

2023

**AAU Region 10 Track & Field
National Qualifier
June 22 - 25, 2023**

Ansin Sports Complex
10801 Miramar Blvd
Miramar, FL 33025



Region 10 Track & Field National Qualifier Track & Field Multi Events Championships

**Ansin Sports Complex
10801 Miramar Blvd
Miramar, FL 33025**

Eligibility

Competition is open to all boys and girls who have a valid/current AAU registration card. All athletes who have Finished TOP 16 in a district meet are eligible in the event that was entered at the district level. Relay teams must have competed at the district level.

AAU Membership

All participants must have a current AAU membership. AAU membership must be obtained before the competition begins. Participants are encouraged to visit www.aausports.org for their membership.

Event Limits

There is a three (3) event maximum for the 8&U, 9, 10, 11 and 12 divisions. There is a four (4) event maximum for 13, 14, 15-16, and 17-18 divisions. EVENT MAXIMUM includes RELAYS AND FIELDS EVENTS.

Entry Fee

An entry fee of \$30.00 per contestant MUST BE SUBMITTED ONLINE. There will not be any entries done by mail. All declarations and scratches will be done at www.coacho.com. All relays and multi events will be entered online as well.

The entry deadline is midnight EST on Monday, June 19th. Online entry is provided by www.coacho.com

Challenge Period

Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 4 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

Qualifying for the Junior Olympic Games

The top 6 finishers in each field event, the top 3 in combined events, and the top 6 finishers in running events and relays will qualify for the 2022 National AAU Junior Olympic Games in Greensboro, NC.

AAU JUNIOR OLYMPIC GAMES DECLARATION & REGISTRATION INFORMATION: Those athletes that qualify for the AAU Junior Olympic Games in Des Moines, IA you must declare and register for the meet at www.coacho.com or www.aautrackandfield.com no later than Tuesday, July 18, 2023, at 11:59 p.m. EST. No entries will be accepted after the deadline date. Do not jeopardize your athlete's chance of competing in the AAU Junior Olympic Games by not completing this step in the registration process. – NO LATE ENTRIES

Relay Forms: Please include all team members and alternates--up to 8 total members for a team

Awards: Medals will be given to top 3 places in each event.

Packet Pick up: Packets will be available Wednesday, June 21st at Ansin Sports Complex, 10801 Miramar Blvd., Miramar, FL 33025 from 5pm-8pm. Packets will be available at the Ansin Sports Complex, one hour before competition starts on all four days 7am – until the end of competition.

Event Schedule: **Final Meet Schedule will be posted after entries close. The event order will not change but start times may differ according to number of entries.** We will only call each event two times. Age groups of like sex may be combined in distance races/ walks which have minimal participation.

Admission: **ALL TICKETS WILL BE SOLD AT THE GATE**

\$10.00 gate fee charge per person per day OR pay \$30 for a four-day pass.

All Children 5 and under will be admitted free. Seniors 65 and Older Free

All coaches will receive **one free pass for 4 athletes, two free passes for 5 to 15 athletes and three free passes for 16 or more athletes** in their packet. All Registered athletes with a wristband and Competition Number will also be admitted free.

Competitor Bib Numbers: - 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 the clerking area.

COOLERS: NO GLASS CONTAINERS. Provisions are in place to handle medications, infant products, and special dietary foods. All coolers, bags, backpacks, and duffels will be subject to the existing security inspection process.

Coaches Education

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

- 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.

IMPORTANT REMINDERS ABOUT FIELD EVENTS:

Athletes for all field events must check-in and check-out with Head Official if leaving for other events or for any reason!

All field events will begin at time on schedule and be on 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.

EVERYONE

BE MINDFUL AS TO WHAT DAY/EVENTS ATHLETES ARE COMPETING!

**2023 AAU REGION 10 NATIONAL QUALIFIER
MULTI-EVENTS/TRACK & FIELD MEET SCHEDULE**

THURSDAY, JUNE 22, 2023

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

TIME	EVENT/AGE GROUP			RACE
9:30 AM	DECATHLON	15-16B, 17-18B	DAY 1	100M, LJ, SP, HJ, 400M
	HEPTATHLON	15-16G,17-18G	FINALS	100H, HJ, SP, 200M
10:30 AM	PENTATHLON	13B, 14B	DAY 1	100H, SP, HJ, LJ, 1500M
	PENTATHLON	13G, 14G	FINALS	100H, SP, HJ, LJ, 800M

FIELD EVENTS

TIME	EVENT / AGE GROUP	
8:30 AM	HIGH JUMP	17-18B, 17-18G, 15-16G, and 15-16G
9:30AM	SHOT PUT	11B,12B,11G,12G
	TURBO JAVELIN	8&UG, 8&UB,9G,9B,10G,10B,11G,11B,12G,12B

