

2009
Area 12 AAU
Junior Olympic National
Track & Field Qualifier
June 25-28, 2009

Ron and Joyce Schipper Stadium-Track
Central College
(West) Independence & W. 5th Street
Pella, Iowa 50219



Marvin (Marv) Allen
Area 12 Coordinator
AAU Track & Field
(515) 252-0856
aaustarter@copper.net

Visit www.aauiaowa.org for latest information

VENUE

DATES & TIMES Multi-Event, Racewalk, 3000m: Thursday, June 25 – Friday, June 26
Track and Field Events: Saturday, June 27 – Sunday, June 28

COMPETITIONS begin each day at **8:00am**.

STADIUM opens each day at **6:00am**.

ALL EVENTS WILL RUN ON A TIMED SCHEDULE.

LOCATION **Ron and Joyce Schipper Stadium-Track**
Central College
(West) Independence & W. 5th Street
Pella, Iowa 50219

GOVERNANCE The Area 12 2009 AAU Junior Olympic National Track & Field Qualifier will be conducted under the AAU code guidelines and follow competitive rules of the NGB as modified and outlined in the AAU Youth Athletics Handbook (available at www.aauathletics.org)

REGISTRATION

AAU MEMBERSHIP REQUIREMENTS A current 2009 AAU membership number is necessary to register for this meet. AAU memberships can be obtained on-line at www.aausports.org. If you already have a 2009 AAU membership card from another AAU sport, you do not need to purchase another card.

NOTE: Athletes and coaches must be registered members of their state's AAU District, which entails a \$12.00 annual fee for athletes and \$14.00 for coaches.

ATHLETE ELIGIBILITY All youth athletes must have participated in an AAU District Meet within their own region, with the exception of Iowa and Nebraska. Iowa and Nebraska athletes **DO NOT** have to pre-qualify to participate in the Area 12 2009 AAU Junior Olympic National Track and Field Qualifier.

HOW TO ENTER All registrations will be conducted on-line. Additions and corrections can be made until the entry deadline. **NO CHANGES** can be accepted after the deadline. Please use the appropriate on-line location below to register.

Athletes from **IOWA & NEBRASKA ONLY:**

http://coachoregistration.com/meet/entry/nq_iaau

Athletes from **ALL OTHER** locations:

http://coachoregistration.com/meet/entry/nq_aau

ENTRY FEE The entry fee is **\$25.00** per athlete. There is only one option for payment this year. Entry fees **MUST** be paid on-line with a credit card to complete the registration process.

ENTRY DEADLINE All athletes must register on-line **NO LATER** than **MIDNIGHT, MONDAY, JUNE 22, 2009.**

ON-SITE REGISTRATIONS ARE NOT AVAILABLE AT THIS MEET.

AGE DIVISIONS

Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls. **YEAR OF BIRTH** determines the division in which the athlete must compete. Competing in the wrong division is grounds for disqualification.

DIVISION	YEAR OF BIRTH	AGE ON 2009 BIRTHDAY
Primary	2001 & after	8 or younger
Sub-Bantam	2000	9
Bantam	1999	10
Sub-Midget	1998	11
Midget	1997	12
Sub-Youth	1996	13
Youth	1995	14
Intermediate	1993-1994	15 & 16
Young Men & Women	1991-1992	17 & 18

NOTE: Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games National Championship shall be eligible to compete in the Young Men's or Young Women's age division.

PROOF OF AGE

Proof of age may be required at District, National Qualifier, and National Championship events and whenever required and/or challenged.

Acceptable forms of age verification include:

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 (not expired) passport
5. A valid US driver's license

NOTE: Other forms of documentation, including, but not limited to, letters from public or private schools and/or city and state Parks & Rec Departments are not acceptable.

EVENT LIMITS

Primary, Sub-Bantam, Bantam, Sub-Midget, and Midget: Maximum of **3** events
Sub-Youth, Youth, Intermediate, Young Men/Women: Maximum of **4** events

NOTE: Any athlete who participates in more than his/ her age division's prescribed maximum number of events will be disqualified from this meet and **WILL NOT** be allowed to advance to the National meet in **ANY** event.

RELAY LIMITS

Participation of relay teams will be limited to those clubs which hold a current (2009) valid club membership in the AAU.

