

2008  AAU



Region 3B  
CHAMPIONSHIPS

# 2008 AAU REGION 3B CHAMPIONSHIP

## June 19 – June 22, 2008

### Our Lady of Mercy Catholic High School

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#### **SANCTIONING:**

**This event has been sanctioned by the AAU National Office.**

#### **QUALIFICATIONS AND PROOF OF AGE:**

Athletes must have a valid 2008 AAU Individual Membership in order to compete in the Region 3B Championship.

Proof of Age is not required to be submitted with entries or payments, but must be submitted to Meet Management "whenever required and/or challenged." (Part I, Section E of the 2008 AAU Athletics Handbook)

Acceptable forms of Proof of Age are:

1. Original Birth Certificate;
2. A notarized original birth certificate from the appropriate issuing authority;
3. A US Military Government identification Card;
4. A valid passport (not expired) and/or;
5. A valid US driver's license.

#### **AGE DIVISIONS:**

PRIMARY GIRLS & BOYS (BORN 2000 & AFTER)  
 SUB-BANTAM GIRLS & BOYS (BORN 1999)  
 BANTAM GIRLS & BOYS (BORN 1998)  
 SUB-MIDGET GIRLS & BOYS (BORN 1997)  
 MIDGET GIRLS & BOYS (BORN 1996)  
 SUB-YOUTH GIRLS & BOYS (BORN 1995)  
 YOUTH GIRLS & BOYS (BORN 1994)  
 INTERMEDIATE GIRLS & BOYS (BORN 1992-1993)  
 \*YOUNG WOMEN & MEN (BORN 1990-1991)

\*ATHLETES WHO ARE STILL EIGHTEEN (18) YEARS OF AGE THROUGH THE FINAL DAY OF COMPETITION IN ANY AAU NATIONAL YOUTH CHAMPIONSHIP MEET SHALL BE ELIGIBLE TO COMPETE IN THE YOUNG WOMEN'S/MEN'S AGE DIVISION.

#### **DECLARATIONS:**

All declarations will be submitted on-line at [www.coachO.com](http://www.coachO.com). Entries to the Region 3B Championship will **NOT** be accepted by any other method. Declarations must be completed by 11:30PM on June 15, 2008. Upon completion of your declarations, you will receive a confirmation from [www.coachO.com](http://www.coachO.com). Please check this confirmation carefully to ensure that all of your declarations have been properly submitted. If there are errors or omissions in your confirmation, it is your responsibility to make the corrections before the declaration deadline. Meet Management will not be responsible for errors.

**All fees must be paid online. No payments will be accepted through mail or in person.**

**All questions about entries should be directed to Karsten Edwards at  
TRACKPHITRACKTC@AOL.COM.**

**ENTRY FEES:**

Athletes participating in individual and multi-events must pay both entry fees.

Individual: \$20.00 for each individual athlete  
(3 events primary to midget age groups)  
(4 events sub-youth to young groups)

Relays: No additional charge for relays but be advised that entry into a relay even as an alternate counts as an individual event

Multi-Events:

Triathlon/Pentathlon \$20.00 per individual  
Heptathlon/Decathlon \$20.00 per individual

**PACKET PICK UP:**

Clubs and individual athletes will be able to obtain their race related information at the track as follows:

Thursday	June 19th	8:00 AM – 7:00 PM
Friday- Sunday	July 20th –22nd	8:00 AM – 5:00 PM

**GATE FEES:**

**Spectators: \$3.00 per day**

**Free: AAU Member Coaches (proof of membership required), Participating Athletes, and Children (under 3)**

**WARM UP AREA:**

**Athletes may warm up in the designated warm up area. WARMING UP ON THE TRACK WILL NOT BE PERMITTED ONCE COMPETITION FOR EACH DAY HAS BEGUN.**

**AWARDS:**

First through third place finishers will receive AAU medals. Each team should delegate one representative to pick up their medals. Parents will not be allowed to pick up awards for their individual children, unless the child is running unattached.

