



# TRACK & FIELD

## 2008 District Championship

### NY Metropolitan District Championship

Brenda Brown  
Athletics Sports Director  
District Meet Director  
516-456-6552 (Phone)  
bcb1511@aol.com

#### Meet #1

**Date:** Sunday, June 15, 2008  
**Site:** Msgr. Farrell High School, 2900 Amboy Rd., Staten Island, NY 10306  
**Host:** Starlets Track Club, with the cooperation of the Atoms Track Club  
**Meet Manager:** Dorothy Clinton (Phone: 646-321-6509, Fax: 718-727-7595)

#### Meet #2

**Date:** Saturday, June 21, 2008  
**Site:** Elmont Memorial High School, 555 Ridge Rd, Elmont, NY 11003 (corner of Dutch Bdwy and Elmont Roads, Elmont, NY)  
**Host:** Elmont Panthers in cooperation with Westbury Audacious Power TT  
**Meet Manager** George Gibson ,(Phone: 516-326-2848)

Both of these meets will qualify athletes for the AAU Region 1 Championship, June 27, 28,29 in Hartford, CT. An athlete may only compete at one of the two meets. All athletes placing in the top 5 in any event will earn the right to advance to the regional championship.



# MEET & QUALIFYING INFO

**Entry Information:** \$15.00 per athlete, registration is pre-entry only at [www.coacho.com](http://www.coacho.com).

AAU registration number is necessary for online registration. REGISTRATION IS CLOSED MIDNIGHT JUNE 8TH. Additions and correction can be made continuously online up to the midnight deadline. NO CHANGES WILL BE MADE AFTER DEADLINE!

Primary thru Midget are restricted to 3 events, including relays, Sub-Youth, Youth, Intermediate and Young Men/Women are limited to 4 events including relays. All entries are to be paid online at the end of registration via credit card (Visa or Master Card). All athletes must have proof of age (i.e. copy of birth certificate, passport or copy of AAU membership card with birth validation) at the meet. Multi-Events will not be contested at this meet. THERE WILL BE NO REFUNDS OR TRANSFERS. Submit relays online. But, also list relays on individual entry (even if athlete is an alternate – it will count towards entry limit). AAU membership may be acquired online at [www.aausports.org](http://www.aausports.org).

**Qualification:** To advance to the 2008 AAU Region I Championship held June 27-29, 2008 at Wilbur Cross High School, New Haven Connecticut, you must place 1st thru 5th in an individual event or relay.

**Awards:** There will be medals for 1st thru 3rd places and ribbons for places 4th thru 6th places. 1st thru 5th places will qualify for Regional Championships. All fifth place ties will qualify for region competition.

**REGISTRATION FOR THE REGION CHAMPIONSHIPS WILL BE ONLINE ONLY AT WWW.COACHO.COM.** All entry fees are to be paid online at the end of registration via credit card (Visa and Master Card). Results from this meet will be posted on the internet at [www.aauathletics.org](http://www.aauathletics.org) and [www.nymetropolitanaau.com](http://www.nymetropolitanaau.com) within 48 hours of completion of meet. You will then have 48 hours to go online and register your athlete(s). There will be no exceptions to this registration procedure, given that you registered on the same day in previous years.

**AAU MEMBERSHIP:** All Athletes must be **AAU METROPOLITAN DISTRICT MEMBERS.** To compete on a relay, the athlete must be a member of that club. All relay teams must submit a copy of current 2008 AAU Club Membership and Relay Roster at the Meet. For individual and club membership applications call Diane McGowan at 1-800-AAU-4USA. No athletes will be allowed to compete without an AAU registration number.

