

2010 AAU JUNIOR OLYMPIC NATIONAL QUALIFIER MULTI-EVENT AND TRACK&FIELD CHAMPIONSHIP

DATE: JUNE 30, 2010 - JULY 1-3, 2010

JUNE 30 JULY 1, 2010 MULTI-EVENTS..... JULY 1-2-3, 2010 TRACK&FIELD

LOCATION: WIDENER UNIVERSITY CHESTER, PA.LESLIE QUICK JR. STADIUM

HOST: PENNSYLVANIA KEYSTONE STATE GAMES

SANCTIONED BY: AMATURE ATHLETIC UNION

REGISTRATION

ON LINE AT WWW.COACHO.COM, PLEASE NOTE THIS WILL BE THE ONLY MEANS OF REGISTERING FOR THE COMPETITION. YOU MAY REGISTER ON LINE BEGINNING MAY 7, 2010 8:00 PM TO JUNE 25, 2010 MIDNIGHT.

****NO ENTRIES ACCEPTED AFTER DEADLINE JUNE 25, 2010 MIDNIGHT****

: ENTRY FEE \$25.00 PER. ATHLETE (NO REFUND)

: PAYMENTS: BY CREDIT CARD ONLY

AAU MEMBERSHIP ATHLETES AND CLUBS MUST BE REGISTERED WITH AMATUER ATHLETIC UNION 2010 register online www.aausports.org

CONTACT INFORMATION

MEET DIRECTOR: CARDWELL WOOTTEN coachwootten@comcast.net

MEET COORDINATOR: JOSE' A. ORLENA H# 302-698-4687 joserencee@verizon.net

MEET REFEREE: ROLAND WILLIAMS

EVENT OPERATOR: JIM COSTELLO C# 570-760-0352 jcostello@ksoffice.com

TECHNICAL ADVISOR: BRIAN COSTELLO results@ksgoffice.com

GENERAL INFORMATION

TOP FOUR ATHLETES INCLUDE RELAY TEAMS ADVANCE TO THE NATIONAL JUNIOR OLYMPIC GAMES.

> AWARDS MEDALS 1st 2nd 3rd RIBBONS 4th 5TH 6TH 7th 8th

> **LONG JUMP/FIELD EVENTS FOR PRIMARY THRU MIDGET: THREE(3) ATTEMPTS ONLY (EXCEPT HIGH JUMP).**

> 1/4" SPIKES ONLY ON ALL TRACK SURFACES

> TRAINER(S) WILL BE ON SITE DURNING COMPETETION

> MEMBERS OF RELAY TEAMS MUST WEAR THE SAME TEAM COLOR JERSEY AND SHORTS.

> ALL RUNNING EVENTS REPORT TO THE "CLERK OF COURSE"

> FIELD EVENTS REPORT DIRECTLY TO THAT EVENT, CHECK IN WITH THAT OFFICIAL.

> POLE WEIGHT AND ATHLETE WEIGHT MUST BE VERIFIYED BY COACH AND GIVEN TO POLE VAULT OFFICIAL.

> ABSOLUTELY "NO BARE MIDRIFF "

> ONLY COMPETING ATHLETES AND OFFICIAL WILL BE ALLOWED ON THE INFIELD.

> ONLY COMPETITION UNIFORM WILL BE ALLOWED IN THE CLERKING AREA

> TENTS WILL BE ALLOWED IN GRANDSTAND

> 3-TURN STAGGER FOR ALL 4X400M RELAYS

> NO LISTING DEVICES ALLOWED BY ATHLETES IN COMPETETION AREA

> NO RADIO, WATER GUNS, ALCOHOL, OR SMOKING BE PERMITTED ON UNIVERSITY PROPERTY.

> NO ATHLETE, COACH, OR PERSON, ALLOWED IN ANY BUILDING, ROOMS, LOCKERROOMS, DORMS, OR ON ANY EQUIPMENT MAINTAIN BY THE UNVERSITY.

UNSPORTMEN LIKE CONDUCT BY ATHLETE OR COACHE(S) WILL NOT BE TOLERATED AND WILL RESULT IN DISMISSAL FROM COMPETITION.

> PARK ONLY IN AREA PERMITTED BY THE UNIVERSITY.

> TEAMS/UNATTACHED ATHLETE PACKET, PICK-UP AT STADIUM OR GATE

> COACHES AND ATHLETES WILL BE ISSUED A COLOR CODE WRIST

- BAND FOR ADMISSION(INCLUDE IN TEAM PACKET)
- ONE(1) COACHES PER (6) REGISTER ATHLETES (MAX 5 COACH'S BANDS PER TEAM)
- UNATTACHED ATHLETE WILL BE ISSUED ONE (1) BAND
- GENERAL ADMISSION FOR SPECTATORS \$2.00 PER DAY
- RESTROOMS AVAILABLE / T-SHIRTS SALE / CONCESSION STAND

ADDITIONAL INFORMATION

FOR AN ATHLETE TO ADVANCE TO A NATIONAL QUALIFIER, HE/SHE MUST HAVE COMPETE AT A DISTRICT QUALIFIER AND RECEIVE A FAIR MARK IN EACH EVENT HE/SHE PLANS TO COMPETE IN AT A NATIONAL QUALIFER. ATHLETES MAY COMPETE IN MORE THAN (1) DISTRICT MEET; BUT WILL NOT BE PERMITTED TO EXCEED THE AGE DIVISION ENTRY LIMIT AT A NATIONAL QUALIFIER. . UNATTACHED ATHLETES AND TEAMS MAY COMPETE IN MORE THAN (1) DISTRICT QUALIFIER, BUT MAY NOT COMPETE IN THAN ONE (1) NATIONAL QUALIFIER.

