

# AMATEUR ATHLETIC UNION

Area 3 National Qualifier

Track & Field / Multi-Events

JUNE 23 – 26, 2011



Dr. Henry A. Wise Jr. High School  
12650 Brooke Lane  
Upper Marlboro, Maryland 20772

Hosted by

**Marlboro Boys' & Girls' Track**

[www.marlborotrack.com](http://www.marlborotrack.com)

**MEET DIRECTOR:**

Mitch Mitchell (301) 372-6773

[mitchjamitchell@aol.com](mailto:mitchjamitchell@aol.com)

**DEADLINE FOR ENTRIES AND FEES:**

1. The fees per athlete are Open Events = \$20.00; Multi-Events = \$20.00
2. All entries and fees must be received by Wednesday, June 15, 2011.
3. Walk-up fees: A walk-up fee of \$25.00 per entry will be assessed for late registration. (WALK-UP OPEN TO UNATTACHED ATHLETES ONLY Deadline is at 10:00 a.m. Wednesday, June 24, 2011).  
**NO TEAM WALK-UPS WILL BE ACCEPTED. NO EXCEPTIONS.**
4. All entry fee can be paid online via CoachO [www.coacho.com](http://www.coacho.com)

**AAU MEMBERSHIP:** All athletes and coaches must be members of the AAU in order to participate in the national qualifier and must be able to present their AAU card at the time of check-in. For additional membership information contact: Johnnie Mae Armstrong 301-460-1569 or register on-line at [ww.aausports.org](http://ww.aausports.org)

**PROFF OF AGE:** Proof of age is required and must be available for review during the competition. Acceptable documents include: birth certificate, U.S. Passport, U.S. Government documents, certified baptismal record, Indian tribal enrollment certificate, Bureau of Indian Affairs, or state driver's license. Athletes competing in an incorrect age group will be disqualified from that event. Intentional or repeated participation in an incorrect age group may result in disqualification from the entire competition. It is the coaches' ultimate responsibility to ensure participation in the correct age group.

**ELIGIBLE ATHLETES:** May only compete in ONE National Qualifier Meet. Athletes who did not compete in a District Qualifier will only be eligible to compete in the pole vault, javelin, steeple chase and multi-events. Relays teams must be declared on the National Qualifier level.

**AWARDS:** Awards and information packets will be available for pick-up when event results are announced and posted. AAU Championship medals will be awarded to 1<sup>st</sup> – 3<sup>rd</sup> place finishers and ribbons for 4<sup>th</sup> – 6<sup>th</sup> place finishers in each event.

**ADVANCEMENT:** The National Qualifier is an advancement meet. Athletes must compete and receive a verified mark in an AAU sanctioned District Qualifier in order to be eligible to compete in this National Qualifier meet. An athlete may only compete in the events that he/she competed in and received a verified mark at the District Qualifier when advancing to the National Qualifier. Top six (6) athletes and relay teams at the National Qualifier Meet will advance to the AAU Junior Olympic Games at Tad Gormley Stadium, New Orleans, LA, July 30 – August 6, 2011.

**PACKET PICK-UP:** Packets will be available for pick-up at the Dr. Henry A. Wise High School ticket office on the following dates/times:

Wednesday	June 22	5:00pm – 7:00pm	
Thursday	June 23	7:00am – 10:00am	5:00pm – 7:00pm
Friday	June 24	7:00am – 10:00am	
Saturday	June 25	7:00am – 10:00am	

**REGISTRATION WILL BE CONDUCTED BY COACHO [www.coacho.com](http://www.coacho.com)**

Sunday June 26 7:00am – 10:00am

**ADMISSION:** Daily admission for spectators will be charged: Adults \$4 and Children ages (5–18) \$2.00; under 5 or over 65 (w/ID) – free. A four-day pass may be purchased for \$10.00 (adults) and \$5.00 (children). For each team registration, one (1) coaches' pass will be given for every ten (10) athletes registered.

**VOLUNTEERS:** Are welcome.

**PROTEST PROCEDURES:** The meet director must be notified in writing within 30 minutes of the perceived infraction. A seventy-five (\$75.00) dollar **non-refundable** fee is required at the time of the protest. The decision of the jury of appeals is final.