Relay teams consist of four (4) members and can list up to four (4) alternates.

Relays are conducted in the Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Women divisions **ONLY**. The Sub-Bantam divisions may run in the Bantam divisions, the Sub-Midget divisions may run in the Midget divisions, and the Sub-Youth divisions may run in the youth divisions only in the relays.

NOTE: Each entry in a relay is considered one of each of these athlete's individual entries and counts toward the maximum number of events allowed.

ATHLETES AND COACHES

REPORTING FOR EVENTS Coaches, parents, and athletes are fully responsible for athletes reporting to their events on time. This meet will be run on a timed schedule. It is not the fault of the Meet Management if any athlete misses his/her event.

NO EXCUSES WILL BE ACCEPTED.

UNIFORMS There is no specific uniform required except as follows:

1. All athletes must wear clothing that is clean and, in the opinion of the officials, in good taste. A jersey (top) must be worn by all competitors.
2. Shoes or foot coverings must be worn by all competitors.
3. All members of a relay team must wear jerseys & shorts of the same color.
4. Speed suits & one-piece uniforms are acceptable as long as the chest area is covered.

SPIKES Any shoes containing spikes must have 1/4" spikes. Needle type spikes are prohibited. Athletes will not be allowed to compete with spikes that do not comply.

WAIVERS Athletes **CANNOT** be advanced at any level of competition without having successfully qualified through the required preliminary/qualifying rounds in the proper event and division.

NO WAIVERS WILL BE GRANTED.

AWARDS First through fourth place finishers in each division and event will be awarded AAU medals. Fifth and sixth place finishers will be awarded ribbons.

ADVANCEMENT TO AAU NATIONALS The top six (6) finishers in each event and division qualify to advance directly to the AAU Junior Olympic Games National Championship to be held at:

July 27 – August 8, 2009
Junior Olympics
Multi-Events / Track & Field
Drake University
Jim Duncan Track
Des Moines, Iowa 50311-4505

Packets for the National Championship will be distributed at the Qualifier meet.

TRAINER A certified trainer will be on site all day Thursday, Friday, Saturday, and Sunday.

ACCESS TO TRACK AND INFIELD Only the Meet Director, meet workers, and competing athletes will be allowed on the field. Any unauthorized individuals on the track, or in the field, will result in a disqualification of their athlete or team.

THIS RULE WILL BE STRICTLY ENFORCED.

COACHES MEETING A coaches' meeting will be held each morning at 7:15am, as needed. The location for the meeting will be announced over the PA system.

PROTESTS

Protests relating to matters which develop during the conduct of the meet must be made to the Referee in writing. Protests should be filed immediately; but, in any case, not more than 30 minutes after the results have been announced. A **\$75.00** cash deposit must accompany the protest. The Referee shall follow the 2009 AAU Athletics Handbook and the 2009 USATF Rulebook in rendering his decision. When the Referee renders his decision, there is still the right to appeal to the Jury of Appeals. The decision of the Jury of Appeals is final.

IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.

SPECTATORS

FOOD AND DRINK

There will be concessions available. Medium-sized ice chests may be brought in with fruit, water, and sports drinks. No glass containers are permitted. Fast food meals are not allowed in the stadium.

MEET PROGRAM

A Meet Program (*if available*) will be sold at the meet.

TENTS & CANOPIES

Tents and canopies will be permitted **ONLY** in the top rows of bleachers and around the outside of the track in designated areas.

GATE ADMISSIONS

Admissions will be sold at the gate on the day of the event.

Athletes & Coaches: **FREE** with proof of valid 2009 AAU membership.

Adults: **\$5.00**

Students & Senior Citizens: **\$2.00**

5 & Under: **FREE**

PARKING

The main stadium parking lot is located south of the stadium at the intersection of (West) Independence Street and W. 5th Street.

RESTROOMS

Stadium restroom facilities are located at the south end of the track, near the main entrance. Additional portable facilities will be available at other locations.

INCLEMENT WEATHER

The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather and resuming when weather permits. The format of the meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and the Games Committee. We will have access to the Central Campus Field House in case of a lightning storm or any other adverse weather.