**CALL OF EVENTS:**

This meet will be contested on Timed Schedule. Each competitor must report to the Clerk of Course at the First Call of their event. In the case of field events, the competitor must report to the Field Judge in charge of the event. Track events take precedence over field events however, you must report to the Field Judge first and request permission to be excused. For all events:

- First Call will be 45 minutes before the event
- Second Call may be 30 minutes prior to the event
- Final Call may be 15 minutes prior to the event
- Under some circumstances, there may not be a Second or Final Call. It is the athlete's responsibility to report to the Clerk of Course at First Call.

**RULES:**

THE AAU REGION 3B TRACK AND FIELD CHAMPIONSHIPS WILL BE CONDUCTED UNDER THE AAU CODE GUIDELINES AND FOLLOW THE COMPETITIVE RULES OF THE NATIONAL GOVERNING BOARD AS MODIFIED AND OUTLINED IN THE 2008 AAU ATHLETICS HANDBOOK. THIS BOOK CAN BE OBTAINED AT [WWW.AAUATHLETICS.ORG](http://WWW.AAUATHLETICS.ORG). ALL COACHES WILL RECEIVE A COPY OF THE CURRENT HANDBOOK AT PACKET PICK-UP.

- If the athlete does not report to the track with their specified heat or section, they will forfeit their ability to compete in that event.
- If an athlete has not reported to their field event prior to the completion of the first attempt of the first athlete, they will forfeit their ability to compete in that event, according to Part IV, Section C of the 2008 AAU Athletics Handbook.
- Track shoes with spikes not to exceed ¼" in length or running flats are to be worn. No street shoes will be allowed on the track.
- Uniforms for the purpose of relays: All participants shall wear tops of the same color.
- Relay teams shall consist of four (4) members plus up to four (4) alternate members, for a maximum eight (8) total from the same club, to be declared at the time of entry into the meet, according to Part III, Section K, and Paragraph 2 of the 2008 AAU Athletics Handbook.
- **All athletes must run in their authorized age groups. Primary athletes are not permitted to "run up", nor are they permitted to compete on the Bantam 4x400m Relay. There will be a 4x100m Relay contested for the Primary athletes.**
- **Clubs must have a valid 2008 AAU Club Membership in order to compete in Relay events.**

**MEET MANAGEMENT:**

This meet is being conducted by the AAU Georgia Region 3B Meet Management Team. The Meet Management Team serves as the Games Committee in accordance with Part IX, Section E of the 2008 AAU Athletics Handbook.

**PROTESTS:**

All protest must be filed with the Referee not more than 30 minutes after the result has been announced and/or posted, whichever comes first, in accordance with Part II, Section H of the 2008 AAU Athletics Handbook. A **CASH** fee of \$50.00 must be submitted when filing a protest. The money will only be returned if the protest is upheld.

**JURY OF APPEALS:**

The jury will be assigned prior to the start of the meet. A protester may appeal an unfavorable decision of the Referee to the Jury of Appeals. The decision of the Jury of Appeals is final.

**SCHEDULE:**

The order of events will be followed as closely as possible. Please arrive at the track and be ready to compete when your event is called. Please remember that the meet will be run on a Timed Schedule, and you should carefully plan for any potential conflict with each event. Meet management will not be held responsible for athletes missing their events.

**INCLEMENT WEATHER:**

In the case of inclement weather, meet management reserves the right to delay or postpone the completion of the meet. Communication regarding inclement weather plans will be handled during the course of the meet. It is the responsibility of the team, coach, or parent to make themselves available for these communications.

**IMPLEMENTS FOR THE THROWING EVENTS:**

Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.

**ADVANCEMENT TO THE AAU JUNIOR OLYMPICS:**

First through fourth place finishers in the Region 3B Championships qualify to compete in the 2008 AAU Junior Olympics, July 26 - August 2, 2008, to be held at Eastern Michigan University in Ypsilanti, Michigan. Please visit the AAU website for additional information at [www.aaujrogames.org](http://www.aaujrogames.org).

