



## REGIONAL CHAMPIONSHIP TRACK AND FIELD MEET

**PARK CENTER High School 7300 Brooklyn Blvd. Brooklyn Park**  
**JUNE 25 & 26 – MULTI EVENTS AND STEEPLECHASE**  
**JUNE 27 & 28 – TRACK AND FIELD EVENTS**

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.

**Host:** Track Minnesota Elite [www.trackminnesota.org](http://www.trackminnesota.org)



**AAU Advancement Format & Steps:** (Register for all meets at [coacho.com](http://coacho.com))

- 1. District Qualifier** June 21 & 22 Top 16 in each event advance to Regional Meet ( 800 MN Kids)
- 2. Regional Meet** June 25-28 the top 6 finishers in Running events / Top 5 in Field Events / Top 4 in Relay & Multis advance to Nationals (1200 Kids MN, IA, WI, ND, SD)  
Park Center HS
- 3. National Meet** August 1–8 Top 8 becomes All American (10,000 Kids USA ) / Norfolk VA

**Eligibility:** Individual athletes and relay teams must have placed in the top 16 at a District Meet. Athletes competing in Multi-events, Steeplechase or Pole Vault who did not participate in a district meet is able to compete in the Regional Meet per AAU rule. AAU membership is required to register.

**Athlete Cost:** Meet Registration Cost will be \$25.00 per athlete.

**ADMISSION:** General Public \* \$5.00 (ages 5 and under free)  
Coaches \* 4 coaches free admission per team (all others must pay)

**Awards:** AAU Medals will be awarded to the top three performers in each event

### How to Register

Online registration will close @  
11:59 p.m. on June 24

- Go to [www.coacho.com](http://www.coacho.com)
- **Click on :** Online Registration
- **Click on:** Enter a meet > Meets are listed by date > Find the Minnesota District Qualifier (June 25 - 28).
- **Log-in** or **Register**, if you have not already registered. **Search** for your team. If it has not already been created, the site walks you through how to create your team after the search.
- **If you are unattached (no team)** you must select UNATTACHED as YOUR TEAM NAME. Create your team rosters (girls and boys), including birthdates. Revisions to team rosters and events can be made online before the Registration deadline. Once registration closes all questions should be directed to Jack Mayeron, Meet Director (cell: 612-850-1990).



## Host Hotel & Registration Packets

Minneapolis Marriott Northwest 7025 Northland Dr N Brooklyn Park, MN 55428

- All rooms are 2 room suites / Hotel is within 10 minutes of track
- **Teams (coaches) get 1 Complimentary room after 20 rooms are rented**
- Wi-Fi • Complimentary bus parking. • Mini-fridge and coffeemaker in each suite
- **Registration Packets pick up June 26, 6:00 to 8:00 at Host Hotel - Also available at the meet**

To RSVP Individual room call (763) 536-8300

To RSVP Group Rooms call Jessical Lemke (763) 536-971-5563

### Other Accommodations:

Holiday Inn & Water Park - Maple Grove 763-234-5253 / American Inn Brooklyn Center 763-566-7500

Comfort Inn - Brooklyn Center 763-560-7464 / Country Inn & Suites - Brooklyn Center 763-561-0900

Days Inn - Brooklyn Center 763-561-8400 / Embassy Suites - Brooklyn Center Brooklyn Center 763-560-2700

**Meet Director** Jack Mayeron 612-486-6730 Ext. 12 [Jmayeron@youthdetermined.org](mailto:Jmayeron@youthdetermined.org)

**Meet Director** Melvin Anderson 612-486-6730 Ext. 10 [Manderson@youthdetermined.org](mailto:Manderson@youthdetermined.org)

**Online Entry, Question & Results** Josh Gerber, [josh@wayzataresults.com](mailto:josh@wayzataresults.com) / Wayzata Results.com

### Venue Info:

- **Tents and canopies** will be permitted only in the top 3 rows of the bleachers. No team camps, with or without tents or canopies will be permitted in the infield.
- **Warm-up Area** designated areas only and will not be allowed the infield or the track
- **No dogs**, except service dogs will be permitted inside the stadium.
- **Athletic and Health based vendors will be present**
- **Inclement weather:** Weather related delays or scheduling changes will be at the sole discretion of the Meet Director.

