



**Area 1 - 2009 AAU Track & Field Junior Olympic
National Qualifier
White Plains High School, White Plains, New York**

DATE: June 26th thru June 28th

HOST CLUB: CLUB

SUPPORT ORGANIZATIONS: AAU-Metropolitan New York District
AAU Region I Administrative Club
White Plains H.S. and Board of Education

Meet Director: Ron McBride, Sr., AAU Area 1 Athletics Coordinator

Meet Coordinator: Charlene Cumberbatch, AAU New Jersey Athletics Director

Multi-Event Director: Donny Bellamy, AAU New Jersey Multi-Event Coordinator

Meet Managers: Brenda Brown, AAU-Metropolitan NY Athletics Director

Curtis Jackman, AAU New England Athletics Director

Major Ruth, AAU Connecticut Athletics Director

Meet Host: White Plains Future Stars, Madge Anderson Head Coach

The Starlets Track Club, Dorothy Clinton Head Coach

- **This is a pre-entry meet only.**
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- **National Qualifier entry requirements:**
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- **For an athlete to advance to a National Qualifier, he/she must compete at a District qualifier and receive a fair mark in each event he/she plans to compete in at a National Qualifier. Athletes may compete in more than 1 District qualifier; but will not be permitted to exceed the age-division entry limit at a National Qualifier. Unattached athletes and Teams may only enter 1 National Qualifier. Unattached athletes and Teams may compete in more than 1 District qualifier but may not compete in more than 1 National Qualifier. Teams must compete and receive a fair mark in each relay event that the team plans to compete in at a National Qualifier.**

Track and Field entry fee is \$25/athlete. Multi-Event entry fee is an additional \$25/athlete.

**Registration including Multi-Event is online registration only. Entry fee is paid via major credit card online only. Deadline for online registration posted on www.njaau.org and www.aausports.org
Area I Districts are Connecticut, Metropolitan New York, New England and New Jersey.**

AGE GROUPS: Primary (8 and under) born 2001 or later

Sub-Bantam (born 2000)

Bantam (born 1999)

Sub-Midget (born 1998)

Midget (born 1997)

Sub-Youth (born 1996) * New Age Sub Group as of 2005

Youth (born 1995)

Intermediate (born 1993-1994)

Young Men/Woman (1991-1992)

Order of Events: FRIDAY June 26, 2009 – Start Time 10:00AM

MULTI-EVENTS: Decathlon and Heptathlon

Decathlon: Day 1 - 100m, Long Jump, Shot-put 12 lbs.), High Jump and 400m

Heptathlon: Day 1 - 100m Hurdles, High Jump, Shot-Put (4 kg.) and 200m

Events: Please check in 30 minutes prior to start of event

G-Sub-Bantam, Bantam/Triathlon HJ, SP (6#), 200m Dash 12:30PM

B-Sub-Bantam, Bantam/Triathlon HJ, SP (6#), 400m Dash 12:30PM

G-Sub-Midget, Midget/Pentathlon 80m H (8-30"), SP (6#), HJ, LJ, 800m 11:30AM

B-Sub-Midget, Midget/Pentathlon 80m H (8-30"), SP (6#), HJ, LJ, 1500m 11:00AM

Sub-Youth Girls/Pentathlon 100mH (10-30"), SP (6#), HJ, LJ, 800m 10:30AM

Sub-Youth Boys/Pentathlon 100mH (10-33"), SP (4 kg), HJ, LJ, 1500m 10:30AM

Youth Girls/Pentathlon 100mH (10-30"), SP (6#), HJ, LJ, 800m 10:30AM

Youth Boys/Pentathlon 100mH (10-33"), SP (4 kg), HJ, LJ, 1500m 10:30AM

All events will be run in the time order listed above. All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready.

Time limit between attempts will be strictly enforced.