**FACILITY RULES:**

1. No use or possession of alcohol or illegal drugs will be tolerated. NO SMOKING ALLOWED IN STANDS.
2. No loud radios or music allowed.
3. Pets are not allowed in the stadium.
4. Tents, large umbrellas and canopies will be allowed on in designated areas only. You will be advised of those designated areas by meet management.
5. Please place trash in receptacles that are provided.
6. No selling of any merchandise will be allowed without the consent of the Meet Management Team.

**DIRECTIONS TO OUR LADY OF MERCY:****From Augusta-**

- 1: Start out going NORTHWEST. 0.1 mi
- 2: Turn RIGHT. 0.0 mi
- 3: Turn LEFT onto WRIGHTSBORO RD. 3.8 mi
- 4: Merge onto I-520 W/BOBBY JONES EXPY/GA-415 W. 1.9 mi
- 5: Merge onto I-20 W/GA-402 W via EXIT 1A toward ATLANTA. 129.7 mi
- 6: Take the I-285-BYP S exit, EXIT 67A, toward MACON/ATL AIRPORT. 0.8 mi
- 7: Merge onto I-285 W/GA-407 W. 9.3 mi
- 8: Take the I-75 N exit, EXIT 58, toward GA-85/MACON/I-75 S/ATLANTA. 1.3 mi
- 9: Take the I-75 S/GA-85 exit on the LEFT toward MACON. 0.5 mi
- 10: Merge onto GA-85 S toward RIVERDALE. 5.8 mi
- 11: Turn SLIGHT RIGHT onto GA-138 SW/GA-138/MARTIN LUTHER KING JR HWY. Continue to follow GA-138 2.9 mi
- 12: Turn LEFT onto GA-279/OLD NATIONAL HWY/EVANDER HOLYFIELD HWY. Continue to follow GA-279/EVANDER HOLYFIELD HWY. 0.3 mi
- 13: End at 861 Evander Holyfield Hwy Fairburn, GA 30213-3415

Estimated Time: 2.0 hours 32 minutes Estimated Distance: 156.41 miles

**From Savannah-**

- 1: Start out going EAST on GA-25 CONN/W BAY ST toward FAHM ST. 0.2 mi
- 2: Turn RIGHT onto MARTIN LUTHER KING JR BLVD/GA-25 CONN. Continue to follow MARTIN LUTHER KING JR BLVD. 0.6 mi
- 3: Merge onto I-16 W/GA-404 W. 165.1 mi
- 4: Merge onto I-75 N/GA-401 N toward ATLANTA. 69.8 mi
- 5: Take the OLD DIXIE HIGHWAY/US-19/US-41 exit, EXIT 235. 0.3 mi
- 6: Turn LEFT onto OLD DIXIE RD/US-19/US-41/GA-3/OLD DIXIE HWY. 0.2 mi
- 7: Turn SLIGHT RIGHT onto UPPER RIVERDALE RD SE. 2.0 mi
- 8: Stay STRAIGHT to go onto VALLEY HILL RD SW. 0.3 mi
- 9: Turn LEFT onto GA-85 S. 1.5 mi

10: Turn SLIGHT RIGHT onto GA-138 SW/GA-138/MARTIN LUTHER KING JR HWY. Continue to follow GA-138. 2.9 mi

11: Turn LEFT onto GA-279/OLD NATIONAL HWY/EVANDER HOLYFIELD HWY. Continue to follow GA-279/EVANDER HOLYFIELD HWY. 0.3 mi

12: End at 861 Evander Holyfield Hwy Fairburn, GA 30213-3415

Estimated Time: 3.0 hours 47 minutes Estimated Distance: 243.30 miles

#### **From Douglasville-**

1: Start out going NORTHEAST on BANKHEAD HWY/E BROAD ST/US-78/GA-5/GA-8/VETERANS MEMORIAL HWY toward CAMPBELLTON ST. Continue to follow BANKHEAD HWY/E BROAD ST/US-78/GA-5/GA-8. 0.4 mi

