

**TENNESSEE NATIONAL QUALIFIER (AREA 5)  
TRACK AND FIELD/MULTI EVENTS CHAMPIONSHIPS**

**Hardin Valley Academy  
11345 Hardin Valley Rd  
Knoxville, TN 37932  
July 8-11, 2010**

**Eligibility**

Competition is open to all boys and girls who have a valid/current AAU registration card. All athletes who have COMPETED AND RECEIVED A VALID MARK in a district meet are eligible in the event that was entered at the district level. Relay teams must have competed at the district level. Athletes competing in the Multi-Events, Steeplechase, and Pole Vault are exempt from competing at the district level. Athletes and clubs can compete in only one AAU National Qualifier Meet.

**AAU Membership**

All participants must have a current AAU membership. AAU membership must be obtained before the competition begins. Participants are encouraged to visit [www.aausports.org](http://www.aausports.org) for their membership.

**Event Limits**

There is a three (3) event maximum for the Primary, Sub Bantam, Bantam, Sub Midget and Midget divisions. There is a four (4) event maximum for Sub Youth, Youth, Intermediate, and Young divisions. EVENT MAXIMUM includes RELAYS AND FIELDS EVENTS.

**Entry Fee**

An entry fee of \$25.00 per contestant MUST BE SUBMITTED ONLINE. There will not be any entries done by mail. All declarations and scratches will be done at [www.coacho.com](http://www.coacho.com). All relays and multi events will be entered online as well.



**The entry deadline is midnight EST on July 5th.** Online entry is provided by [www.coacho.com](http://www.coacho.com)

**Challenge Period**

Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 24 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

**Qualifying for the Junior Olympic Games**

The top 4 finishers in each event will qualify for the 2010 National AAU Junior Olympic Games in Norfolk, VA.

**Junior Olympic Declaration and Registration Information**

Qualifiers for the National Junior Olympic Games in Hampton Roads, Virginia must declare and register for the meet at Coach O. com before July 15, 2010. 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.

**The final AAU Junior Olympic Games schedule will be posted on July 27, 2010 at [www.aauathletics.org](http://www.aauathletics.org).**

**Relay Forms:** Please include all team members and alternates--up to 8 total members for a team

**Awards:** Medals will be given to top 4 places in each event.

**Parking:** All parking lots will be available.

**Packet Pick up:** Packets will be available at the track beside the main entry gate, one hour before competition starts on all four days until the end of competition.

**Event Schedule: Final Meet Schedule will be posted after entries close. The event order will not change but start times may differ according to number of entries.** We will only call each event two times. Age groups of like sex may be combined in distance races/walks which have minimal participation.

**Admission:** The daily ticket price will be \$5 with children under 8 being free.

**Coaches Social:** We will be having a Coaches Social at the Host hotel (Holiday Inn) on Saturday night at 7:00 p.m.

## Host Hotels



### **Holiday Inn West at Cedar Bluff**

304 N. Cedar Bluff Road ~ Knoxville, TN 37923

Ph: (865) 693-1011 Fax: (865) 694-0253

[www.cedarbluff.holidayinn.com](http://www.cedarbluff.holidayinn.com)

### **Host Hotel for AAU Area 5 Track & Field Qualifier**

Cedar Bluff exit #378 off Interstates 40/75

5 miles from Hardin Valley Academy Track

### **AAU group discounted room rate \$89.00**

- Holidome Recreation Center with indoor/outdoor saline pool, whirlpool, fitness room, and game room with arcade games, pool table, air hockey, and racquetball courts, basketball goal
- Café Restaurant serving breakfast, lunch, dinner and room service
- Swizzle's Lounge with entertainment Tuesday – Sunday nights
- All rooms feature refrigerator and microwave, coffeemaker, iron and board, hairdryer, and cable TV with free HBO and 70 channels
- Complimentary high speed wireless internet
- 24 hour business center
- Gift shop stocked with memorabilia & personal items
- Coin operated guest laundry
- Within walking distance of other restaurants, shops, and banks
- Small pets accepted with a pet fee



we love having you here.\*

### **Hampton Inn Knoxville West**

9128 Executive Park Drive ~ Knoxville, TN 37923

Ph: (865) 693-1101 Fax: (865) 531-1183

[www.knoxvillewest.hamptoninn.com](http://www.knoxvillewest.hamptoninn.com)

