



2007 AAU Adirondack District Youth Track and Field Championships *Sanctioned by AAU*

Date: Friday, June 15 – Saturday June 16

Site: South Jefferson Central School District Track, Adams Center, NY

Host: North Country Cruisers Track and Field Club

Meet Director: Laura Ornelas (315)232-9699 Email Cruiserstrack@aol.com

Divisions contested based on birth year: Primary 1999 and after, Sub-Bantam 1998, Bantam 1997, Sub-Midget 1996, Midget 1995, Sub-Youth 1994, Youth 1993, Intermediate 1991 – 1992, Young Men / Women 1989 – 1990.

Entry Information: \$15.00 per athlete. Registration is **PRE-ENTRY ONLY**. Registration is in person or by mail only and must be **received** no later than June 8, 2007. Registration at North Country Cruisers practices or by mail to Laura Ornelas 67 North Park St. Adams, NY 13605. Registration forms can be printed from the handout section of www.northcountrycruisers.net. Practice schedule is also available on that website on the "My site news" section. Event additions and corrections can be made by phone or email up to 9:00 PM on deadline date. **No changes or entries will be accepted after deadline.**

Primary through Midget are restricted to 3 events per athlete, including relays. Sub-Youth and Youth are restricted to 4 events, including relays. **All entry fees are to be paid with cash or money order to North Country Cruisers Track Club. There will be no refunds.**

AAU membership may be acquired online at www.ausports.org.

Qualification: To advance to the 2007 AAU Region 1 Championship held at Memorial Stadium, New Brunswick, NJ June 29 – July 1, athletes must place 1st through 8th in an individual event or relay.

Awards: There will be ribbon awards for the 1st – 6th place athletes in each event. 1st – 8th will qualify to advance to the Regional Championships.

Registration for advancement to the Regional Championship can only be done at this District Championship Meet. Please be prepared to advance your athlete. Advancement is \$20 per athlete – Cash Only – Due on the date of the District competition.

Misc: There are no dressing rooms on site. Competitors must supply their own implements, ¼ in. pyramid spikes are the **ONLY** spikes allowed.

DIRECTIONS: [South Jefferson Central School Track.](#)

[I – 81 N. or S. to Adams Center Exit. From the north, turn left off exit. From the south, turn right off exit. At stop light, go straight. Turn right \(about 100 meters from light\) into school bus parking area. Pass bus garage to track parking lot.](#)

Age Division Events

Primary Division (PRB, PRG)

100, 200, 400 & 800 meters. Long Jump, Shot Put (6 lbs)

Sub Bantam Division (SBB, SBG)

100, 200, 400, 800, 1500 meters, 4 x 100 relay, 4 x 400 relay, Shot Put (6 lbs), Long Jump, High Jump.

Bantam Division (BB, BG)

100, 200, 400, 800, 1500, 3000 meters, 80 m hurdles, Long Jump, Shot Put (6 lbs), High Jump, 4 x 100 relay, 4 x 400 relay

Sub Midget Division (SMB, SMG)

100, 200, 400, 800, 1500, 3000 meters, 80 m. hurdles, Long Jump, High Jump, Shot Put (6 lbs), Discus (1K), 4 x 100 relay, 4 x 400 relay, 4 x 800 relay

Midget Division (MB, MG)

100, 200, 400, 800, 1500, 3000 meters, 80 m. hurdles, 4 x 100 relay, 4 x 400 relay, 4 x 800 relay, Long Jump, High Jump, Shot Put (6 lbs), discus (1K)

Sub Youth and Youth divisions (SYG, SYB, YG, YB)

100, 200, 400, 800, 1500, 3000, 100m hurdles (b=33" g=30"), 200m hurdles (30"), Long Jump, High Jump, Triple Jump, shot put (G 6lbs, B 4K), Discus (1K)

Intermediate and Young Men / Women

All events + Steeple Chase and 400 m hurdles. See AAUathletics.org for more information.

ORDER OF EVENTS

Friday June 15, 5:30 PM

Rolling Schedule No open pit

Triple Jump Pit #1	YM, YW, IB, IG, YB, YG, SYB, SYG
Long Jump Pit #2	PB, PG, BG, BB, SBB, SBG, MG, MB, SMB, SMG, MG, MB, SYB, SYG, YB, YG, IB, IG, YM, YW
High Jump	SYB, SYG, YB, YG, IB, IG, YM, YW, MB, MG, SMB, SBB, BG, BB, SBB, SBG
Shot Put	SMB, SMG, MB, MG, PB, PG, SBB, SBG, BB, BG, SYB, SYG, YB, YG, YM, YW, IB, IG
Discus	YB, YG, SMB, SMG, MB, MG, SYG, SYB, IG, IB, YM, YW

Saturday June 16, 2007
Start time 8:30 AM
Rolling Schedule

4 x 800 relay	all divisions beginning with SMB
3000 M run	all divisions beginning with SMB
400 M hurdles	IG, YW, IB, YM
200 M hurdles	SYG, YG, SYB, YB
4 x 100 M relay	All Divisions beginning with SMB
80 M hurdles	SMG, MG, SMB, MB
100 M hurdles	SYG, SYB, YG, YB, IG, IG, YW
110 M hurdles	IB, YM
100 M dash	all divisions beginning with primary
400 M dash	all divisions beginning with primary
800 M run	all divisions beginning with primary
200 M dash	all divisions beginning with primary
4 x 400 relay	all divisions except primary beginning with SBG
1500 meter run	all divisions except primary beginning with SBG