2: Turn RIGHT onto FAIRBURN RD/GA-92 S. 7.0 mi

3: Turn RIGHT onto GA-92 S/GA-166 W. Continue to follow GA-92 S. 11.3 mi

4: Stay STRAIGHT to go onto GA-138 E. 8.0 mi

5: Turn RIGHT onto GA-279/OLD NATIONAL HWY/EVANDER HOLYFIELD HWY. Continue to follow GA-279/EVANDER HOLYFIELD HWY. 0.3 mi

6: End at 861 Evander Holyfield Hwy Fairburn, GA 30213-3415

Estimated Time: 37 minutes Estimated Distance: 27.00 miles

#### **From Rome-**

1: Start out going SOUTH on US-27/TURNER MCCALL BLVD SE/GA-1/GA-20 toward E 1ST ST/GA-53. Continue to follow US-27 S/GA-1 S/GA-20 E. 2.0 mi

2: Merge onto US-411 N/GA-20 E via the ramp on the LEFT toward CARTERSVILLE/ATLANTA. 18.6 mi

3: Merge onto US-41 S/US-411 N/GA-20 E/GA-3 S/JOE FRANK HARRIS PKWY SE toward CANTON/CARTERSVILLE/CHATSWORTH. 3.2 mi

4: Take the US-411/GA-20/GA-61 ramp toward FAIRMOUNT/CANTON. 0.2 mi

5: Turn LEFT onto US-411/GA-20/GA-61/N TENNESSEE ST. 0.2 mi

6: Turn SLIGHT RIGHT onto GA-20 E/E GA-20. 2.2 mi

7: Merge onto I-75 S/GA-401 S. 30.5 mi

8: Merge onto I-285 W/GA-407 W via EXIT 259 toward BIRMINGHAM/MONTGOMERY. 20.2 mi

9: Merge onto I-85 S/GA-403 S via EXIT 61 toward COLUMBUS/MONTGOMERY. 4.8 mi

10: Take the GA-138 E exit, EXIT 64, toward JONESBORO. 0.4 mi

11: Turn LEFT onto JONESBORO RD/GA-138. 4.5 mi

12: Turn RIGHT onto GA-279/OLD NATIONAL HWY/EVANDER HOLYFIELD HWY. Continue to follow GA-279/EVANDER HOLYFIELD HWY. 0.3 mi

13: End at 861 Evander Holyfield Hwy Fairburn, GA 30213-3415

Estimated Time: 1 hour 33 minutes Estimated Distance: 87.19 miles

#### **From Columbia, South Carolina-**

1: Start out going NORTH on ASSEMBLY ST/SC-48 N toward US-1 N/US-378 E/GERVAIS ST. 0.0 mi

2: Turn LEFT onto US-1 S/US-378 W/GERVAIS ST. 0.6 mi

3: Turn RIGHT onto HUGER ST/US-176 W/US-21 N/US-321 N. 0.8 mi

4: Merge onto US-76 W. 4.3 mi

5: Merge onto I-20 W via EXIT 107A toward AUGUSTA (Crossing into GEORGIA). 198.9 mi

6: Take the I-285-BYP S exit, EXIT 67A, toward MACON/ATL AIRPORT. 0.8 mi

7: Merge onto I-285 W/GA-407 W. 9.3 mi

8: Take the I-75 N exit, EXIT 58, toward GA-85/MACON/I-75 S/ATLANTA. 1.3 mi

9: Take the I-75 S/GA-85 exit on the LEFT toward MACON. 0.5 mi

- 10: Merge onto GA-85 S toward RIVERDALE. 5.8 mi  
 11: Turn SLIGHT RIGHT onto GA-138 SW/GA-138/MARTIN LUTHER KING JR HWY. Continue to follow GA-138. 2.9 mi  
 12: Turn LEFT onto GA-279/OLD NATIONAL HWY/EVANDER HOLYFIELD HWY. Continue to follow GA-279/EVANDER HOLYFIELD HWY. 0.3 mi  
 13: End at 861 Georgia Highway 279 Fairburn, GA 30213  
 Estimated Time: 3.0 hours 36 minutes Estimated Distance: 225.46 miles

