

2010
Area 11
AAU Junior Olympic National Qualifying Meet
Multi-Events / Track & Field
June 24 - 27, 2010

East Central High School
12150 East 11th Street
Tulsa, OK



Area 11 Youth Athletics Association
Chairman: Larry Bryant bryantlarry5@aol.com
Vice Chairman: Bobby Carter bobby.carter@brrarch.com
Treasurer: Wanda McNeil uc_xplosion@yahoo.com
Secretary: Andrea Troupe hsteppers@aol.com
Director of Events: Kim Lynk kim@virtualthingstodo.com
At-Large Member: Melvin Collins melvin@tulsaexpress.org
At-Large Member: Lottie Keaton lkeatonbrooks@sbcglobal.net
At-Large Member: Carolyn Spencer caspencer1219@sbcglobal.net

Meet Director: Andrea Troupe
Oklahoma District Athletics Chairman
405.824.5973
hsteppers@aol.com

Visit <http://area11tf.webnode.com//> for latest information

General Information

DATES

Multi-Events: Thursday, June 24 – Friday, June 25, 2010

Steeplechase, Racewalk, Triple Jump (all ages), Primary Long Jump: Friday, June 25, 2010

All other Track and Field Events: Saturday, June 26 – Sunday, June 27, 2010

ALL EVENTS WILL RUN ON A ROLLING SCHEDULE.

GOVERNANCE & MEMBERSHIP REQUIREMENTS

The Area 11 2010 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)

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 to obtain their membership.

Participants who have a 2010 AAU membership card from another AAU sport do not need to purchase another card. All participants must be prepared to show their AAU cards and Birth Certificate. *Athletes receiving awards must show their AAU Card.*

ATHLETE ELIGIBILITY

Athletes must have received a verified mark/time in an AAU District Meet within their own Area.

HOW TO ENTER

All registrations will be conducted on-line at www.coacho.com. **Registration will close at 11:59PM CST on Saturday, June 19, 2010.** Additions and corrections can be made until the entry deadline. **NO CHANGES** can be accepted after the deadline.

ENTRY FEE

The entry fee is **\$20.00** per athlete for the Multi-Events. There is a separate entry fee of **\$20.00** for the Track & Field Meet. 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 **11:59PM CST, Saturday, June 19, 2010.** **ON-SITE & LATE 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.

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 & Red 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 (2010) valid club membership in the AAU. Relay teams consist of four (4) members and may list up to four (4) alternates. All Relay Team members must be registered participants in the Meet. 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.
TENTS & CANOPIES	Tents and canopies will be permitted in the bleachers on the North side of the Stadium. Tents and canopies are permitted around the outside of the track in designated areas. Tents and canopies will not allowed in the bleachers on the South side of the Stadium.
FOOD AND DRINK	There will be concessions available. Medium-sized coolers may be brought into the Stadium. No glass containers are permitted.
MEET PROGRAM	A Meet Program (<i>if available</i>) will be sold at the meet.
GATE ADMISSIONS	There is no admission fee on <i>June 24</i> or <i>June 25</i> . June 26 & June 27 Athletes: Wristbands & Bib Numbers provided with entry must be worn at all times for FREE entry into the Meet. Coaches: FREE with proof of valid 2010 AAU membership. Ages 13 - Adults: \$5.00 per day or \$8.00 for both days. Age 6 - 12: \$3.00 per day or \$5.00 for both days. 5 & Under: FREE
PARKING	Parking in designated areas for Officials & Handicapped. Special Bus Parking available at the East end of the Stadium.
RESTROOMS	Stadium restroom facilities are located throughout the track and 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.
T-SHIRTS	2010 AAU National Qualifying Meet T-Shirts will be on sale.
REGISTRATION	The Host Hotel will be the Embassy Suites, 3332 S 79 th E Avenue. Registration for Multi-Events will be at East Central High School Track. Registration for the Steeplechase will be at the Track, 8:00 AM – 9:00 AM on Friday, June 25. Registration for all other Track & Field events will be available Friday, June 25, 1:00PM – 8:00PM at the Host Hotel, Saturday, June 26, 6:30 AM – 10:30 AM and Sunday, June 27, 2010 6:30 AM – 8:30 AM at East Central High School.

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 rolling 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:

- In all events competitors must wear clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material that is 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 be tucked into the waistband or cover the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff.
- Athlete's tops must be of the same color front and back. All participating relay team members must wear jersey's/tops of the same color, front and back. At National Qualifier and National Championships, all relay team participants shall wear shorts of the color, or, in the case of one piece uniforms, the bottoms of team uniforms should be of the same color.
- A competitor must wear footwear on both feet.
- The competitors must not wear clothing that could impede the view of the judges.