**PACKET PICK UP:** Sunday June 15th, starting at 8:00am at Msgr. Farrell High School Track.

**MISC:** No dressing rooms on site. Competitors must supply own implements, ¼ inch spike will be aggressively enforced.

**Direction:** Use [mapquest.com](http://mapquest.com)



# ORDER OF EVENTS

**Packet Pick-up Time:** Meet # 1 – 8:00 am at Msgr. Farrell H.S.  
Meet # 2 – 8:00 am at Elmont H.S.

## RUNNING EVENTS

STEEPLECHASE	(IB, IG, YM, YW) FINAL
4X800M RELAY	(MB, MG, MB, MG, YB, YG, YB, YG, IB, IG, YM, YW) FINAL
3000M RUN	(SMB, SMG, MB, MG, SYB, SYG, YB, YG, IB, IG, YM, YW) FINAL
4X100M RELAY	(PB, PG, BB, BG, BB, BG, MB, MG, MB, MG, YB, YG, YB, YG, IB, IG, YM, YW) FINAL
3000M RACE WALK	(SYB, SYG, YB, YG, IB, IG, YM, YW) FINAL
1500M RACE WALK	(SBB, SBG, BB, BG, SMB, SMG, MB, MG) FINAL
200M HURDLES	(SYB, SYG) FINAL
400M HURDLES	(IB, IG, YM, YW) FINAL
1500M	(SBB, SBG, BB, BG, SMB, SMG, MB, MG, SYB, SYG, YB, YG, IB, IG, YM, YW) FINAL
100M	(ALL DIVISIONS) SEMI
400M	(ALL DIVISIONS) FINAL
80M HURDLES	(SMB, SMG, MB, MG) FINAL
100M HURDLES	(SYB, SYG, YB, YG) FINAL
100M HURDLES	(IG AND YW)
100M	(ALL DIVISIONS) FINAL
800M	(ALL DIVISIONS) FINAL
200M	(ALL DIVISIONS) FINAL
4X400M RELAY	(BB, BG, BB, BG, MB, MG, YB, YG, YB, YG, IB, IG, YM, YW) FINAL

## FIELD EVENTS

(IMPLEMENTS WEIGH-IN AT 8:30AM)

LONG JUMP	(ALL DIVISIONS)
TRIPLE JUMP	(SYB, SYG, YB, YG, IB, IG, YM, YW)
SHOT PUT	(ALL DIVISIONS)
DISCUS	(SMB, SMG, MB, MG, SYB, SYG, YB, YG, IB, IG, YM, YW)
JAVELIN	(SBB, SBG, BB, BG, SMB, SMG, MB, MG, SYB, SYG, YB, YG, IB, IG, YM, YW)
POLE VAULT	(SYB, SYG, YB, YG, IB, IG, YM, YW)
HIGH JUMP	(SBB, SBG, BB, BG, SMB, SMG, MB, MG, SYB, SYG, YB, YG, IB, IG, YM, YW)

\*\*THE ORDER OF COMPETITION IN EACH FIELD EVENT WILL BE DETERMINED AFTER THE EVENTS ARE CLOSED.

\*\*THERE ARE NO SEPARATE FEES FOR RELAYS. ALL RELAYS PARTICIPANTS MUST BE A REGISTERED ATHLETE IN THIS MEET. ALL ALTERNATES MUST BE A REGISTERED ATHLETE, EVEN THOUGH THEY MAY NOT HAVE AN INDIVIDUAL EVENT.

\*\*THERE ARE NO SEPARATE FEES FOR RELAYS. ALL RELAYS PARTICIPANTS MUST BE A REGISTERED ATHLETE IN THIS MEET. ALL ALTERNATES MUST BE A REGISTERED ATHLETE, EVEN THOUGH THEY MAY NOT HAVE AN INDIVIDUAL EVENT.