### From Greenville, South Carolina-

- 1: Start out going WEST on BEATTIE PL toward N CHURCH ST/US-29. 0.0 mi  
 2: Turn LEFT onto N CHURCH ST/US-29. Continue to follow US-29 S. 4.9 mi  
 3: Merge onto I-85 S via EXIT 14B toward ATLANTA (Crossing into GEORGIA). 125.5 mi  
 4: Take the I-285-BYP E exit, EXIT 95A, toward AUGUSTA/MACON. 0.8 mi  
 5: Merge onto I-285 S/GA-407 S via the exit on the LEFT toward AUGUSTA/MACON. 22.5 mi  
 6: Take the I-75 N exit, EXIT 58, toward GA-85/MACON/I-75 S/ATLANTA. 1.3 mi  
 7: Take the I-75 S/GA-85 exit on the LEFT toward MACON. 0.5 mi  
 8: Merge onto GA-85 S toward RIVERDALE. 5.8 mi  
 9: Turn SLIGHT RIGHT onto GA-138 SW/GA-138/MARTIN LUTHER KING JR HWY. Continue to follow GA-138. 2.9 mi  
 10: Turn LEFT onto GA-279/OLD NATIONAL HWY/EVANDER HOLYFIELD HWY. Continue to follow GA-279/EVANDER HOLYFIELD HWY. 0.3 mi  
 11: End at 861 Georgia Highway 279 Fairburn, GA 30213  
 Estimated Time: 2.0 hours 46 minutes Estimated Distance: 164.42 miles

### HOTEL INFORMATION:

#### HOST HOTEL- HILTON ATLANTA AIRPORT

1031 Virginia Avenue  
 Atlanta, Ga. 30354  
 404-767-9000

Rate is \$79 per night plus applicable tax (King or Double Occupancy)

**To get this rate use rate code "AAU Region 3B"**

#### OTHER HOTELS-

Best Western – 770-969-4567 -	\$59.46/night
Country Hearth Inn – 770-306-7750 -	\$59.99/night
Comfort Inn – 770-306-2677 -	\$54.99/night

Region 3B  
 CHAMPIONSHIPS

Meet Schedule and Order of Events:

**MULTI-EVENTS CHAMPIONSHIP DAY 1**

*Thursday, June 19, 2008*

TIME	EVENT	CLASSIFICATION	DAY
9:00 AM	Decathlon	IB, YM	1
	Triathlon	SBG, BG	1
	Triathlon	SBB, BB	1
10:00 PM	Heptathlon	IG, YW	1

**FIRST DAY EVENT ORDER**

DECATHLON	HEPTATHLON	TRIATHLON
100M	100MH	High Jump
Long Jump	High Jump	Shot Put
Shot Put	Shot Put	200M (G)
High Jump	200M	400M (B)
400M		

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*Thursday, June 19, 2008*

**RUNNING EVENTS START TIME 2:00 PM**

	EVENT	DIVISION	ROUND
2:00 PM	4x800 MR	M,Y,I,YM,YW	TIMED FINAL
3:30 PM	1500m RACE WALK	SB, B, SM, M	FINAL
4:15 PM	3000m RACE WALK	SY, Y, I, YW, YM	FINAL

**FIELD EVENT 2:30 START**

EVENT

POLE VAULT

IB, YM, YB

IG, YM, YB

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**MULTI-EVENTS CHAMPIONSHIP DAY 2****Friday, June 20, 2008**

TIME	EVENT	CLASSIFICATION	DAY
9:00 AM	Decathlon	IB, YM	2
	Heptathlon	IG, YW	2
9:30 AM	Pentathlon	SYG/SYB/YG/YB	2
10:15 AM	Pentathlon	SMG/SMB/MG/MB	2