COACHES

- NO WARMUP FOR ANY EVENT OR COOL DOWN ALLOWED ON INFIELD
- INTERMEDIATE GIRLS/BOYS AND YOUNG WOMEN/MEN WILL BE REQUIRED TO USE STARTING BLOCKS IN THE 100,200,400 METER DASH, 100,110,400 METER HURDLES.
- ATHLETES WHO DID NOT COMPETE IN A DISTRICT QUALIFYING MEET WILL ONLY BE ELIGIBLE TO COMPETE IN THE NATIONAL QUALIFIER MEET IN THE POLE VAULT, STEEPLECHASE, MULTI-EVENTS, OR ON A RELAY TEAM.
- ALL RELAY TEAM ATHLETES INCLUDING ALTERNATES MUST BE DECLARED AT THAT TIME.

CHALLENGE PERIOD

- ALL CHALLENGES TO MEET RESULT MUST BE INITIATED WITHIN 5 DAYS OF THE DAY OF THE MEET. ALL CHALLENGES MUST BE E-MAILED TO THE DISTRICT OR NATIONAL QUALIFIER MEET DIRECTOR. AFTER 5 DAYS, RESULT WILL NOT BE CHANGE. THE 5 DAYS BEGIN ON THE DATE THE RESULTS ARE POSTED ON THE AAU WEBSITE. ALL POSTED RESULTS WILL LIST THE DATE THAT THE CHALLENGE PERIOD ENDS.

QUALIFYING TO AAU JO GAMES

The top 4 finishers in each event will qualify to the National AAU Junior Olympic Games
 *Athletes who are still eighteen (18) years of age through the final day of the National Track&Field Meet shall be eligible to compete in Young Men and Young Women divisions.

AAU JUNIOR OLYMPIC GAMES DECLARTION & REGISTRATION INFORMATION:

Qualifiers for the National Junior Olympic Games in Hampton Roads Va. must be declare and submitted for meet at CoachO. Com no later than July Thursday July 22, 2010. No entries will be accepted after DEADLINE Thursday July 22, 2010 11:59pmEST (9: pm 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.

> JULY ... AAU JUNIOR OLYMPIC GAMES ENTRY DEADLINE.... NO ENTRIES WILL BE ACCEPTED AFTER Thursday, July 22, 2010 11:59 EST. (West Coast 9:00pm)

2010 AAU NATIONAL JUNIOR OLYMPIC GAMES HAMPTON ROADS VIRGINIA

WWW.AAUSPORTS.ORG

**ATTENTION
IMPORTANT INFORMATION**

COACHES, ATHLETES, & PARENTS

**IN EFFORT TO PROCESS THE ENTRIES
ON TIME FOR THE NATIONAL QUALIFIER
CHAMPIONSHIP**

ABSOLUTELY

**NO ENTRIES WILL BE
ACCEPTED AFTER THE DEADLINE DATE
ENTRY DEADLINE DATE: FRIDAY JUNE 25, 2010 MIDNIGHT**

NO EXCEPTIONS

**2010 AREA 2 AAU JUNIOR OLYMPIC NATIONAL QUALIFIER
MULTI - EVENT CHAMPIONSHIPS**

DAY (1) Wednesday June 30, 2010

Starting Time:	Event	Age Div.	Order of Events	
8:45	Decathlon	IB	100M, LJ, SP, HJ, 400M	Day 1
9:00	Triathlon	SBG/BG	HJ, SP, 200M	Final
9:00	Decathlon	YM	100M, LJ, SP, HJ, 400M	Day 1.
9:15	Heptathlon	IG	100MH, HJ, SP, 200M	Day 1
9:30	Heptathlon	YW	100MH, HJ, SP, 200M	Day 1.
12:00	Triathlon	SB/BB	HJ, SP, 400M	Final

DAY(2) Thursday July 1, 2010

8:45	Decathlon	IB	110MH, Dis, PV, JAV, 1500M	Final
9:00	Heptathlon	YW	LJ, JAV, 800M	Final.
9:15	Decathlon	YM	110MH, DIS, PV, JAV, 1500M	Final
9:30	Pentathlon	SMG/MG	80MH, HJ, SP, LJ, 800M	Final.
9:45	Pentathlon	SMB/MB	80MH, HJ, SP, LJ 1500M	Final.
9:45	Pentathlon	SYG/YG	100MH, LJ, SP, HJ, 800M	Final
10:00	Hepathlon	IG	LJ, JAV, 800M	Final.
10:00	Pentathlon	SYB/YB	100H, LJ, SP, HJ, 1500M	Final

PLEASE READ CAREFULLY:

1. All events will be run in the order listed on the event schedule. If there are any changes, there will be a revised schedule at the packet pick up
2. All events (MULTI's) will be contested approximately thirty (30) minutes after the preceding event is completed. The thirty minute rest period will include food, measuring of steps, and warm-up. Be ready to compete.
3. Each final event will be contested according to the point totals of all the preceding events. Potential medal winners will compete together.