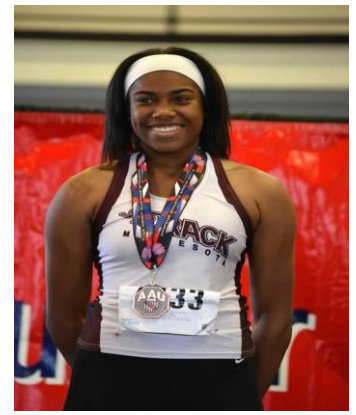
**Protests:** Protests relating to matters that develop during the conduct of the meet must be made to the Meet Director in writing. Protests must be filed not more than 30 minutes after results have been announced. A \$75.00 cash deposit must accompany the protest. The Referee shall follow the 2015 AAU Athletics handbook. The Referee's decision may be appealed to the Jury of Appeals, whose decision will be final DEPOSIT WILL BE FOFETED IF THE PROTEST IS DENIED.

**Challenges:** Any person wishing to challenge the final results must do so via email to Josh Gerber at [josh@wayzataresults.com](mailto:josh@wayzataresults.com) within 24 hours after competition ends. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding rules of competition will follow the AAU Athletics Handbook.

**"SEE YOU IN VIRGIINA FOR THE NATIONAL TRACK MEET"**



2014 National Champions



**Meet Format:**

**RUNNING EVENTS:** will be on a “rolling schedule”. An approximate time schedule will be provided, however since there is no way to accurately predict the number of participants, the number of heats needed in each event is uncertain. Running events will be contested from youngest age to oldest, girls’ heats first. Age groups will be combined when appropriate.

**Recruiting**  
College Scouts will be in Attendance

**IMPORTANT NOTE:** Preliminary heats with 8 contestants or less will be run as a final.

**HORIZONTAL JUMPS AND THROWING EVENTS:** Athletes will be given 4 attempts, cafeteria style within age groups. At check-in the event official will establish a specific time by which all attempts in that age group must be completed. Athletes competing in other events are responsible to make their attempts within the allotted time.

**FIELD EVENTS:** In all but the high jump and pole vault competitors will be given 3 preliminary attempts and the best 8 preliminary marks will be given 3 final attempts. In the event that 8 or fewer competitors report all will be given 6 attempts, whether or not any of the first 3 is legal.

**Age Divisions:** The athlete’s year of birth determines their competitive division

Ages 8 & under	2007 & after
Age 9	2006
Age 10	2005
Age 11	2004
Age 12	2003
Age 13	2002
Age 14	2001
Ages 15 & 16	1999-2000
Ages 17 & 18*	1997-1998

**Athletes who turn 19 years before August 8<sup>th</sup> CAN NOT compete in AAU Track**

**Pole Vault, Multi events, Steeplechase:**

Pole Vault, Steeplechase and Multi events will not be contested in the District Qualifier. Athletes wishing to enter these events at a Regional Meet will be allowed to do so at [www.coacho.com](http://www.coacho.com)

**Event Limits:**

Ages 12 and younger: Maximum of 3 events.  
Ages 13 and over: Maximum of 4 events

**Relay Limits:**

Participation on a relay will count as one of the athlete’s individual entries and counts toward the maximum number of events allowed.  
Relay teams will consist of 4 members and can list up to 4 alternates.



## REGION 14 TRACK AND FIELD CHAMPIONSHIP

### MULTI EVENT THURSDAY, JUNE 25

TIME	EVENT	AGE GROUP	EVENTS
12:00 Noon	Decathlon	15/16 B (Day 1)	100 M, LJ, SP, HJ, 400 M
12:05 PM	Decathlon	17/18 B (Day 1)	100 M, LJ, SP, HJ, 400 M
12:15 PM	Heptathlon	15/16 G (Day 1)	100 M Hurdles, HJ, SP, 200 M
12:20 PM	Heptathlon	17/18 G (Day 1)	100 M Hurdles, HJ, SP, 200 M
1:45 PM	Pentathlon	13 & 14 G ( Finals)	100 M Hurdles SP, HJ, LJ, 800 M
1:50 PM	Pentathlon	13 & 14 B (Finals)	100 M Hurdles, SP, HJ, LJ, 1500 M
3:30 PM	Triathlon	9 & 10 G & B (Finals)	SP, HJ, 400 M

