



AMATEUR ATHLETIC UNION

Potomac Valley District

**Track and Field
Championship**
June 14-15, 2008



Charles Herbert Flowers High School

10001 Ardwick-Ardmore Road
Springdale, Maryland

Hosted by the

TRACK EXPRESS TRACK CLUB



REGISTRATION WILL BE ON COACHO www.coacho.com

REGISTRATION WILL BE ON COACHO www.coacho.com

MEET DIRECTOR: Darryl Hamilton (301) 379-6413

MEET CONTACT: Anthony Dozier (301) 440-7226

DEADLINE FOR ENTRIES AND FEES:

1. The fees per athlete are as follows:
 - a. Track and Field \$15.00
2. **Track and Field Competition:** All entries and fees must be **received by** Wednesday, June 11, 2008.
3. **A late registration fee of \$5.00 will be assessed to any late entries accepted by the Meet Director. Acceptance of late entries is within the sole discretion of the meet director. NO TEAM WALKUPS WILL BE ACCEPTED, NO EXCEPTIONS.**
4. All entry fees may be sent to the address listed below and must be in the form of either a cashier's check or money order made payable to the:

Track Express Track Club, Inc.
c/o Anthony Dozier
26 Thurston Drive
Upper Marlboro, MD 20774

AAU Membership: All athletes and coaches must be members of the PVAAU District in order to participate in the district meet and must be able to present their AAU card at the time of check-in. For additional membership information contact: Johnnie Mae Armstrong 301-460-1569 or register on-line at www.aausports.org.

PROOF OF AGE: Proof of age is required and must be available for review during the competition. Acceptable documents include: birth certificates, US passport, US Government documents, certified baptismal record, Indian tribal enrollment certificate, Bureau of Indian Affairs, or state drivers' license. Athletes competing in an incorrect age group **will be disqualified from that event.** Intentional or repeated participation in an incorrect age group may result in disqualification from the entire competition. It is the coaches' ultimate responsibility to ensure participation in the correct age group.

STICKERS: All competitors are responsible for having stickers for each event they participate in. The sticker must contain the following information: name, club status, birth year, event, sex.

REGISTRATION WILL BE ON COACHO www.coacho.com

AWARDS: Awards and information packets will be available for pick up when event results are announced and posted. AAU Championship Medals will be awarded to 1st – 3rd place finishers and ribbons for 4th-8th place finishers in each event.

ADVANCEMENT: The top 8 in each event advance to the AAU Region II Championship Meet, in Upper Marlboro, MD July 10-13, 2008.

VOLUNTEERS: Are welcome.

PROTEST PROCEDURES: The meet director must be notified in writing within 30 minutes of the perceived infraction. A fifty (\$50.00) dollar **non-refundable** fee is required at the time of the protest. The decision of the jury of appeals is final.

FACILITIES: Eight? lane track, runways, and aprons require ¼” spikes or less.

CLEAN-UP: Trash bags will be provided. Please keep your area clean. Coaches who fail to ensure that their respective team areas are appropriately maintained and cleaned may be precluded for further participation in the meet.

EQUIPMENT: Each team/athlete must supply their own field event implements, starting blocks, and batons. However, it may be necessary to select a field implement as the Official Implement to be used by all of the competitors. Blocks are only permitted in the finals of the 100m.

ADDITIONAL NOTES (General): Sections, heats, flights may be combined at the discretion of the meet director or field event judges.

ONLY MEET OFFICIALS ARE ALLOWED ON THE FIELD, TRACK, OR IN THE CLERKING AREA. ONLY ATHLETES WHOSE EVENT HAS BEEN CALLED ARE ALLOWED ON THE TRACK, FIELD OR IN THE CLERKING AREA. ATHLETES MUST REPORT TO THE CLERKING AREA DRESSED FOR COMPETITION.

REGISTRATION WILL BE ON COACHO www.coacho.com

ORDER OF EVENTS:

Note: Athletes must be available to check-in 30 minutes prior to the scheduled start of the event. Athletes should proceed to check-in on the first call. Once the final call is made for an event, the athlete will have 5 remaining minutes to check-in. Late check-ins will not be permitted. The meet will proceed on a rolling schedule.

