

1. **Note: The manufacturers must include, on each pole, a pole rating that shall be a minimum of 3/4" in contrasting color located within or above the top handhold position with the exact position determined by the manufacturer.**
 - iii. A competitor who has passed three consecutive heights after competition has begun may be permitted one warm-up jump without the crossbar in place. The warm-up jump must be at a height change and the athlete must enter competition after the warm-up. It is the athletes responsibility to request a warm-up jump.
 - c. **Check In Procedures**
 - i. Field Event athletes should report to the chief official of that event, no less than thirty (30) minutes prior to the scheduled start of that event. Athletes, who fail to report prior to the completion of the first attempt of their designated flight, **will forfeit their ability to compete in that event.**
- 4. Multi Events**
- a. In order to promote a larger participation in combined events (triathlon, pentathlon, heptathlon and decathlon), it is strongly suggested that the Multi-Events Championships be held on a date other than that of the Track and Field Championships.
 - i. **Order of Events**
 1. It is recommended that the order of events in the Multi-Events remain as listed in this handbook.

TRIATHLON	
SUB BANTAM & BANTAM DIVISION	
BOYS	GIRLS
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
400m Dash	200m Dash

PENTATHLON	
SUB MIDGET & MIDGET DIVISION	
BOYS	GIRLS
80m Hurdles (8-30")	80m Hurdles (8-30")
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500 m Run	800 m Run

PENTATHLON	
SUB YOUTH & YOUTH DIVISION	
BOYS	GIRLS
100m Hurdles (10-33")	100m Hurdles (10-30")
Shot Put (4 kg)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500 m Run	800 m Run

HEPTATHLON	
INTERMEDIATE GIRLS & YOUNG WOMEN DIVISION	
DAY 1	DAY 2
100m Hurdles (10-33")	Long Jump
High Jump	Javelin (600g)
Shot Put (4 kg)	800m Run
200m Dash	
*The Heptathlon shall consist of seven (7) events, which shall be held on two (2) consecutive days in the order above.	

DECATHLON	
INTERMEDIATE BOYS & YOUNG MEN DIVISION	
DAY 1	DAY 2
100m Dash	110m Hurdles (10-39")
Long Jump	Discus (1.6 kg)
Shot Put (12 lbs.)	Pole Vault
High Jump	Javelin (800g)
400m Dash	1500m Run
*The Decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the order above. The hurdle distance will be the same as in individual track events.	

b. Rules and Regulations

- i. The following competitive rules of the USATF for Multi-Events (combined) shall apply.
 1. In the long jump, shot put, discus throw and the javelin throw, each competitor shall be allowed three (3) trials only.
 2. In running events and hurdles, a competitor shall be disqualified on their second false start.

c. Scoring Tables

- i. Scoring of Combined (multi-event) events shall be in accordance with the current IAAF tables, the same as is in USATF Youth Athletics. Boys hurdle races shorter than 110 meters are scored from the men's 110 Meter Hurdles tables. Girls hurdle races shorter than 100 meters are scored from the women's 100 Meter Hurdles tables. Times for the Midget Boys' 80 Meter Hurdles shall be multiplied by 1.13 prior to entering the tables; for the Midget Girls' 80 Meter Hurdles, multiply by 1.07.

d. Points

- i. Points shall be awarded for each event. The winner shall be the competitor who has scored the highest number of points in all events awarded on the basis of the scoring tables. In case of a tie, the winner shall be the competitor scoring the greatest number of points in a majority of events. If the tie still continues, the winner shall be the competitor scoring the greatest number of points in any one of the ten events. This procedure shall apply to ties for any place in the competition.

e. Timing

- i. In running events, each competitor shall be either hand timed by three (3) watches, or fully automatic timed (FAT). If the meet is being hand timed by three watches, it is recommended that alternate lanes be used. (2 - 4 - 6 - 8). If by FAT, all eight lanes may be used.

f. Failing to Start or Take a Trial

- i. A competitor failing to start or take a trial in any event of the competition shall be considered to have abandoned the competition and shall not be allowed to participate in any following events. He/she shall therefore not be included in the final placing or scoring.

5. Competition Types

a. National Championships

- i. With the exception of the Junior Olympic Games, Club Championship, and West Coast Junior Olympic Games the Chairman will select the National Meet Coordinator and Awards Chair for National Championship Meets. The Meet Coordinator will also appoint the Information Center Chief; Jury of Appeals; Protest Table; Referee and will have final approval of all other certified (USATF) officials.
- ii. All National Qualifier and National Championship Meets, with the exception of the Junior Olympic Games, Club Championship and West Coast Junior Olympic Games shall be under the direction of the AAU Athletics Executive Committee.
- iii. In track and field, National Championship meets shall be contested on a 400-meter track with no fewer than eight lanes. The track must be an all-weather covered and lighted track in championship condition, and be able to furnish all extra pits and throwing areas required by the National Committee for a championship meet.
- iv. A finish recording system, as described by rule 165 in the USATF competition rules, producing a photograph or film depicting place and time, shall be used for all National Championship meet events contested on the track. This system shall be activated by the starter's pistol.
- v. Approved measuring equipment shall be used to verify the weight of throwing implements, as well as the length of attempts, heights, etc., for all throwing and jumping events contested.
- vi. Throwing implements, starting blocks, and relay batons will be furnished by the national meet host and/or AAU Athletics Program; this does not preclude the use of the athlete's own implement if they meet the required weight and measurement specifications. When accepted, implements become the property of the meet until that event has been completed. Competitors must provide their own **pole vault poles**.

b. Club Championship

- i. The AAU National Club Championship will be held each year at the ESPN Wide World of Sports Complex in Orlando, Florida. The Club Championships have been designed to place an emphasis on the team aspect of the sport and to add another National Championship Meet to the AAU Athletics Program. It also provides additional participation opportunities for individual athletes against national caliber competition.
 1. The AAU Club Championship is open to any athlete or club that is a current registered member or Club of the AAU, regardless of National affiliation.
 2. Teams/clubs will be scored to determine each age division winner and the overall National Club Champion. Scoring will be for eight (8) places, (10-8-6-5-4-3-2) in all events.
 3. Foreign athletes are not eligible to advance from the National Club Championships to the AAU National Jr. Olympic Games.