



**District Championship
Forrestview High School
Gastonia, NC**

COACHES/TEAM INFORMATION

- Registration:** NCAAU District Track and Field Championship
June 21-22, 2008
Register: www.coacho.com
Registration begins 5/1/2008 and will close 6/13/2008 12midnight
- Championship meet:** Forrestview High School, 5545 Union Rd, Gastonia, NC
- Registration fee:** \$15.00 per athlete. Steeplechase will be held at the University of Tennessee during the Regional Championship. Must register on the District level in order to compete in Knoxville, Tennessee. NOTE: credit card payment only at time of registration
- Advancement:** Top 8 athletes in each age division and each event, including relays will advance to the Regional Track meet at the University of Tennessee.
- Awards:** Medals to top 3 in each age division and ribbons 4th thru 8th place winners. 1st-3rd place overall team plaques.
- Package pick up:** June 20, 2008 from 5pm – 8pm, Courtyard by Marriott, 2865 Remount Rd, Gastonia, NC 28054 ---704/852-4111
- Admission:** \$4.00 per person per day 11 & up, ages 10 and under \$3.00
Coaches admitted free with valid District Credentials
Athletes with valid District Credentials admitted free & Children (6) and under admitted free
- Coaches Meeting:** June 20, 2008 from 7:30pm –8:00pm
Courtyard by Marriott, 2865 Remount Rd, Gastonia, NC 28054

Coach must show credential (AAU Card) to pick up registration package.
All coaches must bring AAU cards for athletes to pick up packages as well as each athlete birth certificate.

HOTEL INFORMATION:

Courtyard by Marriott and Fairfield Inn Gastonia:
2865 Remount Rd
Gastonia, NC 28054
704/852-4111

Rate: Fairfield Inn-Single/Double (including breakfast) \$80.00 per night –tax not included
Courtyard by Marriott-Single/Double (including continental breakfast) \$84.00 per night-tax not included.
Reservation: Must register by 5/30/2008 to guarantee rate.

Hosted by: The North AAU Association

2008 NCAAU DISTRICT TRACK AND FIELD CHAMPIONSHIP-JUNE 21-22, 2008

Events	PRIMARY		Sub Bantam		BANTAM		SUB MIDGET		MIDGET		SUB YOUTH		YOUTH		INTERMED.		YOUNG	
	G	B	G	B	G	B	G	B	G	B	B	G	G	B	G	B	WM	MEN
100M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
800M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500M	-	-	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3000M	-	-	-	-	-	-	X	X	X	X	X	X	X	X	X	X	X	X
R. Walk	-	-	1500	1500	1500	1500	1500	1500	1500	1500	3000	3000	3000	3000	3000	3000	3000	3000
H. Hur	-	-	-	-	-	-	80/30	80/30	80/30	80/30	100/30	100/33	100/30	100/33	100/33	110/39	100/33	110/39
Int. Hur	-	-	-	-	-	-	-	-	-	-	200/30	200/30	200/30	200/30	400/30	400/36	400/30	400/36
4x100M	-	-	-	-	X	X	-	-	X	X	X	X	X	X	X	X	X	X
4x400M	-	-	-	-	X	X	-	-	X	X	X	X	X	X	X	X	X	X
4x800M	-	-	-	-	-	-	X	X	X	X	X	X	X	X	X	X	X	X
LJ	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
TJ	-	-	-	-	-	-	-	-	-	-	X	X	X	X	X	X	X	X
HJ*	-	-	3'0"	3'2"	3'0"	3'2"	3'4"	3'4"	3'4"	3'10"	4'0"	4'6"	4'0"	4'6"	4'4"	5'6"	4'6"	5'8"
PV*	-	-	-	-	-	-	-	-	-	-	6'0"	7'0"	6'0"	7'0"	6'2"	8'0"	6'4"	9'0"
S. PUT	4LB	4LB	6LB	6LB	6LB	6LB	6LB	6LB	6LB	6LB	6LB	4KG	6LB	4KG	4KG	12LBS	4KG	12LBS
DISCUS	-	-	-	-	-	-	1KG	1KG	1KG	1KG	1KG	1KG	1KG	1KG	1KG	1.6KG	1KG	1.6KG
Javelin	-	-	-	-	-	-	-	-	-	-	600GR	600GR	600GR	600GR	600GR	800GR	600GR	800GR

