

Benefits of the AAU

- An opportunity to follow in the footsteps of former AAU athletes: Mark Spitz, Shaquille O'Neal, Keri Strugg, Chamique Holdslaw, Greg Louganis, Ryan Klesko, Dan Gable, Carl Lewis, Jackie Joyner Kersee, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world famous *Disney's Wide World of Sports*® Complex, and other great facilities throughout the country.
- Travel, make new friends, continuing education, and unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

How To Become A Member

- Visit www.aausports.org and click "JOIN NOW".
- Call 1-800-AAU-4USA and this will connect you with your District Office.

Say Yes To AAU!

Join over 550,000 athletes, coaches, and volunteers across the country, as they strive to achieve their dreams as athletes and valued citizens of your communities.



AAU Athletics Meets

Interested in becoming an AAU Athletics Meet Director? The following are items that you should consider when organizing a Track & Field or Cross Country meet.

FACILITIES: High School, College or Parks and Recreation department facilities etc. The facilities should be able to accommodate several hundred people, and a warm up area is suggested. Suitable changing areas, restrooms and/or shower room if possible, audience seating and parking.

EQUIPMENT: All normal and customary Track & Field equipment necessary to complete all events. A public address system located in the press box, warm up area and clerk of course tent.

STAFF: Officials, Athletic Trainers, meet directors and a security presence.

OFFICIALS: USATF, NCAA or local High School certified officials should be used to help conduct the meet.

CLERK OF COURSE: This area serves as the check in for all competitors and maintains the flow of the meet.

ACCOMMODATIONS: For out of town competitors, provide a list of local hotels, motels, or other lodging facilities along with a list of local restaurants.

SANCTIONING: Log on to www.aausports.org, click on the Event Sanction icon and fill out all the pertinent event information. Your local AAU District Office will approve all sanctions on the local level. **QUESTIONS:** Contact the AAU National Office at 407-934-7200.

INSURANCE: A benefit of AAU membership is the athletic accident and liability insurance program. For specific information regarding coverage, please refer to the current insurance brochures, found under insurance at www.aausports.org.

THE AMATEUR ATHLETIC UNION

The AAU is one of the largest non-profit volunteer organizations in the United States dedicated solely to the promotion and development of amateur sports. Established in 1888 by sports leaders who collectively became the first to define amateurism and create standards for amateur athletes in the country. The AAU continues to operate on the basic principles upon which the organization was founded: to maintain the mutual interests of its members while achieving and improving amateur sports.

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The dates and information posted on this brochure are for informational purposes only and are subject to change without notice. Please check the AAU website www.aausports.org for the most up to date information.



Track & Field, Multi-Events & Cross Country



www.aauathletics.org

For Membership please visit

www.aausports.org

Interested in Sports?

Then the AAU is for you! We have athletic programming in over 30 sports for athletes from 4 to 80 years of age and older, male and female, from Basketball to Wrestling, from Gymnastics to Baseball.

We're one of the world's largest non-profit multi-sport organizations. Each year we sanction over 15,000 local, regional and national competitions.

Looking for a Club or Team to Join?

The AAU makes it easy for you to find a club or team in your area. Go to www.aausports.org, click on "My Child Wants to Play AAU Sports" icon and follow the instructions. This program allows coaches to find athletes in their area interested in joining their club or team.

We Make It Easy to Join!

We make it easy by providing instant on-line registration. No more waiting for administrative paperwork to go through its cycle and the U.S. Postal service to deliver your membership. Just visit www.aausports.org and click on the "Join Now" icon and away you go. It's as easy as 1-2-3.

"Sports For All, Forever"

The AAU offers National Championships in the various sports, sponsors the AAU Junior Olympic Games, the AAU James E. Sullivan Memorial Award along with the AAU Complete Athlete Program. Two of the AAU's flagship programs, which are administered for the President's Council on Physical Fitness and Sports are the President's Challenge and the Presidential Sports Award.

How You Can Learn More

The AAU has developed a dynamic Web Site at www.aausports.org, where you can view up to date AAU news stories, event listings, membership information, individual sport websites and much, much more. It also includes information on events located at the *Disney's Wide World of Sports*® Complex, the home of the Amateur Athletic Union.

Program Objectives:

The purpose of the AAU Athletics Program is to create, stimulate and improve competitive opportunities for our athletes while promoting and developing leadership sportsmanship and educational experiences. Using the theme, "*Sports For All, Forever*" as the foundation, our national athletics committee is continually striving to expand our programming offerings. The results have been this: AAU Athletics offers more National Championships in more age divisions than any other organization in America.

2009 National Championship Sites:

The following are AAU Athletics National Championship sites for 2009.

Cross Country Nationals Joplin, MO

Southern Indoor Nationals TBD

Northern Indoor Nationals Merrillville, IN

Club Championships Orlando, FL

AAU Junior Olympic Games Des Moines, IA

2009 Age Divisions (Track & Field and Cross Country)

<u>Age Division</u>	<u>Birth Year</u>
Primary Boys & Girls	2001 & After
Sub-Bantam Boys & Girls	2000
Bantam Boys & Girls	1999
Sub-Midget Boys & Girls	1998
Midget Boys & Girls	1997
Sub-Youth Boys & Girls	1996
Youth Boys & Girls	1995
Intermediate Boys & Girls	1993-1994
Young Men & Women	1991-1992

Eligibility:

Any athlete that is an AAU member may compete in any sanctioned AAU Athletics meet upon payment of entry fee. AAU membership is \$12-\$14 for youth (6U - 19U) and \$22 - \$27 for adults (20 and over). Membership is available online at www.aausports.org. Any athlete that turns 19 years of age prior to the last day of the AAU Junior Olympic Games is not eligible to compete in any event that year.

AAU Athletics Regional Breakdown (By AAU District)

Region 1

New England, Adirondack, Niagara, Connecticut, NY Metropolitan, New Jersey

Region 2A

Middle Atlantic, Western Pennsylvania, Maryland

Region 2B

Potomac Valley, Virginia

Region 3A

North Carolina, Southeastern

Region 3B

South Carolina, Georgia

Region 4

Florida, Florida Gold Coast

Region 5

Hawaii

Region 6A

Lake Erie, Ohio, Michigan, West Virginia

Region 6B

Indiana, Central, Kentucky

Region 7

Iowa, Nebraska, Minnesota, Wisconsin

Region 8

Missouri Valley, Ozark, Oklahoma, Arkansas

Region 9A

South Texas, West Texas, Southwestern

Region 9B

Southern

Region 9C

Gulf, Southwestern

Region 10A

New Mexico, Arizona

Region 10B

Colorado, Utah

Region 11

Montana, North Dakota, South Dakota, Wyoming

Region 12

Alaska, Inland Empire, Pacific Northwest, Oregon

Region 13A

Central California, Pacific

Region 13B

Southern Nevada, Southern Pacific, Pacific Southwest

* In order to compete at the AAU Junior Olympic Games you must first qualify through your Regional Championship. To find out your Region please visit www.aauathletics.org.

NATIONAL SPONSORS OF THE AAU