BIBS

Each athlete will be provided a Bib Number and wristband which are required for entrance into the Meet and competition. The replacement fee for lost/damaged bibs or wristbands is **\$10.00 each.**

SPIKES

Only 1/4" spikes are allowed. Needle type spikes are prohibited.

Athletes will not be allowed to compete with spikes that do not comply.

AWARDS

First through Third place finishers in each division and event will be awarded AAU Medals. Fourth through Sixth place finishers will be awarded ribbons. Medals may be picked up 30 minutes after the results have been announced at the Awards Table.

Coaches or parents are required to pick up all medals/ribbons for Bantam – Midget age divisions. Youth – Young Men/Women may pick up their own medals. Relay medals must be picked up as a team.

ADVANCEMENT TO AAU NATIONALS

The top four (4) in each event and division qualify to advance directly to the AAU Junior Olympic Games National Championship to be held at:

**Norfolk State University
Norfolk, VA**

Those athletes that qualify for the AAU Junior Olympic Games must declare and register for the Meet at www.coacho.com before July 22, 2010. **No entries will be accepted after Midnight EST (9:00 PM PST) July 22, 2010.** Do not jeopardize your athlete's chance of competing by not completing this step before the AAU Junior Olympic Games.

TRAINER

A certified trainer(s) will be on site all day Thursday, Friday, Saturday, and Sunday for treatment of injuries and First Aid.

ACCESS TO TRACK AND INFIELD	<p>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, may result in a disqualification of their athlete or team or ejection of the unauthorized individual from the meet.</p> <p><i>THIS RULE WILL BE STRICTLY ENFORCED.</i></p>
WARM-UP AREA	<p>Athletes may warm-up in the designated warm-up area or outside of the track. No warm-ups will be allowed on the track.</p>
COACHES MEETING	<p>A Coaches' meeting will be held after the 3000M Run on Saturday. The location for the meeting will be announced over the PA system.</p>
PROTESTS	<p>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 2010 AAU Athletics Handbook and the 2009 USATF Rulebook in rendering his decision. When the Referee renders a decision, there is still the right to appeal to the Jury of Appeals. The decision of the Jury of Appeals is final.</p> <p>IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.</p>
IMPLEMENTS	<p>All Shot Put and Discus implements to be used in competition will be either pooled from the competitors or provided by Meet Management.</p>
WEIGH-IN	<p>Multi-Events: Javelins must be tagged for identification and checked in one hour prior to competition. All other implements will be pooled for competition.</p> <p>Track & Field: All meet implements must be checked in at the track between 7 AM - 11 AM on Saturday, June 26, 2010. All implements will be brought to the competition site one hour prior to the event.</p>
MULTI-EVENT ELIGIBILITY & EVENTS	<p>Decathlon: <i>Young Men & Intermediate Boys</i> 100M Dash, Long Jump, Shot Put, High Jump, 400M Dash, 110M Hurdles, Discus, Pole Vault, Javelin, 1500M Run</p> <p>Heptathlon: <i>Young Women & Intermediate Girls</i> 100M Hurdles, High Jump, Shot Put, 200M Dash, Long Jump, Javelin, 800M Dash</p> <p>Pentathlon: <i>Sub-Midget Girls, Midget Girls</i> 80M Hurdles, High Jump, Shot Put, Long Jump, 800M Run</p> <p>Pentathlon: <i>Sub-Midget Boys, Midget Boys</i> 80M Hurdles, Long Jump, Shot Put, High Jump, 1500M Run</p> <p>Pentathlon: <i>Sub-Youth Girls, Youth Girls</i> 100M Hurdles, High Jump, Shot Put, Long Jump, 800M Run</p> <p>Pentathlon: <i>Sub-Youth Boys, Youth Boys</i> 100M Hurdles, Long Jump, Shot Put, High Jump, 1500M Run</p> <p>Triathlon: <i>Sub-Bantam Boys, Bantam Boys</i> Shot Put, High Jump, 400M Dash</p> <p>Triathlon: <i>Sub-Bantam Girls, Bantam Girls</i> Shot Put, High Jump, 200M Dash</p>

SCHEDULE OF EVENTS: FIELD EVENTS

Day Three - June 26, 2010 TENTATIVE

All Field Events will begin at **7:30 AM** and be on a rolling schedule. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

DT – Discus JAV – Javelin HJ(#) – High Jump (Pit) LJ – Long Jump SP – Shot Put PV – Pole Vault