3000 Meter Racewalk (SYB, SYG, YB, YG, IB, IG, YM, YW) FINAL

1500 Meter Racewalk (SMB, SMG, MB, MG) FINAL

SATURDAY June 28, 2008 – Track Events – 9:00AM

Decathlon: Day 2 – 110m Hurdles, Discus Throw, Pole Vault, Javelin and 1500m

Heptathlon: Day 2 - Long Jump, Javelin (600g) and 800m

2000 Meter Steeplechase (IB, IG, YM, YW) FINAL

3200 Meter Relay (MB, MG, YB, YG, IB, IG, YM, YW) FINAL

3000 Meter Run (MB, MG, YB, YG, IB, IG, YM, YW) FINAL

400 Meter Hurdles (IG, YW, IB, YM) SEMI

200 Meter Hurdles (SYG, YG, SYB, YB) SEMI

400 Meter Relay (All Divisions – Except Primary) FINAL

80 Meter Hurdles (SMG, MG, SMB, MB) SEMI

100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW) SEMI

110 Meter Hurdles (IB, YM) SEMI

110 Meter Hurdles (Multi-Event Only)

100 Meter Dash (All Divisions) SEMI

400 Meter Dash (PG, PB, SBG, SBB, BG, BB,

SMG, SMB, MG, MB) FINAL

400 Meter Dash (SYG, SYB, YG, YB, IG, IB, YW, YM) SEMI

1500 Meter Run (Multi-Event Only)

800 Meter Run (Multi Event Only)

200 Meter Dash (All Divisions) SEMI

Multi-Events May effect the events order, for they must be ran in accordance with the time requirement of the event.

SATURDAY June 28, 2008- Field Events - 9AM

Long Jump (PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG,
MB, SYG, SYB, YG, YB, IG, I B, YW, YM)
High Jump (SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG,
SYB, YG, YB)
Shot-Put (BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB,
PG, PB, BG, SBB)
Discus Throw (IG, IB, YW, YM, SMG, SMB, MG, MB, SYG,
SYB, YG, YB)

Pole Vault (SYG, SYB, IG, IB, YW, YM)

*****IN ORDER CALLED. NO OPEN PIT*****

SUNDAY June 29, 2008—Track Events – 9:00AM

400 Meter Hurdles (IG, YW, IB, YM)	FINAL
200 Meter Hurdles (SYG, YG, SYB, YB)	FINAL
1500 Meter Run (All Divisions – Except Primary)	FINAL
80 Meter Hurdles (SMG, MG, SMB, MB)	FINAL
100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW)	FINAL
110 Meter Hurdles (IB, YM)	FINAL
400 Meter Dash (SYG, SYB, YG, YB, IG, IB, YW, YM)	FINAL
100 Meter Dash (All Divisions)	FINAL
800 Meter Dash (All Divisions)	FINAL
200 Meter Dash (All Divisions)	FINAL
1600 Meter Dash Relay (All Divisions – Except Primary)	FINAL

SUNDAY June 29, 2008- FIELD EVENTS – 9:00AM

Pole Vault (YG, IG, YW, YB, IB, YM)
TRIPLE JUMP (SYG, SYB, YG, YB, IG, IB, YW, YM)
HIGH JUMP (IG, IB, YW, YM)
SHOT PUT (IG, IB, YW, YM)
JAVELIN (SYG, SYB, YG, YB, IG, IB, YW, YM)

***** IN ORDER CALLED NO OPEN PIT*****

A track and field meet can start one hour early or late. The Games Committee has no obligation to schedule meet events to the pleasure of those attempting multiple event entry.