Saturday June 14, 2008

8:00 am First Call

8:30 am

- | | |
|---------------------------|--------------------------|
| • 80 m Hurdles (S) | SMG, MG, SMB, MB |
| • 100 m Hurdles (S) | SYG, YG, SYB, YB, IG, YW |
| • 110 m Hurdles (S) | IB, YM |
| • 3000 m run (F) | SMG-YM |
| • 100-Meter Dash (S) | All ages |
| • 800 m Run (F) | All ages |
| • 200 m Run (S) | All ages |
| • 1500m Racewalk | SBG-MB |
| • 400 m Hurdles (F) | IG-YM |
| • 200 m Hurdles (F) | SYG, YG, SYB, YB |
| • 4 X 100 Meter Relay (F) | BG-YM |

FIELD EVENTS

9:30 am Sign-in Advancement (Athlete must be present to advance)

- | | |
|----------------------------|--------|
| • 2000 m Steeplechase (F)* | IG-YM |
| • Javelin* | SYG-YM |
| • Pole Vault* | SYG-YM |

9:00 am

- | | |
|-------------|--------|
| • Discus | SMG-YM |
| • High Jump | SBG-YM |
| • Long Jump | YM-SYG |

12:00 pm

- | | |
|------------|---------------|
| • Shot Put | MB down to PG |
|------------|---------------|

***The steeple chase, javelin and pole vault will be advanced. However, athletes must register for the event and sign-in at the designated time.**

ORDER OF EVENTS:

Sunday June 15, 2008

Track and Field Events

9:00 am

- 4x800 Relay (F) SMG-YM
- 100 m dash (F) All ages
- 1500m Run (F) All ages
- 400 m (F) All ages
- 3000 m Race walk (F) SYG-YM
- 80 m Hurdles (F) SMG-MB
- 100 m Hurdles (F) SYG, YG, SYB, YB, IG, YW
- 110 m Hurdles (F) IG, YM
- 200 m Run (F) All ages
- 4 X 400 Meter Relay (F) BG-YM

Field Events

9:30 am

- Long Jump PG up to MB
- Shot Put SYG-YM

11:30 am

- Triple Jump SYG-YM

2008 PVAAU District Championship

Track and Field
Individual Entry Form

Name _____
Last, First MI

Address _____

City _____ State _____ Zip _____

PVAAU Club Membership Number: **PVATY6FKA9**

Club Name **Track Express Track Club**

Birthdate _____
Month Day Year

AAU Card # _____

Age group is determined by the year of birth as of December 31, 2008

- | | |
|---------------------------------------|--|
| _____ Primary Boys (2000 and younger) | _____ Primary Girls (2000 and younger) |
| _____ Sub Bantam Boys (1999) | _____ Sub Bantam Girls (1999) |
| _____ Bantam Boys (1998) | _____ Bantam Girls (1998) |
| _____ Sub Midget Boys (1997) | _____ Sub Midget Girls (1997) |
| _____ Midget Boys (1996) | _____ Midget Girls (1996) |
| _____ Sub-Youth Boys (1995) | _____ Sub-Youth Girls (1995) |
| _____ Youth Boys (1994) | _____ Youth Girls (1994) |
| _____ Intermediate Boys (1993-1992) | _____ Intermediate Girls (1993-1992) |
| _____ Young Men (1991-1990)** | _____ Young Women (1991-1990)** |
- (** Exception: 1989 if born 8/6/89-12/31/89)

Events:

1. _____
2. _____
3. _____
4. _____

(4th event for Sub-youth through Young Men/Young Women Age groups. Relay participation counts as an event)

****DISCLAIMER****

In consideration of my team/individual entry into the competition known as the PVAAU District Championship, I, intending to be legally bound, do hereby for my team/individual, executors and administrators, waive release and forever discharge any and all rights for claims and damages, including any claims for loss, damages or injury to my team/individual personnel or property arising out of my team/individual performance or failure of performance from the Track Express Track Club, their agents, representatives, successors, volunteers and assigns.

I certify that to the best of my knowledge and belief, all team/individual members are in good physical condition and have no disease or injury that would impair performance in competition. I, the undersigned, declare on my honor that my team/individual is of amateur status, and I also give permission for the use of my team/individual name and or picture to appear in any official documentary, sponsor advertisement, newspaper, broadcast, telecast, or other account of this event.

TEAM/INDIVIDUAL NAME _____

ADDRESS _____

COACHE'S/INDIVIDUAL NAME _____

PHONE _____

SIGNATURE _____

DATE _____