

AAU Track & Field Region Breakdown	
Region	Districts
1	New England, Adirondack, Niagara, Connecticut, Metropolitan, New Jersey
2A	Middle Atlantic, Maryland, Western Pennsylvania
2B	Potomac Valley, Virginia
3A	North Carolina, Southeastern
3B	South Carolina, Georgia
4	Florida, Florida Gold Coast
5	Hawaiian
6A	Lake Erie, Ohio, Michigan, West Virginia
6B	Indiana, Central, Kentucky
7A	Wisconsin, Minnesota
7B	Iowa, Nebraska
8	Missouri Valley, Ozark, Oklahoma, Arkansas
9A	South Texas, West Texas, Southwestern
9B	Southern
9C	Gulf, Southwestern
10A	New Mexico, Arizona
10B	Colorado, Utah
11	Montana, North Dakota, South Dakota, Wyoming
12	Alaska, Inland Empire, Pacific Northwest, Oregon, Snake River
13A	Central California, Pacific
13B	Southern Nevada, Southern Pacific, Pacific Southwest
14	Mid East and expatriate US Citizens
15	Puerto Rico, Far East, US Virgin Islands