**SECOND DAY EVENT ORDER****DECATHLON HEPTATHLON PENTATHLON(SY/Y) PENTATHLON(SM/M)**

100MH	Long Jump	100MH	80MH
Discus	Javelin	Shot Put	Shot Put
Pole Vault	800M	High Jump	High Jump
Javelin		Long Jump	Long Jump
1500M		800M (G)	800M (G)
		1500M (B)	1500M (B)

**Friday, June 20, 2008****RUNNING EVENTS 4:00 START**

	EVENT	DIVISION	ROUND
4:00 PM	4 X 100 RELAY	P, B, M, Y, I, YW/M	TIMED FINAL
4:45 PM	3000m RUN	SM, M, SY, Y,I,YW,YM	FINAL
6:15 PM	200MH	SY, Y	TIMED FINAL
6:45 PM	400MH	IG, YW, IB, YM	TIMED FINAL

**FIELD EVENTS 2:30 START**

EVENT	LONG JUMP	JAVELIN	TRIPLE JUMP
PIT A	PIT C		PIT B
PG	PB	YW, IG, YG, SYG	SYG,YG
SBG	SBB	YM, IB, YB, SYB	IG,YM
BG	BB		YB,YB
			IB,YM

*Saturday, June 21, 2008*

**RUNNING EVENTS START TIME IS 9:00AM**

	EVENT	DIVISION	ROUND
9:00 AM	1500M RUN	SB, B, SM, M	FINAL
10:00 AM	100M DASH	ALL DIVISIONS	SEMI-FINAL
10:30 AM	800M RUN	SY, Y, I, YW, YM	TIMED FINAL
12:00 PM	SHORT HURDLES		
	80MH	SM, M	SEMI-FINAL
	100MH	SY, Y, IG, YW	SEMI-FINAL
	110MH	IB, YM	SEMI-FINAL
12:45 PM	400M	ALL DIVISIONS	SEMI-FINAL
2:00 PM	OPENING CEREMONIES		
3:00 PM	200M DASH	ALL DIVISION	SEMI-FINAL

**FIELD EVENTS START TIME IS 9:30AM**

EVENT					
<u>LONG JUMP</u>		<u>SHOT PUT</u>		<u>DISCUS</u>	<u>HIGH JUMP</u>
PIT A	PIT B	RING 1	RING 2		
SMG	SMB	SYB	YB	MG	IG/YW
MG	MB	MB	PB	YG	YG/YB
SYG	SYB	SBB	IB	SYG	IB/YM
		BB	SMB	SMG	SBG/SBB
		YM		IG	
				YW	

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*Sunday, June 22, 2008*

**RUNNING EVENTS START TIME IS 9:00 AM**

	EVENT	DIVISION	ROUND
9:00 AM	1500M RUN	SY,Y, I, YW/M	FINAL
9:45 AM	100M	ALL DIVISIONS	FINAL
10:15 AM	800M	P,SB,B,SM,M	TIMED FINAL
11:00 AM	SHORT HURDLES		
	80MH	SM, M	FINAL
	100MH	SY, Y, IG, YW	FINAL
	110MH	IB, YM	FINAL
12:00 AM	400M DASH	ALL DIVISIONS	FINAL
1:30 PM	200M	ALL DIVISIONS	FINAL
2:45 PM	4 X 400M RELAY	B, M, Y, I, YW,YM	FINAL

**FIELD EVENTS START TIME IS 9:30 AM**

TIME	EVENT					
	<i>HIGH JUMP</i>	<i>SHOT PUT</i>		<i>LONG JUMP</i>		<i>DISCUS</i>
		RING 1	RING 2	PIT A	PIT B	
SBB/SBG	MG	PG	YG	YB	MB	
BB/BG	SYG	SBG	IG	IB	SMB	
SMG/SMB	YG	BG	YW	YM	SYB	
SYG/SYB	IG	SMG			YB	
	YW				IB	
					YM	

GOOD LUCK!  
WE'LL SEE YOU AT THE TRACK!

**Region 3B**  
**CHAMPIONSHIPS**