# AGE DIVISIONS & EVENTS

## PRIMARY DIVISION (PRB, PRG)

100M, 200M, 400M, 800M, 4X100M, Long Jump, Shot Put (6 LBS), Turbo Javelin (500 grams)

## SUB BANTAM DIVISION (SBB, SBG)

100M, 200M, 400M, 800M, 1500M, 1500M Race Walk, Long Jump, High Jump, Shot Put (6 LBS), Turbo Javelin (500 grams)

## BANTAM DIVISION (BB, BG)

100M, 200M, 400M, 800M, 1500M, 1500M Race Walk, 4X100M, 4X400M, Long Jump, High Jump, Shot Put (6 LBS), Turbo Javelin (500 grams)

## SUB MIDGET DIVISION (SMB, SMG)

100M, 200M, 400M, 800M, 1500M, 1500M Race Walk, 3000M, 80MH (30"), Long Jump, High Jump, Shot Put (6 LBS), DISCUS (1K), Turbo Javelin (500 grams)

## MIDGET DIVISION (MB, MG)

100M, 200M, 400M, 800M, 1500M, 1500M Race Walk, 3000M, 80MH (30"), 4X100M, 4X400M, 4X800M, Long Jump, High Jump, Shot Put (6 LBS), DISCUS (1K), Turbo Javelin (500 grams)

## SUB YOUTH DIVISION (SYB, SYG)

100M, 200M, 400M, 800M, 1500M, 3000M, 100MH (B-33"/G-30"), 200MH (30"), 3000M Race Walk, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put (B-4K/G 6 LBS), DISCUS (1K)

## YOUTH DIVISION (YB, YG)

100M, 200M, 400M, 800M, 1500M, 3000M, 100MH (B-33"/G-30"), 200MH (30"), 3000M Race Walk, 4X100M, 4X400M, 4X800M, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put (B-4K/G 6 LBS), DISCUS (1K)

## INTERMEDIATE DIVISION (IB, IG)

100M, 200M, 400M, 800M, 1500M, 3000M, 3000M Race Walk, 110MH (B-39"), 100MH (30"), 200MH (G-30"), 400MH (B-36"/G-30"), 4X100M, 4X400M, 4X800M, 2000M Steeplechase, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put (B-12LBS), Shot Put (G 4 KG), DISCUS (G 1.0KG), DISCUS (B 1.6K), JAVELIN (B 800/G 600)

## YOUNG DIVISION (YM, YW)

100M, 200M, 400M, 800M, 1500M, 3000M, 3000M Race Walk, 4X100M, 4X400M, 4X800M, 100MH (G-30"), 110MH (B-39"), 200MH (30"), 400MH (B-36"/G-30"), 2000M Steeplechase, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put (B-12LBS), Shot Put (G 4 KG), DISCUS (B 1.6K), DISCUS (G 1.0KG), JAVELIN (B 800/G 600)

# DIVISION, CODE & AGE GROUP

	<u>GIRLS</u>	<u>BOYS</u>	
PRIMARY	PG	PB	2000 & AFTER
SUB BANTAM	SBG	SBB	1999
BANTAM	BG	BB	1998
SUB MIDGET	SMG	SMB	1997
MIDGET	MG	MB	1996
SUB YOUTH	SYG	SYB	1995
YOUTH	YG	YB	1994
INTERMEDIATE	IG	IB	1993 & 1992
YOUNG	YW	YM	1991 & 1990



# MEET WAIVER & RELEASE

**EMERGENCY CONTACT**      **RELATIONSHIP**      **EMERGENCY CONTACT NUMBER**

( )

**WAIVER:** In signing this release, I (we) understand the intent thereof, and I (we) hereby agree and absolve and hold harmless the NY Metropolitan AAU, Area Meet directors, locations, cooperating organizations, cooperating sponsors, and any other parties connected with this event in any way, singly or collectively, from and against any blame and liability for injury, misadventure, harm, loss inconvenience, or damage hereby suffered or sustained as a result of participating in the AAU qualifying area meet. I (we) also hereby consent to and permit emergency treatment in the event of injury or illness. I (we) also give permission for use of my name and photograph with this event.

Signature of Entrant      Date      Signature of Parent or Guardant      Date