DAY 2 Thursday July 1, 2010

**THESE EVENTS WILL BE CONTESTED AFTER SUBYOUTH YOUTH BOYS
100M HURDLES(PENTATHLON)**

1500MRACEWALK..... SUBBANTAM THRU MIDGET

3000MRACEWALK..... SUBYOUTH THRU YOUNG

2000M STEEPLECHASE INTERMEDIATE GIRL/YOUNG WOMEN
FOLLOWS BY INTERMEDIATE BOYS/YOUNG MEN

Note: Racewalk events may be combined.

2010 AREA 2 AAU JUNIOR OLYMPIC NATIONAL QUALIFIER

After the conclusion of Multi- Events these event will be contested in this order
(Day 2 Thursday July 1, 2010 and at this time..... 3:00pm.....First call 2:15pm)

TRACK

100m Dash Trials All Age Division
400m Dash Final All Age Division

FIELD

Javelin (600g) SYG/YG/.....SYB/YB
 (600g) IG/YW
 (800g) IBYM

High Jump SMG/MG SMB/MB

**Long Jump Bantam Girls/Boys Followed By/SubBantam Girl/Boys)3Jumps Only
Followed by Primary Girls/Boys.....3Jumps Only**

Day 3 Friday July 2, 2010 8:00AM...First Call 7:15am

3000m run Final SubMidget....thru..... Young.....May be Combine
110mhurdles Final IB/YM
100m hurdles Final SYB/YB.....SYG/YG/IG/YW
80mhurdles Final SMG/MG.....SMB/MB
4x800M relay MG/YG/IG/YW followed by MB/YB/IB/YM....May be Combine
400mhurdles Final IG/YW(30'').....IB/YM(36'')
200mhurdles Final SYG/SYB.....YG/YB(30'')
200m Dash Trials All Age Groups Primary thru Young
4x100m relay Final Primary/Bantam/Midget/Youth/Intermediate./Young

DAY 4 Saturday July 3, 2010 8:00AM:...First Call 7:15am

1500m Run Final Sub-Bantam thru Young – may be combined
100m Dash Finals All Age Division...Primary thru Young
800m Run Final All Age Division...Primary thru Young
200m Dash Finals All Age Division...Primary thru Young
4x400m relay Final Bantam/Midget/Youth/Inter/Young (MUST HAVE OWN BATON)

NO WARMUP FOR ANY EVENT OR COOL DOWN ON INFIELD

ALL RUNNING EVENTS WITH THE EXCEPTION OF 100M AND 200M Dash WILL
BE CONTESTED AS A TIMED FINAL

ALL RUNNING EVENTS MUST REPORT TO THE CLERK OF COURSE WHEN
CALLED

2010 AREA 2 AAU JUNIOR OLYMPIC NATIONAL QUALIFIER

Day 3Friday July 2, 2010....8:00AM.....First Call 7:15am

FIELD EVENTS

LJ 1	LJ 2	HJ 1	HJ 2	SP 1	SP 2
SYB	SYG	YW	YM	PG/SBG	PB/SBB
YB	YG	IG	IB	BG/SMG	BB/SMB
IB	IG	YG	YB	MG/SYG/YG	MB/SYB/YB
YM	YW	SYG	SYB	IG/YW	IB/YM

LONG JUMP

HIGH JUMP

SHOT PUT

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Day 4..... Saturday July 3, 2010 8:00AM.....First Call 7:15am

FIELD EVENTS

<u>LJ 1</u>	<u>LJ 2</u>	<u>HJ 1</u>	<u>HJ 2</u>	DISCUS
MB	MG	SBG/BG	SBB/BB	SMB/SMG (1.0kg)
SMB	SMG			MB/MG(1.0kg)

LONG JUMP
MIDGET AND UNDER
3 JUMPS ONLY

SYB/SYG (1.0kg)
YB/YG (1.kg)
IG/YW (1.0kg)
IB/YM (1.6kg)

ALL TRIPLE JUMP WILL BE CONTESTED ON SATURDAY AFTER LONG JUMP

TRIPLE JUMP.....SYB/SYG.....YB/YG....IB/IG....YW/YM

POLE VAULT... Day 4...Saturday July 3, 2010 8:00am.....First Call 7:15am

SYG/YG/IG/YW

SYB/YB/IB/YM

Pole Vault Verification form require

Before warm up, give to vault official

LONG JUMP..... MIDGET AND UNDER3JUMPS ONLY
SHOT PUT.....MIDGET AND UNDER.....3 THROWS ONLY
DISCUS.....MIDGET AND UNDER.....3THROWS ONLY