Packet Pick up: Friday 8am -5pm, Sat. 8am – 5pm and Sunday 8am – 12pm

Awards: Top 4 finishers in each individual event and top 4 relays will receive medals

- **Qualification:** Top 4 finishers in each individual event and top 4 relays will qualify for the National Junior Olympic Games to be contested in Des Moines, Iowa, August 3rd – August 8th, 2008. Registration will be online only at www.coacho.com. Coaches must register their entire team. Unattached athletes must register themselves.
- **Challenge Period**
- All challenges to meet results must be initiated within 5 Days of the last day of the meet. All Challenges must be e-mailed to the District meet Director. District, who will resolve all challenges within 5 Days of the last day of the meet. After 5 days, results will not be changed. If

changes are necessary, within the 5 day period, only the meet director has the authority to make the change. (This does not pre-empt the protest rule. This pertains only to miss posted times and marks.)

- **NO changes to results will be made after the 5 days. The 5 days begins on the date the results are posted on the AAU website. All posted results will list the date that the challenge period will end.**
- **The District Qualifier meet directors must resolve all issues within 5 days and must e-mail any changes to the AAU Support Staff.**
- **The AAU National Office will send out a blast e-mail to all AAU members notifying them that the results of the meets held over the previous weekend are posted on the AAU website. This e-mail will list the dates of the Challenge period.**
- **Junior Olympic Games registration will open up 2 days after the first national qualifier meet's 5 day grace period ends.**

- **UNIFORMS: (excerpts from Rule 5D)**

In all events competitors must wear clothing that is clean, designed and worn so as not transparent even if wet. Bare midriffs are not allowed. If the uniform is of a two-piece design (top and bottom), the top must either touch the waistband of the bottom or be tucked into the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff. Athlete's top must be of the same color front and back.

At National Qualifier and National Junior Olympics Games, all team participants shall wear shorts of the same color, or, in the case of one piece uniforms, the bottom of the team uniforms should be of the same color. A competitor must wear footwear on both feet.

Rule change for 2009: Intermediate Boys/Girls and Young Men/Women will be required to use starting blocks in the 100, 200, 400 Meter Dash and 100, 110, 400 Meter Hurdles.

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

- **AAU Support Staff will post all District and National Qualifier results on the AAU athletics website.**
- **All entries must be submitted on- line, any athletes that are entered manually on site will not advance to the next level.**

AAU JUNIOR OLYMPIC GAMES DECLARATION & REGISTRATION INFORMATION: Qualifiers for the National Junior Olympic Games in Des Moines, Iowa must declare and register for the meet at Coach O. com before July 24, 2009. No entries will be accepted after Midnight EST (9:00pm on the West Coast). Do not jeopardize your athlete's chance of competing by not completing this step before the National JO Games. **REGISTRATION WILL BE AVAILABLE AFTER THE FIVE (5) DAY CHALLENGE PERIOD IS COMPLETED.** (Approximately June 25, 2009).

LOCATION: White Plains is located twenty miles north of New York City. Route I-287 (Cross Westchester Expressway) serves the city and provides access to the New York Thruway, Garden State Parkway, Connecticut Turnpike and other major arteries. The high school fronts on 550 North Street near the Bryant Avenue intersection.

- * Westbound on 287, exit 9N- get off and stay on Westchester Avenue to Bryant Avenue and make left onto Bryant Avenue . At 3rd traffic light make left into school, then a quick left to field house.

Eastbound on 287, exit 9A (Route 684–Westchester Avenue). Bear right onto Westchester Avenue. At the first light make right onto Bryant Avenue. School is on left at top of hill.

Hotels:

- Hyatt Summerfield Suites, 101 Corporate Park Drive, White Plains, NY 10604
(914) 251-9700 Rate-\$122
- Crown Plaza Hotel, 66 Hale Avenue, White Plains, NY 10601
(888) 444-0401 Rate-\$138
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- Marriott Inn, 5 Barker Avenue, White Plains, NY 10601
(914) 761-7700 Rate-\$109
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- Hampton Inn, 200 Tarrytown Road, Elmsford, NY, 10523
Book online or call 1-877-477-5817 Rate-\$99

Extended Stay America, 19 Tarrytown Road, Elmsford, NY 10523,
914-592-5200 Rate-\$95

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
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