



**MINNESOTA AAU 2010  
NATIONAL QUALIFIER TRACK AND FIELD MEET  
JULY 1 & 2 – MULTI EVENTS AND STEEPLECHASE  
JULY 3 & 4 – TRACK AND FIELD EVENTS**

- Location:** Brooklyn Center High School  
6500 Humboldt Ave.  
Brooklyn Center, MN 55430
- Eligibility:** All athletes who have achieved a legal mark in a District Meet are eligible to compete in the AAU National Qualifier. Relay teams entered must have competed at the District level. Relay team guidelines will be strictly enforced in accordance with the 2010 AAU Athletics Handbook. Athletes competing in Multi-events, Steeplechase or Pole Vault are exempt from previously competing in a District Meet.
- Advancement:** The top four finishers in each event will qualify to participate in the National Junior Olympic Games in Norfolk, Virginia. Note that the final AAU Junior Olympic Games schedule will be posted on July 28<sup>th</sup> at: [www.aauathletics.org](http://www.aauathletics.org)
- Awards:** AAU Medals will be awarded to the top three performers in each event

**Meet Format:** Meet will proceed on a “rolling schedule”. An approximate time schedule is provided below, 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 fewer will be run as a final.

**Age Divisions:** The athlete’s year of birth determines the competitive division as follows:

Primary	2002 & after
Sub-bantam	2001
Bantam	2000
Sub-midget	1999
Midget	1998
Sub-youth	1997
Youth	1996
Intermediate	1994-1995
Young*	1992-1993

\*Athletes who are 18 years old through the final day of the National AAU Track and Field Meet will be eligible to compete in the Young Men and Young Women’s divisions.

- Eligibility:** Current AAU membership is required. Memberships can be obtained and/or renewed online at [www.aausports.org](http://www.aausports.org)
- Cost:** Cost will be \$24.00 per athlete regardless of number of events contested.
- Meet T Shirts will be on sale.
- How to Register:** **ENTRIES WILL ONLY BE ACCEPTED ONLINE AT [www.coacho.com](http://www.coacho.com)**  
**Online registration deadline June 29, 2010. (Closes at 11:59 p.m.)**  
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 (cell: 612-850-1990).**  
THERE WILL BE NO EXCEPTIONS AND NO DAY OF MEET REGISTRATION WILL BE PERMITTED.
- Event Limits:** Primary, Sub-bantam, Bantam, Sub-midget & Midget: Maximum of 3 events.  
Sub-youth, Youth, Intermediate, Young Men/Women: 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.
- 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.
- No dogs**, except service dogs will be permitted inside the stadium.
- Shower and locker rooms** will not be available. Athletes must come to the track dressed and ready to compete.
- Restroom** facilities will be available.
- Warm-ups** will be restricted to designated areas and will not be allowed on the track while an event is underway.
- Spikes:** Maximum spike size will be ¼" pyramid type. Needle spikes will not be permitted.
- Bib Numbers:** Athletes' bib numbers will be distributed at the venue upon check-in and must be worn on the front of the competition shirt at all times of competition. There will be a \$10.00 charge for replacement of a lost bib number. Replacement bib numbers can be purchased at the check-in/awards table.

**Inclement weather:** Weather related delays or scheduling changes will be at the sole discretion of the Meet Director.

**Spectator Admission:** Spectator admission is \$5.00 per day. Children 10 and under are admitted at no charge. **(Please notify parents)**

**Accommodations: Host Hotel** Crown Plaza Brooklyn Center 763-566-8000 / \$79.00 **(Incl Breakfast)**

American Inn Lodge & Suites - Brooklyn Center 763-566-7500 / \$74.00

Comfort Inn - Brooklyn Center Brooklyn Center 763-560-7464 / \$68.00

Country Inn & Suites - Brooklyn Center Brooklyn Center 763-561-0900 / \$75.00

Days Inn - Brooklyn Center Brooklyn Center 763-561-8400 / \$62.90

Embassy Suites - Brooklyn Center Brooklyn Center 763-560-2700 / \$99.00

**Protests:** Protests relating to matters that develop during the conduct of the meet must be made to the Meet Director/Referee 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 2010 AAU Athletics handbook and the USATF Rulebook in rendering a decision. 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.

**Results:** Results will be posted online at [www.aauathletics.org](http://www.aauathletics.org) and [www.wayzataresults.com](http://www.wayzataresults.com)

**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 5 days of the conclusion of the meet. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding rules of competition will follow the AAU Athletics Handbook.