MEET OFFICIALS

**COORDINATOR &
MEET DIRECTOR** **Marvin (Mary) Allen**
Area 12 Coordinator
AAU Track & Field
515-252-0856
aaustarter@copper.net

HEAD REFEREE **Cortez Nichols**
xcaliburs2003@yahoo.com

**ONLINE ENTRY
SUPPORT** **Becky Gildersleeve**
becky.gildersleeve@pioneer.com

**HY-TEK DATA
ENTRY** **Kent Allshouse**
Allshous@graceland.edu



“Sports for All, Forever”

SCHEDULE OF EVENTS: MULTI-EVENTS

DAY ONE – THURSDAY, JUNE 25

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. Athletes competing in both multi-events and track and field events will be issued only one race number for all events.



TIME	EVENT	Boys						Girls									
		Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
2:00pm	Decathlon (Day 1) 100M, LJ, SP, HJ, 400M							X									
	Triathlon HJ, SP, 400M	X	X														
2:30pm	Decathlon (Day 1) 100M, LJ, SP, HJ, 400M																
	Triathlon HJ, SP, 200M								X	X							
3:00pm	Heptathlon (Day 1) 100M H, HJ, SP, 200M														X		
3:30pm	Heptathlon (Day 1) 100M H, HJ, SP, 200M																X

SCHEDULE OF EVENTS: MULTI-EVENTS

DAY TWO – FRIDAY, JUNE 26

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. Athletes competing in both multi-events and track and field events will be issued only one race number for all events.



TIME	EVENT	Boys							Girls							
		Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate
10:00am	Decathlon (Day 2) 110M H, DT, PV, JAV, 1500M							X								
	Heptathlon (Day 2) LJ, JAV, 800M														X	
10:30am	Decathlon (Day 2) 110M H, DT, PV, JAV, 1500M															
	Heptathlon (Day 2) LJ, JAV, 800M															X
11:00am	Pentathlon 100M H, LJ, HJ, SP, 800M												X	X		
11:15am	Pentathlon 80M H, HJ, SP, LJ, 800M										X	X				
3:00pm	Pentathlon 100M H, LJ, HJ, SP, 1500M					X	X									
3:15pm	Pentathlon 80M H, HJ, SP, LJ, 1500M			X	X											

SCHEDULE OF EVENTS: RACEWALK/3000M

DAY TWO – FRIDAY, JUNE 26

Events will be run according to the timing below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

(P) = Preliminary – Top 8 runners advance to final round; (TF) Timed Final; (F) Final

NOTE:

Racewalk events may be combined across all age groups.

3000M Run may be combined across age groups by gender.



TIME	EVENT	Boys									Girls								
		Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
1:30pm	Steeplechase (TF)							X	X								X	X	
5:00pm	1500M Racewalk(TF)		X	X	X	X					X	X	X	X					
5:30pm	3000M Racewalk(TF)						X	X	X						X	X	X	X	
6:00pm	3000M Run (TF)				X	X	X	X	X				X	X	X	X	X	X	

SCHEDULE OF EVENTS: TRACK EVENTS

DAY THREE – SATURDAY, JUNE 27

Events will be run according to the timing below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

(P) = Preliminary – Top 8 runners advance to final round; (TF) Timed Final; (F) Final

ATHLETES MUST CHECK-IN 30 MINUTES PRIOR TO THE LISTED TIME OR FACE DISQUALIFICATION.



TIME	EVENT	Boys									Girls								
		Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
8:00am	4x800M Relay (TF)					X		X	X	X					X		X	X	X
9:00am	110M Hurdles (P)								X	X									
9:10am	100M Hurdles (P)						X	X								X	X	X	X
9:30am	80MHurdles (P)				X	X								X	X				
9:45am	100M Dash (P)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Noon	400M Dash (TF)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2:00pm	200M Hurdles (TF)						X	X								X	X		
2:30pm	400M Hurdles (TF)								X	X								X	X
3:00pm	200M Dash (P)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

SCHEDULE OF EVENTS: TRACK EVENTS

DAY FOUR – SUNDAY, JUNE 28

Events will be run according to the timing below from youngest to oldest divisions, girls before boys. Divisions may be combined (with the exception of final rounds) at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

(P) = Preliminary – Top 8 runners advance to final round; (TF) Timed Final; (F) Final

ATHLETES MUST CHECK-IN 30 MINUTES PRIOR TO THE LISTED TIME OR FACE DISQUALIFICATION.