X=EVENTS OFFERED IN AGE DIVISION

*STARTING HEIGHT IN HIGH JUMP/POLE VAULT SHOWN

SCHEDULE OF EVENTS

Running Events:

Saturday, June 21, 2008

8:00AM

- 4X800 (TF)
- 80M/100M/110M Hurdles (SF)
- 3000M RUN (TF)
- 200M/400M Hurdles (SF)
- 100M Dash (SF)
- 400M Dash (SF)
- 200M Dash (SF)
- 3000M Race walk (TF)
- 4x100M Relay (SF)

Sunday, June 22, 2008

9:00AM

- 1500M Run (TF)
- 200M Dash (F)
- 80M/100M/110M Hurdles(F)
- 400M Dash (F)
- 100M Dash (F)
- 200M/400M HURDLES (F)
- 800M Run (TF)
- 4x100M Relay (F)
- 1500M Racewalk (TF)
- 4x400M Relay (F)

Primary-8 & under (2000 & under)

Sub-Bantam-9 (1999)

Bantam-10 (1998) 996)

Sub Midget-11 (1997)

Midget-12(1996)

Sub-Youth-13 (1995)

Youth-14 (1994)

Intermediate-15/16 (1992-1:1989-1988)

Young Women-17/18 (1990-1991)

Young Men-17/18 (1990-1991)

Field Events:

Saturday, June 21, 2008

8:00AM

- Long Jump
- High Jump
- Shotput
- Pole Vault

Sunday, June 22, 2008

9:00AM

- Triple Jump
- Javelin
- Discus-Follows Javelin

IN THE LONG JUMP, TRIPLE JUMP, DISCUS, AND SHOTPUT, EACH COMPETITOR WILL BE ALLOWED 3 ATTEMPTS WITH 3 ADDITIONAL ATTEMPTS FOR THE 8 FINALISTS THE FOLLOWING RELAYS WILL BE RECOGNIZED AGE GROUPS: BANTAM: 4X100M AND 4X400M MIDGET, YOUTH, INTERMEDIATE, YOUNG MEN/WOMEN: 4X100M, 4X400M AND 4X800M

REMEMBER: PRIMARIES CAN RUN IN THE 4x100M Relay WITH THE BANTAMS, THIS WILL COUNT AS ONE OF THEIR EVENTS.

(SF)=SEMIFINALS (TF) = TIMEFINALS (F) = FINALS

EVENTS MAY RUN UP TO 1 HOUR AHEAD OF SCHEDULE. PLEASE LISTEN FOR YOUR EVENT CALL. WE WILL ONLY CALL EACH EVENT TWO TIMES.

AGE GROUPS OF LIKE SEX MAY BE COMBINED IN DISTANCES RACES/WALKS



2008

NCAAU 3A DISTRICT TRACK AND FIELD CHAMPIONSHIP

June 21-22, 2008

FORRSTVIEW HIGH SCHOOL

5545 UNION RD

GASTONIA, NC

HOSTED BY: NCAAU ASSOCIATION

REGISTER AT: COACHO.COM BY 6/13/2008

DIRECTIONS:

Going North I-85: Exit I-Exit 22 (Camerton/Lowell)

Make right on Main St for about ½ mile then left on Wilkerson Blvd (HWY 74E; right on Westover; then right on Lowell-Bethesda Rd or about 2 /2 miles which becomes Beatty Rd; continue on Beatty Rd for about 1 ½ miles to Union Road. Make left on Union Rd.

Going South I-85: Exit I-Exit 22 (Camerton/Lowell)

Make left on Main St for about ½ mile then left on Wilkerson Blvd (HWY 74E; right on Westover; then right on Lowell-Bethesda Rd or about 2 /2 miles which becomes Beatty Rd; continue on Beatty Rd for about 1 ½ miles to Union Road. Make left on Union Rd.