Event	Girls										Boys														
	Primary	Sub-Bantam	Bantam		Sub-Midget	Midget		Sub-Youth	Youth		Intermediate	Young Women	Primary	Sub-Bantam	Bantam		Sub-Midget	Midget		Sub-Youth	Youth		Intermediate	Young Men	
LJ		1 st	3 rd		5 th	7 th								2 nd	4 th		6 th	8 th							
HJ1								4 th	3 rd																
HJ2																				4 th	3 rd		2 nd	1 st	
SP						1 st		2 nd	3 rd									6 th		7 th	8 th		9 th	10 th	
DT					1 st	3 rd											2 nd	4 th							
JAV								7 th	5 th											8 th	6 th		4 th	2 nd	

SCHEDULE OF EVENTS: TRACK EVENTS

Day Four – Sunday, June 27, 2010 TENTATIVE

All Running Events will start at the designated time listed each day. All events, with the exception of the 100M Dash and 200M Dash, will be contested as Timed Finals.

Time	Event	Girls										Boys														
		Primary	Sub-Bantam	Bantam		Sub-Midget	Midget		Sub-Youth	Youth		Intermediate	Young Women	Primary	Sub-Bantam	Bantam		Sub-Midget	Midget		Sub-Youth	Youth		Intermediate	Young Men	
8:00 AM	1500M Run (Age Groups may be combined by gender)		X	X		X	X		X	X		X	X			X	X		X	X		X	X		X	X
	100M Dash Finals	X	X	X		X	X		X	X		X	X		X	X		X	X		X	X		X	X	
	800M Run	X	X	X		X	X		X	X		X	X		X	X		X	X		X	X		X	X	
	4x100M Relay	X		X			X			X		X	X		X			X			X		X		X	X
	200M Dash Finals	X	X	X		X	X		X	X		X	X		X	X		X	X		X	X		X	X	
	4x400M Relay			X			X			X		X	X			X			X			X		X	X	

SCHEDULE OF EVENTS: FIELD EVENTS

Day Four – Sunday, June 27, 2010 TENTATIVE

All Field Events will begin at **7:30 AM** and follow a rolling schedule. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

DT – Discus JAV – Javelin HJ(#) – High Jump (Pit) LJ – Long Jump SP – Shot Put PV – Pole Vault

Event	Girls										Boys														
	Primary	Sub-Bantam	Bantam		Sub-Midget	Midget		Sub-Youth	Youth		Intermediate	Young Women	Primary	Sub-Bantam	Bantam		Sub-Midget	Midget		Sub-Youth	Youth		Intermediate	Young Men	
SP1	1 st	2 nd	3 rd		4 th								5 th	6 th	7 th		8 th								
LJ							1 st	3 rd			5 th	7 th								2 nd	4 th		6 th	8 th	
HJ1		5 th	7 th		3 rd	1 st								6 th	8 th		4 th	2 nd							
DT							1 st	2 nd			3 rd	4 th								5 th	6 th		7 th	8 th	
PV							1 st	2 nd			3 rd	4 th								5 th	6 th		7 th	8 th	

ACCOMODATIONS

NOTE: Rates are subject to taxes and availability. Please ask for the AAU Track and Field Rate. Rates are guaranteed until June 1, 2010

Name of Hotel/Motel/Other	City	Room Rates	# of Rooms Available	Distance from Event venue	Airport Shuttle
<i>Embassy Suites 3332 S 79th E Avenue 918.622.2261</i>	<i>Tulsa, OK</i>	<i>\$89.00</i>	<i>198</i>	<i>4 miles</i>	<i>Yes</i>
<i>Courtyard by Marriott 3340 S 79th E Avenue 918.660.0646</i>	<i>Tulsa, OK</i>	<i>\$89.00</i>	<i>80</i>	<i>4 miles</i>	
<i>Comfort Suites – Central 8039 East 33rd Street 918.622.6300</i>	<i>Tulsa, OK</i>	<i>\$79.99</i>	<i>40</i>	<i>4 miles</i>	
<i>Fairfield Inn & Suites 3214 East 79th E Avenue 918.663.0000</i>	<i>Tulsa, OK</i>	<i>\$89.00</i>	<i>20</i>	<i>4 miles</i>	
<i>Quality Inn & Suites 3112 S 79th E Avenue 918.858.2783</i>	<i>Tulsa, OK</i>	<i>\$79.99</i>	<i>36</i>	<i>4 miles</i>	
<i>Sleep Inn & Suites I-44 Central 8022 E 33rd Street 918.663.2777</i>	<i>Tulsa, OK</i>	<i>\$64.99</i>	<i>32</i>	<i>4 miles</i>	<i>Yes</i>