, 12G, 11G, 8G (North Pit) 17-18B, 15-16B, 14B, 13B, 12B, 11B, 8B (South Pit)	F
High Jump	9G, 10G, 9B, 10B, 11G, 12G, 11B, 12B, 13G, 14G, 13B, 14B, 15-16G, 17-18G 15-16B, 17-18B....	F
Discus	11G, 12G, 11B, 12B, 13G, 14G, 13B, 14B, 15-16G, 17-18G, 15-16B, 17-18B	F

SUNDAY, JULY 4, 2020

RUNNING EVENTS—Start at 8 am

Age divisions might be combined with other divisions (example IB and YM). It is strongly suggested that athletes be ready to go at the scheduled time.

8:00am	1500M*	ALL DIVISIONS	TF
9:00am	100M	ALL DIVISIONS	F
9:45am	400M	13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B.....	TF
10:45am	800M*	ALL DIVISIONS	TF
12:15pm	200M	ALL DIVISIONS	F
1:15pm	4 X 400 relay	ALL DIVISIONS	TF

*Some distance races (example 1500m) might be combined

FIELD EVENTS—First divisions start at 8 am

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

Age divisions might be combined with other divisions (example IB and YM). It is strongly suggested that athletes be ready to go at the scheduled time AT 8:00AM.

8:00am			
Shot Put	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B (East Ring)	F	
	12G, 12B, 13G, 14G, 15-16G, 17-18G, 15-16B, 17-18B (West Ring)	F	
Triple Jump	13G, 14G, 13B, 14B, 15-16G, 17-18G, 15-16B, 17-18B (North Pit)	F	

2020 AAU EVENT STANDARDS



THROWING IMPLEMENTS USED

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN	TURBO JAVELIN
8G, 8B	4 lbs	-----	-----	300 grams
9G, 9B	6 lbs	-----	-----	400 grams
10G, 10B	6 lbs	-----	-----	400 grams
11G, 11B	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	-----	400 grams
12G, 12B	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	-----	400 grams
13G	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
13B	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
14G	6 lbs	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
14B	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
15-16G)	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
15-16B	12 lbs	1.6 kg (3 lbs 9 oz)	800 grams	
17-18G	4 kg	1.0 kg (2 lbs 3 ¼ oz)	600 grams	
17-18B	12 lbs	1.6 kg (3 lbs 9 oz)	800 grams	

OUTDOOR MEET HURDLE RACES

EVENTS	AGE DIV	# of HURDLES	HURDLE HEIGHT	TO 1 st HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
80m	11G	8	30"	12m	7.5m	15.5m
	11B	8	30"	12m	7.5m	15.5m
	12G	8	30"	12m	7.5m	15.5m
	12B	8	30"	12m	7.5m	15.5m
100m	13G	10	30"	13m	8.5m	10.5m
	13B	10	33"	13m	8.5m	10.5m
	14G	10	30"	13m	8.5m	10.5m
	14B	10	33"	13m	8.5m	10.5m
	15-16G	10	33"	13m	8.5m	10.5m
	17-18G	10	33"	13m	8.5m	10.5m
110m	15-16B	10	39"	13.72m	9.14m	14.02m
	17-18B	10	39"	13.72m	9.14m	14.02m
200m	13G	5	30"	20m	35m	40m
	13B	5	30"	20m	35m	40m
	14G	5	30"	20m	35m	40m
	14B	5	30"	20m	35m	40m
400m	15-16G	10	30"	45m	35m	40m
	17-18G	10	30"	45m	35m	40m
400m	15-16B	10	36"	45m	35m	40m
	17-18B	10	36"	45m	35m	40m

AAU West Coast National Championships Multi Event Championships



SCHEDULE OF EVENTS

Multi-Events Information

- The goal is that all events will be run in the order listed below. Adjustments may be made based on availability of field event competition areas.
- Intermediate Boys and Young Men pole valuator may compete on separate pits (if available).
- Starting height will be 7' or 2.13m.
- 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 ups. 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.

THURSDAY, JULY 2, 2020

8:00am	Triathlon	9B,10B (Combined) HJ, SP, 400M
	Triathlon	9G, 10G (Combined) SP, HJ, 200M
8:30am	Decathlon	15-16B, 17-18B (Combined) 100M, LJ, SP, HJ, 400M
8:45am	Heptathlon	15-16G, 17-18G (Combined) 100H, HJ, SP, 200M
9:00 am	Pentathlon	13B, 14B (Combined) 100H, LJ, SP, HJ, 1500M
9:15 am	Pentathlon	13G, 14G (Combined) 100H, HJ, SP, LJ, 800M
10:00 am	Pentathlon	11B, 12B (Combined) 80H, LJ, SP, HJ, 1500M
10:15 pm	Pentathlon	11G, 12G (Combined) 80H, LJ, SP, HJ, 800M

FRIDAY, JULY 3, 2020

8:00am	Decathlon	15-16B, 17-18B (Combined) 110H, DT, JT, PV, 1500M
	Heptathlon	15-16G, 17-18G (Combined) LJ, JT, 800M

ATTENTION

Several events from the Track and Field Championships start on Friday and run concurrently with the final day of the Multi-Event Meet.