**FACILITIES:** Eight lane track, runways, and aprons require ¼ " spikes or less.

**CLEAN-UP:** Trash bags will be provided. Please keep your area clean. Coaches who fail to ensure that their respective team areas are appropriately maintained and cleaned may be precluded for further participation in the meet.

**EQUIPMENT:** Each team/athlete must supply their own field event implements, starting blocks, and batons. However, it may be necessary to select a field implement as the Official Implement to be used by all of the competitors. Blocks are only permitted in the finals of the 100m.

**ADDITIONAL NOTES (General):** Sections, heats, flights may be combined at the discretion of the meet director or field event judges.

ONLY MEET OFFICIALS ARE ALLOWED ON THE FIELD, TRACK OR IN THE CLERKING AREA. ONLY ATHLETES WHOSE EVENT HAS BEEN CALLED ARE ALLOWED ON THE TRACK, FIELD OR IN THE CLERKING AREA. ATHLETES MUST REPORT TO THE CLERKING AREA DRESSED FOR COMPETITION.

- This event is sanctioned by the Amateur Athletic Union.
- All participants must have a current AAU membership.
- AAU membership may not be included as a 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 connection. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

**BIB NUMBERS:** There will be a \$10.00 charge for replacement bib numbers.

**CONCESSIONS:** Available daily on-site with varying menu.

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**FIRST-AID:** Available on-site.

**MULTI-EVENT COMPETITION:**

- ORDER OF EVENTS MAY BE CHANGED AT THE SOLE DISCRETION OF THE MEET DIRECTOR TO FACILITATE THE ORDERLY AND TIMELY CONDUCT OF THE MEET.
- 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 WARMUP.
- COMPETITORS MUST BE PRESENT AND ATTEMPT EVERY EVENT OF THE MULTI-EVENT COMPETITION.
- ATHLETES COMPETING IN BOTH MULTI-EVENT AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS.

**DIVISIONS/EVENT LIMITS (“Max”)**

Primary	(P)	2003 & After	Max of 3 events
Sub Bantam	(SB)	2002	Max of 3 events
Bantam	(B)	2001	Max of 3 events
Sub Midget	(SM)	2000	Max of 3 events
Midget	(M)	1999	Max of 3 events
Sub Youth	(SY)	1998	Max of 4 events
Youth	(Y)	1997	Max of 4 events
Intermediate	(I)	1995 – 1996	Max of 4 events
Young	(Y)	1993 – 1994*	Max of 4 events

- \*Athletes born between 8/7/1994 and 12/31/1994 are eligible to compete in the “Young” Division.
- Event Maximums include relays and field events. Alternate relay team members must be declared with team members.
- Maximums do not include multi-event competitions.

**ENTRY FEE:** There is a \$20.00 fee per participant for track and field competition. There is a separate \$20.00 fee per participant for multi-event (triathlon, pentathlon, heptathlon and decathlon) competition.

All entries (relay, multi-event, and track and field), declarations and scratches **must be completed** through [www.coacho.com](http://www.coacho.com).

**Payment must be made on the CoachO website via credit card.**

**MEET INFORMATION:**

For further meet information please contact J. A. “Mitch” Mitchell at [mitchjamitchell@aol.com](mailto:mitchjamitchell@aol.com) 301-372-6773 or

REGISTRATION WILL BE CONDUCTED BY COACHO [www.coacho.com](http://www.coacho.com)

Reginald or Tracey Wilkinson (301) 599-1033  
Armease or Gertie Starks (301) 574-0459



Friday, June 24, 2011

### **Multi-Events**

#### **8:00 a.m.**

Decathlon (Day Two) IB, YM  
110 Meter Hurdles, Pole Vault\*, Javelin, Discus, 1500 meter

#### **Heptathlon (Day Two) IG, YW**

Long Jump, Javelin, 800 Meter,

#### **8:15 a.m.**

Pentathlon SYB, YB  
100 Meter Hurdles, Long Jump, Shot Put, High Jump, 1500 Meter