Located next to the Holiday Inn West at Cedar Bluff

Cedar Bluff exit #378 off Interstates 40/75

5 miles from Hardin Valley Academy Track

### **AAU group discounted room rate \$99.00**

- **Complimentary On the House Hot Breakfast served daily at 6:00 a.m.**
- Outdoor saline pool
- All rooms equipped with a large work station, coffeemaker, iron and board, hairdryer, and cable TV with free HBO and 70 channels
- Complimentary high speed internet service
- 24 hour business center
- Honor pantry stocked with snacks & personal items
- Within walking distance of other restaurants, shops, and banks
- Coin operated guest laundry

**For further meet information please contact Chad Culver: [c2sports@aol.com](mailto:c2sports@aol.com).**

**2010 AAU TENNESSEE NATIONAL QUALIFIER  
MULTI-EVENTS/TRACK & FIELD MEET SCHEDULE**

**FINAL MEET SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE ON JULY 5.**

**THURSDAY, JULY 8, 2010**

<i><b>TIME</b></i>	<i><b>EVENT/AGE GROUP</b></i>	<i><b>RACE</b></i>
2:00 PM	DECATHLON TRIATHLON	IB (DAY 1) SBB, BB (FINALS)
2:30 PM	DECATHLON TRIATHLON	YM (DAY 1) SBG, BG (FINALS)
3:00 PM	HEPTATHLON	IG (DAY 1)
3:30 PM	HEPTATHLON	YW (DAY 1)
		100M, LJ, SP, HJ, 400M HJ, SP, 400M 100M, LJ, SP, HJ, 400M HJ, SP, 200M 100M H, HJ, SP, 200M 100M H, HJ, SP, 200M

**FRIDAY, JULY 9, 2010**

<i><b>TIME</b></i>	<i><b>EVENT/AGE GROUP</b></i>	<i><b>RACE</b></i>
2:00 PM	DECATHLON HEPTATHLON	IB (DAY 2) IG (DAY 2)
2:30 PM	DECATHLON HEPTATHLON	YM (DAY 2) YW (DAY 2)
3:00 PM	PENTATHLON	SYG, YG (FINALS)
3:15 PM	PENTATHLON	SYB, YB (FINALS)
3:30 PM	PENTATHLON	SMG/MG (FINALS)
3:45 PM	PENTATHLON	SMB, MB (FINALS)
		110M H, DT, PV, JAV, 1500M LJ, JAV, 800M 110M H, DT, PV, JAV, 1500M LJ, JAV, 800M 100M H, LJ, SP, HJ, 800M 100M H, HJ, SP, LJ, 1500M 80M H, LJ, SP, HJ, 800M 80M H, HJ, SP, LJ, 1500M

- *ALL EVENTS WILL BE CONTESTED APPROXIMATELY 30 MINUTE 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-EVENT COMPETITION AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS.*

4:00 PM	1500M RACEWALK (SBG,SBB,BG,BB,SMG,SMB,MG,MB)	FINALS
	3000M RACEWALK (SYG,SYB,YG,YB,IG,IB,YW,YM)	FINALS
7:00 PM	2000M STEEPLECHASE (IG,IB,YW,YM)	FINALS

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**FINAL MEET SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE ON JULY 5.**

