



AAU INDOOR NATIONAL CHAMPIONSHIP March 3 – March 5, 2023

- WHERE:** Virginia Beach Sports Center
1045 19th Street Virginia Beach, VA 23451
- SANCTIONED BY:** Amateur Athletic Union (AAU)
- HOST:** AAU Track & Field Executive Committee
Darnell & Karen Hall, Meet Director
E-mail: khall@vistamaria.org
- ELIGIBILITY:** This meet is open to any athlete that falls within the age divisions listed below. AAU individual and club memberships can be obtained through the AAU National Website www.aausports.org. Each athlete aged **13-18 years** may enter in up to a **maximum of 4 events including relays**. Athletes aged **12 and younger** based on year of birth below may only enter in **3 events including relays**. *If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.*
- AGE DIVISIONS:** Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.
- 5 & 6 Under Girls/Boys (Born 2017 and later) Maximum 3 Events including relays
 - 7 & 8 Girls/Boys (Born 2016 and 2015) Maximum 3 Events including relays
 - 9 Year Old Girls/Boys (Born 2014) Maximum 3 Events including relays
 - 10 Year Old Girls/Boys (Born 2013) Maximum 3 Events including relays
 - 11 Year Old Girls/Boys (Born 2012) Maximum 3 Events including relays
 - 12 year Old Girls/Boys (Born 2011) Maximum 3 Events including relays
 - 13 Year Old Girls/Boys (Born 2010) Maximum 4 Events including relays
 - 14 Year Old Girls/Boys (Born 2009) Maximum 4 Events including relays
 - 15-16 Year Old Girls/Boys (Born 2008-2007) Maximum 4 Events including relays
 - 17-18 Year Old Girls/Boys (Born 2006-2005) Maximum 4 Events including relays
- *Athletes who are still eighteen (18) years of age through the final day (March 5th) of the AAU Indoor National Track & Field Championship shall be eligible to compete in the 17-18 year old division.**
- MEET ENTRY FEE:** Entry fee is **\$40.00** for each athlete for Track & Field events. All members of relay teams, including alternates, who have not entered an individual event, must pay a **\$40.00** entry fee. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL ENTRY FEES MUST BE PAID ONLINE.** Entry will not be processed unless entry fee is paid by the deadline. All major credit cards accepted online. **Bring an original birth certificate, passport or driver's license as proof of age. A 2023 AAU membership card is needed when entering each athlete. All entry fees must be paid online.**
***Please note: THE FIRST 2500 PAID ENTRIES WILL BE AUTOMATICALLY ACCEPTED INTO THE MEET. ONCE MAXIMUM ATHLETE CAPACITY IS REACHED, NO MORE ENTRIES WILL BE ACCEPTED.**
- ENTRY PROCESS:** All teams and unattached athletes must utilize the online entry process via www.aatrackandfield.org. This will permit a very efficient registration process that is easy to use. Everyone will have until 8:00pm CST, **Monday, February 27, 2023** to complete registration. Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the

As of 12/19/22

confirmation, they are not registered for the meet. Please take care of these issues prior to arriving in Virginia Beach VA, if at all possible. ***Absolutely no entries will be accepted after February 27, 2023.***

DEADLINE DATE: **ONLINE REGISTRATION ONLY: WWW.TRACKANDFIELD.ORG . REGISTRATION WILL BE OPEN UNTIL February 27, 2023.**

PACKET PICKUP: **FRIDAY, MARCH 3, 2023, 8:00AM – 3:00PM – PACKETS WILL BE AVAILABLE AT THE TRACK (Virginia Beach Sports Center).** A packet will be provided for each team consisting of team roster and events entered. A team representative will be responsible for picking up the packets. All teams are urged to pickup packets on Friday as the lines on Saturday can be long.

SATURDAY, MARCH 4TH, 7:00AM-3:00PM and SUNDAY, MARCH 5TH, 7:00AM-1:00PM - PACKETS CAN BE PICKED UP AT THE TRACK FACILITY (Virginia Beach Sports Center).

AWARDS: In individual and relay events, awards will be presented for participants who finish 1st – 8th place.

ADMISSION: There will be **Pre-Sale Tickets that can be purchased through the Virginia Beach Sports Complex ticket link. The ticket link will go live closer to the date.** A 3-day pass can be purchased for \$45.00+ticket service fees. A 2-day pass can be purchased for \$30+ticket service fees. 1 day pass or On-site gate fee charge per person per day is \$20.00+service fee purchased with a Credit Card Only. **NO CASH WILL BE ACCEPTED FOR TICKET PURCHASES.**

All coaches will receive **one free pass for 4 athletes, two free passes for 5 to 20 athletes, 3 free passes for 21 to 30, 4 free passes for 31 to 40 and 5 free passes for 41 or more athletes** in their packet. **Only one coaches pass for an unattached athlete can be purchased for \$15.00 at the time of packet pickup.** All Children 4 and under will be admitted free. All Registered athletes with a 2022/2023 AAU Card and Competition Number will also be admitted free. Athletes will be issued a wristband. **If the athlete band is lost or damaged a replacement wrist band can be purchased for \$10.00.**

FACILITY: **Virginia Beach Sports Center** Indoor track facility contains a 200 meter, hydraulically banked track, 8-lane straightaway as well as providing 6 lanes around the oval. **Only 1/4” or smaller pyramid spikes are allowed.** Fully Automatic Timing & results will be done using Finish Lynx Cameras interfaced with Hy-Tek Meet Manager. No radios, glass containers, or alcoholic beverages are allowed in the facility.