#### **8:30 a.m.**

Pentathlon SMG, MG  
80M Hurdles, High Jump, Shot Put, Long Jump, 800M

#### **8:45 a.m.**

Pentathlon SMB, MB  
80M Hurdles, Long Jump, Shot Put, High Jump, 1500M

### **Track Events**

#### **9:15 a.m.**

3000 M Race Walk (Finals) SYG - YM

#### **11:00 a.m.**

100M (Semi-Final) All Age Divisions

### **Field Events**

#### **8:00 a.m.**

Shot Put (Pit 1) SYG, YG

Pole Vault SYG, SYB, YG, YB, IG, YW

\*Open Pole Vault for IB/YM will be conducted simultaneously with IB/YM Decathlon Pole Vault Competition.

**Saturday, June 25, 2011**

**Track Events**

**8:30 a.m.**

1500 M (Final)	SBG – YM
400M (Final)	All Age Divisions
80H (Semi-Final)	SMG, MG, SMB, MB
100H (Semi-Final)	SYG, YG, SYB, YB, IG, YW
110HH (Semi-Final)	IB, YM
200 Meter (Semi-Final)	All Age Divisions
4 x 800 Relay (Final)	MG, MB, YG, YB, IG, IB, YW, YM
200 H (Final)	SYG, YG, SYB, YB
400 H (Final)	IG, YW, IB, YM
4 x 100 Relay (Final)	All Age Divisions

\*Steeplechase will not be contested – All athletes must be present at 8:30 a.m. and registered in that event to advance.

**Field Events**

**8:00 a.m.**

High Jump (Pit 1)	SMG, IG, SBB, SYG, SBG
High Jump (Pit 2)	MG, YW, BB, YG, BG
Shot Put (Pit 1)	IG, SBB, SBG, SMG, SMB
Shot Put (Pit 2)	YW, BB, BG, MG, MB,
Discus	IB, YM, SMB, MB, SYB, YB
Long Jump (Pit 1)	SMG, SMB, SYB, IB, SYG, IG
Long Jump (Pit 2)	MG, MB, YB, YM, YG, YW
Javelin	IB, YM, SYB, YB



**Sunday, June 26, 2011**

**Track Events**

**8:00 a.m.**

100 Meter (Finals)	All Age Divisions
80 Meter Hurdles (Finals)	SMG, MG SMB, MB
100 Meter Hurdles (Finals)	SYG, YG, IG, YW, SYB, YB
110 Meter Hurdles (Finals)	IB, YM
800 Meter (Finals)	All Age Divisions
200 Meter (Finals)	All Age Divisions
4 x 400 Relay (Finals)	BG - YM

**Field Events**

**8:00 a.m.**

High Jump (Pit 1)	SMB, SYB, IB
High Jump (Pit 2)	MB, YB, YM
Discus	SYG, YG, IG, YW, SMG, MG
Long Jump (Pit 1)	BB, SBB, SBG, BG, PB, PG
Shot Put (Pit 1)	YM, SYB, PG
Shot Put (Pit 2)	IB, YB, PB
Triple Jump	SYG, SYB, YG, YB, IG, IB, YW, YM
Javelin	SYG, YG, IG, YW

## **Hotel Accommodations**

Note: Individual rates w/ AAA, government; military, etc. discounts are better than room block rates.

Best places to stay for convenience and amenities (i.e., food, movies, malls, etc.) are Bowie, MD; Largo, MD; Waldorf, MD; Greenbelt, MD – all approximately 20 minutes from the track. Annapolis, MD is about 35 minutes from the track but has a really nice mall, sights, food and hotels. Other locations are closer (i.e., Andrews, AFB/Camp Springs) but not preferred.

### **Sleep Inn**

9400 Marlboro Pike  
Upper Marlboro, MD  
(301) 599-9400  
10 minutes to track (6 miles)

TownePlace Suites Clinton at Joint Base Andrews  
7800 Ferry Avenue  
Clinton, MD 20735  
(301) 856-2266  
20 minutes (14 miles)

### **Comfort Inn and Conference Center**

4500 Crain Hwy  
Bowie, MD  
(301) 464-0089  
20 minutes (14 miles)