### MULTI EVENTS AND STEEPLECHASE FRIDAY, JUNE 26

TIME	EVENT	AGE GROUP	EVENTS
10:30 AM	Decathlon	15/16 B (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
10:35 AM	Decathlon	17/18 B (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
11:00 AM	Heptathlon	15/16 G (Day 2)	LJ, Jav, 800 M
	Heptathlon	1/818 G (Day 2)	LJ, Jav, 800 M
	Pentathlon	11& 12 G (Finals)	80 M Hurdles, SP, HJ, LJ, 800 M
11;15	Pentathlon	11 & 12 B (Finals)	80 M Hurdles, SP, HJ, LJ, 1500 M

**5:30 P.M 2000 METER STEEPLECHASE 15/16 & 17/18 GIRLS FOLLOWED BY 15/16 & 17/18 BOYS**

**IMPORTANT NOTE: STEEPLECHASE COMPETITION WILL BE HELD AT THE UNIVERSITY ST. THOMAS, 2115 SUMMIT AVE, ST. PAUL, MN 55105**

#### MULTI-EVENT FORMAT:

- 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 warm-up. Be ready.
- Each Final Event will be contested according to the point totals of all of the preceding events. All possible medal winners must run together.

ATHLETES COMPETING IN BOTH MULTI-EVENT COMPETITION AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS. YOU WILL NOT NEED A DIFFERENT NUMBER FOR TRACK AND FIELD!






## REGION 14 TRACK AND FIELD CHAMPIONSHIP

### SATURDAY TRACK SCHEDULE

9:00	FIELD EVENTS OPEN FOR WARM-UP	
9:15	80/100/110 METER HURDLE PRELIMS (IF 8 OR FEWER RUN AS FINAL)	
10:30	100 METER PRELIMS	
12:45	800 METER FINALS	
2:15	200 METER PRELIMS	
4:45	1500 METER FINALS	
6:45	4 X 100 METER RELAY FINALS	<b>MEET ON A ROLLING SCHEDULE TIMES ARE APPROXIMATE</b>
8:00	4 x 400 METER RELAY FINALS	


### SATURDAY FIELD SCHEDULE

	High Jump	Long Jump	Shot Put	Discus
9:30	11 & 12 G	11/ 12 G & B	17/18 G & B	15/16 G & B
10:45	13/14 G	13/14 G & B	15/16 G & B	17/18 G & B
12:15	15/16 G		13 G & B	11 G & B
1:45	9/10 G	17/18 G & B	14 G & B	12 G & B
3:00	17 & 18 G		11 G & B	13 G & B
3:15		15/16 G & B	12 G & B	14 G & B
				

### SUNDAY TRACK SCHEDULE

8:30	1500 AND 3000 METER RACEWALK – (CONCURRENT)	
9:15	3000 METER RUN	
10:15	80/100/110/ METER HURDLE FINALS	
11:15	100 METER FINALS	
12:30	400 METER FINALS	
3:15	200M/400M HURDLES	
4:00	200 METER FINALS	<b>Live results @<a href="http://www.wayzataresults.com">www.wayzataresults.com</a></b>
5:00	4 x 800 METER FINALS	

### SUNDAY FIELD SCHEDULE

	LONG JUMP	TRIPLE JUMP	SHOT	POLE VAULT	JAVELIN	HIGH JUMP
9:00	8 B & G		9 G & B			17/18 B
10:00	9/10 B & G		8 G & B	ALL CONTESTANTS	9/10 B & G	15/16 B
11:00		15/16 B & G	10 G & B		11/12 B & G	13 & 14 B
12:30		13/14 B & G			13/14 B & G	11/12 B
						

# THE ROAD TO TRACK NATIONALS CONTINUES JUNE 25 IN BROOKLYN PARK, MN



## JUNIOR OLYMPIC- NATIONAL MEET INFORMATION

- Norfolk State University, Hampton Virginia
- August 1 - August 8, 2015 Multi Events July 1 & 2 / Track & Field August 3 – Aug 8
- Register online at [coacho.com](http://coacho.com) / General Information at [AAUSports.org](http://AAUSports.org)
- Expected participation -12,000 student-athletes form all 50 states
- Junior Olympics Includes 10 other sports national events besides track & field
- Be sure to RSVP hotels and Rentals Cars **ASAP**



**HOST > TRACK MINNESOTA ELITE**