REFRESHMENTS: A Full Service Concession Stand will be provided as well as a hospitality area for officials. **ABSOLUTELY NO COOLERS ALLOWED IN THE STADIUM.**

RESULTS: Results will be posted on line at www.aautrackandfield.org and www.coacho.com.

COMPETITOR BIB NUMBERS: Competitor bib numbers will be issued at packet pick-up. All athletes will be required to wear their bib numbers on the front of your competition singlet at all times of competition. **There is a ten-dollar (\$10.00) replacement fee for lost bib numbers.** Replacement bib numbers can be purchased at track & field desk at Virginia Beach Sports Complex.

IMPLEMENTS: Athletes may bring their own implements to use during competition.

PROTESTS: Protests concerning the status or eligibility of any competitor must be made to the AAU Age Verification Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters, which develop during the conduct of the meet, must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the results has been announced. **Protests MUST be filed in writing and presented to the Meet Director accompanied by a cash deposit of \$100.00.** The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

AIR TRAVEL: **Norfolk International** Airport is approximately 20 mins away from Virginia Beach, VA.

HOTEL RESERVATIONS: <https://sports.jemshospitality.com/aaui/indoorchampionship/>

Please be sure to indicate that you are participating in the AAU Indoor National Championship. Rooms must be reserved by **February 1, 2023.**

TENTATIVE SCHEDULE



AAU INDOOR NATIONAL CHAMPIONSHIP March 3 – March 5, 2023

All Running events will start at the designated time listed each day. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event. **Girls/Women will run first followed by Boys/Men.**

Friday – March 3, 2023

This is a rolling schedule

- 10:00 AM** 1500 Meter Race walk - **TF**- All Age Groups Combined - **9 Year Old – 12 Year Old**
 3000 Meter Race-walk – **TF** - All Age Groups Combined – **13 Year Old – 17/18 Year Old**
- 12:00 PM** 200 Meter Dash – **SF** - **Starting with 5-6 Year Old -17/18 Year Old** – (top 8 times advance to finals)
 1500 Meter Run – **TF** - **Starting with 13 Year Old – 17/18 Year Old** - (Age Groups may be combined by gender)
 400 Meter Dash – **SF** – **Starting with – 13 Year Old – 17/18 Year Old** - (top 8 times advance to finals)

Saturday – March 4, 2023

This is a rolling schedule

- 9:00AM** 3000 Meter Run - **TF** – **Starting with 11 Year Old – 17/18 Year Old** - (Age Groups may be combined by gender)
 200 Meter Dash – **FINAL** - **Starting with 5-6 Year Old - 17/18 Year**
 800 Meter Run – **TF** - **Starting with 7-8 year old - 17/18 Year Old**
 60 Meter Hurdles – **SF** - **Starting with 11 Year Old -17/18 Year Old** - (top 8 times advance to finals)
 60 Meter Dash – **SF** – **Starting with 5-6 Year Old -17/18 Year Old** – (top 8 times advance to finals)
 4 x 400 Meter Relay – **TF** - **Starting with 7-8 year old – 17/18 years old**

Sunday – March 5, 2023

This is a rolling schedule

- 9:00AM** 4X800 Meter Relay - **TF**- **Starting with 7-8 year old – 17/18 year old**
 60 Meter Hurdles – **FINAL** - **Starting with 11 Year Old - 17/18 Year Old**
 60 Meter Dash – **FINAL** - **Starting with 5-6 year Old -17/18 Year Old**
 400 Meter Dash – **FINAL** - **Starting with 5-6 year old – 17/18 Year Old**
 1500 Meter Run – **TIMED FINAL** - **Starting with 7-8 Year Old – 12 Year Old** - Age Groups may be combined by gender
 4 x 200 Meter Relay – **TIMED FINAL** - **Starting with 5-6 year old – 17/18 years old**

- **NOTE: If there are not enough runners in Semi-Final, event will be run as a Final at that time.**
- **NOTE: Some distance races may be combined due to the number of participants.**

TENTATIVE SCHEDULE


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All Field Events will follow schedule below. **This is a rolling schedule** **FRIDAY: 13 – 18 YEARS @ 9:00 AM**. Listen to announcements from your field event area 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, Shot Put will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

This is a rolling schedule

Friday March 3rd

Time	Long Jump 1	High Jump 1	Shot Put 1	Pole Vault
9:00am	13G/B	17-18G/B	17-18G/B	13G
	14G/B	15-16G/B	15-16G/B	14G
	15-16G/B	14G/B		15-16G
	17-18G/B	13G/B		17-18G

Saturday March 4th

Time	Triple Jump	High Jump 1	Shot Put 1	Pole Vault
8:00am	13G/B	9G/B	12G/B	13B
	14G/B	10G/B	11G/B	14B
	15-16G/B	11G/B	14G/B	15-16B
	17-18G/B	12G/B	13G/B	17-18GB

Sunday March 5th

Time	Long Jump	High Jump 1	Shot Put 1	Pole Vault
8:00am	5-6G/B	NOT	10G/B	NOT
	7-8G/B	CONTESTED	9G/B	CONTESTED
	9G/B		7-8G/B	
	10G/B			
	11G/B			
	12G/B			