**SATURDAY, JULY 10, 2010**

<b>TIME</b>	<b>EVENT/AGE GROUP</b>	<b>RACE</b>
8:00 AM	3000M RUN (SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM)	Finals
9:00 AM	200M DASH (ALL DIVISIONS)	Trials
10:00 AM	800M RUN (ALL DIVISIONS)	Finals
11:15 AM	80M HURDLES (SMG, ,SMB, MG ,MB) 100M HURDLES (SYG,SYB,YG,YB,IG,YW) 110M HURDLES (IB, YM)	Trials
12:00 PM	100M DASH (ALL DIVISIONS)	Trials
1:00 PM	200M HURDLES (SYG,SYB,YG,YB) 400M HURDLES (IG, YW, IB, YM)	Trials
1:30 PM	400M DASH (ALL DIVISIONS)	Trials
2:45 PM	4 X 100M DASH (ALL DIVISIONS )	Trials

			<b><u>FIELD EVENTS</u></b>		
<b>TIME</b>	<b>EVENT</b>	<b>AGE</b>	<b>TIME</b>	<b>EVENT</b>	<b>AGE</b>
8:00AM	HIGH JUMP	SMG/MG	12:30 PM	HIGH JUMP	SYG/YG
	LONG JUMP	PG/PB		LONG JUMP	SYB/YB
	TRIPLE JUMP	SYG/YG		SHOT PUT	SMG/MG
	SHOT PUT	IG/YW		JAVELIN	IB/YM
	DISCUS	IB/YM		POLE VAULT	IG/YW
9:30 AM	HIGH JUMP	IG/YW	2:00 PM	HIGH JUMP	SBG/BG
	LONG JUMP	SBG/BG		LONG JUMP	IB/YM
	SHOT PUT	SBB/BB		SHOT PUT	SMB/MB
	DISCUS	SMB/MB		JAVELIN	SYG/YG
11:00 AM	HIGH JUMP	SBB/BB		POLE VAULT	IB/YM
	LONG JUMP	SMB/MB	3:30 PM	LONG JUMP	SBB/BB/SYG/YG
	SHOT PUT	SBG/BG		JAVELIN	SYB/YB
	DISCUS	SYB/YB		POLE VAULT	SYB/YB
	POLE VAULT	SYG/YG			

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**FINAL MEET SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE ON JULY 5.**

**SUNDAY, JULY 11, 2010**

TIME	EVENT/AGE GROUP	RACE
8:00 AM	1500M RUN (ALL DIVISIONS EXCEPT PRIMARY)	Finals
9:00 AM	200M DASH (ALL DIVISIONS)	Finals
9:30 AM	80M HURDLES (SMG, ,SMB, MG ,MB) 100M HURDLES (SYG,SYB,YG,YB,IG,YW) 110M HURDLES (IB, YM)	Finals
10:00 AM	400M DASH (ALL DIVISIONS)	Finals
10:45 AM	4 x 100M RELAY (ALL DIVISIONS)	Finals
11:30 AM	4 x 800M RELAY (MG,MB,YG,YB,IG,IB,YW,YM)	Finals
12:30 PM	100M DASH (ALL DIVISIONS)	Finals
1:00 PM	200M HURDLES (SYG,SYB,YG,YB) 400M HURDLES (IG, YW, IB, YM)	Finals
1:30 PM	4 x 400M RELAY (BG,BB,MG,MB,YG,YB,IG,IB,YW,YM)	Finals

**FIELD EVENTS**

TIME	EVENT	AGE	TIME	EVENT	AGE
8:00 AM	HIGH JUMP	SYB/YB	11:00AM	TRIPLE JUMP	SYB/YB
	DISCUS	SYG/YG		HIGH JUMP	SMB/MB
	LONG JUMP	IG/YW		SHOT PUT	IB/YM
	SHOT PUT	SYB/YB		DISCUS	SMG/MG
9:30 AM	LONG JUMP	SMG/MG	12: 30 PM	TRIPLE JUMP	IB/YM
	HIGH JUMP	IB/YM		JAVELIN	IG/YW
	SHOT PUT	PG/PB		SHOT PUT	SYG/YG
	DISCUS	IG/YW	2:00 PM	TRIPLE JUMP	IG/YW

**For further meet information please contact Chad Culver: c2sports@aol.com.**

- 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.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.