**Meet officials:** Meet Directors – Melvin Anderson - Email: [aautrackdirector@gmail.com](mailto:aautrackdirector@gmail.com)  
- Number: 612-486-6730 Ext 10  
Jack Mayeron - Email: [jmayeron@youthdetermined.org](mailto:jmayeron@youthdetermined.org)  
Number: 612-486-6730 Ext 12

Online entry & Results – Josh Gerber, Wayzata Results ([wayzataresults.com](http://wayzataresults.com))  
Email: [josh@wayzataresults.com](mailto:josh@wayzataresults.com)

**JUNIOR OLYMPIC NATIONAL MEET  
DECLARATION & REGISTRATION INFORMATION**

Those athletes that qualify for the AAU Junior Olympic Games in Norfolk, Virginia must declare and register for the meet at [www.coacho.com](http://www.coacho.com) before July 22, 2010. No entries will be accepted after Midnight EST (9:00pm on the West Coast) July 22, 2010. Do not jeopardize your athlete's chance of competing by not completing this step before the AAU Junior Olympic Games.

- 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](http://www.aausports.org) to obtain their membership.

**MULTI EVENTS  
THURSDAY, JULY 1**

<b>TIME</b>	<b>EVENT</b>	<b>AGE GROUP</b>	<b>RACE</b>
<b>12:00 Noon</b>	Decathlon	IB (Day 1)	100 M, LJ, SP, HJ, 400 M
12:15 PM	Pentathlon	SYG (Finals)	100 M Hurdles SP, HJ, LJ, 800 M
12:30 PM	Pentathlon	SYB (Finals)	100 M Hurdles, SP, HJ, LJ, 1500 M
1:00 PM	Decathlon	YM (Day 1)	100 M, LJ, SP, HJ, 400 M
1:30 PM	Heptathlon	IG (Day 1)	100 M Hurdles, HJ, SP, 200 M
1:45 PM	Heptathlon	YW (Day 1)	100 M Hurdles, HJ, SP, 200 M
1:00 PM	Triathlon	SBG - BG (Finals)	SP, HJ, 200 M
	Triathlon	SBB – BB (Finals)	SP, HJ, 400 M

**MULTI EVENTS AND STEEPLECHASE  
FRIDAY, JULY 2**

<b>TIME</b>	<b>EVENT</b>	<b>AGE GROUP</b>	<b>RACE</b>
<b>10:00 AM</b>	Heptathlon	IG (Day 2)	LJ, Jav, 800 M
	Heptathlon	YW (Day 2)	LJ, Jav, 800 M
	Pentathlon	SMG, MG (Finals)	80 M Hurdles, SP, HJ, LJ, 800 M
10:15 AM	Pentathlon	SMB, MB (Finals)	80 M Hurdles, SP, HJ, LJ, 1500 M
10:30 AM	Decathlon	IB (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
10:45 AM	Decathlon	YM (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
12:30 PM	Pentathlon	YG (Finals)	100 M Hurdles, SP, HJ, LJ, 800 M
12:45 PM	Pentathlon	YB (Finals)	100 M Hurdles, SP, HJ, LJ, 1500 M

**4:00 P.M 2000 METER STEEPLECHASE (IG & YW FOLLOWED BY IB & YM)**

**IMPORTANT NOTE: STEEPLECHASE COMPETITION WILL BE HELD AT THE UNIVERSITY OF MINNESOTA  
Bierman Athletic Field, 516 15<sup>th</sup> Avenue SE Minneapolis, MN 55455**

**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.

- The Intermediate Boys and Young Men Pole will compete on separate pits. Starting height will be 7' or 2.13 meters.
- 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  
NATIONAL QUALIFIER – JULY 3 & 4, 2010**

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

**SATURDAY TRACK SCHEDULE**

9:30	COACHES MEETING
10:00	100 METER PRELIMS/FINALS - SEE NOTE ABOVE
11:30	800 METER FINALS
12:30	200 METER PRELIMS/FINALS – SEE NOTE ABOVE
2:15	1500 METER FINALS
3:15	4 X 100 METER RELAY FINALS (15 Minute Recovery Break)
4:00	4 x 400 METER RELAY FINALS

**SATURDAY FIELD SCHEDULE**

	High Jump	Long Jump	Shot Put	Discus	JAVELIN
10:00	SMG & MG	SYG & SYB	YW & WM	IG & IB	
10:45	SMB & MB	YG & YB	IG & IB	YW & YM	
11:30	YW & YM		SYG & SYB	SMG & SMB	
12:15	IG & IB	SMG & SMB	YG & YB	MG & MB	
1:00	SBG & BG	MG & MB	SMG & SMB	SYG & SYB	
1:45	SBB & BB		MG & MB	YG & YB	
2:30	SYG & YG	IG & IB			
3:15	SYB & YB	YW & YM			
4:00					ALL CONTESTANTS

**SUNDAY TRACK SCHEDULE**

9:30	3000 METER RUN
10:15	80/100/110/ METER HURDLE FINALS
11:00	100 METER FINALS
11:45	400 METER FINALS
1:30	200M/400M HURDLES
2:00	200 METER FINALS
3:00	4 x 800 METER FINALS

**SUNDAY FIELD SCHEDULE**

	LONG JUMP	TRIPLE JUMP	SHOT	POLE VAULT
9:30	PG & PB		SBG & SBB	ALL CONTESTANTS
10:30	BG & BB		PG & PB	
11:30	SBG & SBB		BG & BB	
12:30				
1:00		ALL CONTESTANTS		