TIME	EVENT	Boys									Girls								
		Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
8:00am	1500M Run (TF)		X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X
9:30am	110m Hurdles (F)								X	X									
9:45am	100m Hurdles (F)						X			X					X	X	X	X	X
10:00am	80m Hurdles (F)				X	X								X	X				
10:30am	100M Dash (F)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Noon	800M Run (TF)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2:00pm	4x100M Relay (TF)	X		X		X		X	X	X	X		X		X		X	X	X
3:30pm	200M Dash (F)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4:15pm	4x400M Relay (TF)			X		X		X	X	X			X		X		X	X	X

SCHEDULE OF EVENTS: FIELD EVENTS

DAY THREE – SATURDAY, JUNE 27

The following abbreviations are used in the table below for the six field events contested on this day.

DT – Discus

JAV – Javelin

HJ – High Jump

LJ – Long Jump

SP – Shot Put

PV – Pole Vault



TIME	Boys									Girls								
	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
8:00am						LJ	JAV							SP	SP	DT	HJ	
						JAV		HJ						LJ		PV	DT	
10:00am						SP	LJ	DT								JAV	HJ	
							SP	HJ	DT					JAV	LJ		PV	
Noon							DT	LJ	SP							HJ	JAV	
						DT	HJ	SP						PV		LJ	JAV	
2:00pm								JAV	LJ					HJ	DT		SP	
						HJ			JAV					DT	PV	SP	LJ	
3:00pm	TRIPLE JUMP FOR ALL DIVISIONS																	

SCHEDULE OF EVENTS: FIELD EVENTS

DAY FOUR – SUNDAY, JUNE 28

The following abbreviations are used in the table below for the four field events contested on this day. Competitors should be prepared to report up to **30 minutes prior** to the listed time following the first event of the morning in the event that a division completes competition early.

DT – Discus

TJ – Turbo Javelin

HJ – High Jump

LJ – Long Jump

SP – Shot Put

PV – Pole Vault



TIME	Boys									Girls								
	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Men	Primary	Sub-Bantam	Bantam	Sub-Midget	Midget	Sub-Youth	Youth	Intermediate	Young Women
8:00am	SP	HJ	HJ		LJ					SP	TJ	TJ	DT	LJ				
9:00am	TJ	SP	SP			PV	PV			TJ	HJ	HJ		DT				
9:30am		TJ	TJ	DT									LJ					
				LJ														
10:00am	LJ				DT					LJ	SP	SP	HJ	HJ				
10:30am				TJ	TJ			PV										
11:00am			LJ	HJ	HJ							LJ	SP	SP				
Noon		LJ		SP	SP				PV		LJ		TJ	TJ				

ACCOMODATIONS

NOTE: Other lodging options may exist in the Des Moines area. Check for availability.	Phone	Contact	Rate	Restaurant	Free Breakfast	Pool	Free Wireless Internet	Rollaways
Comfort Inn & Suites 910 W 16 th (US 163 EXIT 40) Pella, IA	(641) 621-1421	Delia, Mgr	Suites \$94.00 King+Sofa \$74.00 Through Jun 12		X	X	X	X
Country Inn & Suites 315 Roosevelt Road Pella, IA	(641) 620-1111 FAX (641) 620-8101	Marla, Mgr	Suites \$96.00 Standard \$86.00 Through Jun 12		X	X	X	X
Holiday Inn Express 2508 Bos Landen Drive Pella, IA	(641) 628-4853	Mindy, Mgr	King \$77.00 Through Jun 12	X	X	X	X	X
Baymont Inn & Suites 2104 Washington Street Pella, IA	(641) 628-0085	Lindsay	Double \$85.00 Through Jun 12		X	X	X	X
Royal Amsterdam Hotel 705 E First Street Pella, IA http://www.royalamsterdam.com/	(641) 620-8400	Sherri	Standard \$79.00 Through Jun 12	X			X	X

NOTE: Rates are guaranteed through dates listed and are subject to taxes and availability.

Please ask for the AAU Track and Field Rate to support these sponsor hotels.



A touch of Holland

www.pella.org



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