RUNNING EVENTS

TIME	EVENT / AGE GROUP	
8:30 AM	3000M RUN - 11G,12G,13G,14G,15-16G,17-18G 11B,12B,13B,14B,15-16B, 17-18B	FINALS
	1500M RACEWALK - (9G,10G,11G,12G) (9B,10B,11B,12B)	FINALS
	3000M RACEWALK = (13G,14G,15-16G,17-18G) (13B,14B,15-16B,17-18B)	FINALS

FRIDAY, JUNE 23, 2023

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

TIME	EVENT / AGE GROUP			RACE
8:30 AM	DECATHLON	15- 16B, 17-18B	DAY 2	110M H, DT, PV, JAV, 1500M
	HEPTATHLON	15-16G, 17-18G	DAY 2	LJ, JAV, 800M
	PENTATHLON	11G/12G	FINALS	80M H, LJ, SP, HJ, 800M
	PENTATHLON	11B/12B	FINALS	80M H, HJ, SP, LJ, 1500M
	TRIATHLON	9B,10B	FINALS	HJ, SP, 400M
	TRIATHLON	9G, 10G	FINALS	HJ, SP, 200M

FIELD EVENTS

TIME	EVENT / AGE GROUP	
10:30 AM	SHOT PUT	17-18G, 15-16G, 17-18B, 15-16B

RUNNING EVENTS

TIME	EVENT / AGE GROUP	
9:00 AM	100M	SEMI-FINALS
	8&U G,8& B,9G,9B, 10G,10B,11G,11B,12G,12B, 13G,13B, 14G,14B,15-16G,15-16B,17-18G,17-18B	
	4X800R	FINALS
	11-12G,11-12B,13-14G,13-14B,15-16G,15-16B, 17-18G, 17-18B	
	4X100R	FINALS
	8&U G, 8&U B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B	

SATURDAY, JUNE 24, 2023
RUNNING EVENTS

TIME	EVENT/AGE GROUP	RACE	RACE
8:30AM	200 MH (13G/B, 14G/B – 30")		FINALS
	400 MH (15 – 16 Girls, 17 – 18 Women – 30")		FINALS
	400 MH (15 – 16 Boys, 17 – 18 Men – 36")		FINALS
	400M DASH (8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M)		FINALS
	1500M RUN (8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M)		FINALS
	200M DASH (8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M)		SEMI FINALS

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

FIELD EVENTS

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

TIME	EVENT / AGE GROUP	
8:00 AM	LONG JUMP PIT 1	17-18B, 15-16B, 14B, 13B
	LONG JUMP PIT 2	17-18G, 15-16G, 14G, 13G
	HIGH JUMP	14G, 13G, 14B, 13B
	SHOT PUT	13B, 14B, 13G, 14G
	TRIPLE JUMP PIT	17-18B, 15-16B, 14B, 13B
	TRIPLE JUMP PIT 2	17-18G, 15-16G, 14G, 13G
	*Triple Jump will be contested immediately following the Long Jump	
8:30 AM	DISCUS	13G, 14G, 13B, 14B, 15-16G, 17-18G, 15-16B, 17-18B

SUNDAY, JUNE 25, 2023

TIME	EVENT/AGE GROUP	RACE
8:30 AM	110M HURDLES 15-16B, 17-18B	FINALS
	100M HURDLES 13B, 14B, 15-16G, 17-18G, 13G, 14G	FINALS
	80H 11G, 12G, 11B, 12B	FINALS
	100M DASH (8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M)	FINALS
	STEEPLECHASE 15-16G, 17-18G, 15-16B, 17-18B	FINALS
	800M 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M	FINALS
	200M 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M)	FINALS
	4 X 400 RELAY (9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17- 18M)	FINALS

FIELD EVENTS

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

TIME	EVENT / AGE GROUP	
8:30 AM		
	LONG JUMP PIT 1	8&U GIRLS, 11B, 10B, 9B, 12B
	LONG JUMP PIT 2	8&U BOYS, 11G, 10G, 9G, 12G,
	HIGH JUMP	9G, 9B, 10G, 10B, 11G, 12G, 11B, 12B
	SHOT PUT	9G, 10G, 9B, 10B, 8&U GIRLS, 8&U BOYS
	POLE VAULT	13-14G, 15-16G, 17-18G, 13-14B, 15-16B, 17-18B
	JAVELIN	13G, 14G, 13B, 14B, 15-16G, 15-16B, 17-18G, 17-18B
10:00 AM	DISCUS	11B, 12B, 11G, 12G,

NOTE: If there are not enough runners in the semi-finals, the event will be run as a FINAL at that time.

Also, some distance races may be combined due to the number of participants.

For further meet information please contact Reggie Williams reggieaautrack@gmail.com

2023 AAU REGION 10 NATIONAL QUALIFIER * MULTI-EVENTS/TRACK & FIELD MEET SCHEDULE

About Field Events

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

Throwing Implements Used

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN
8-Under (Girls & Boys)	(4 lbs)	---	Turbo (300G)
9 years (Girls & Boys)	(6 lbs)	---	Turbo (400G)
10 Years (Girls & Boys)	(6 lbs)	---	Turbo (400G)
11 Years (Girls & Boys)	(6 lbs)	1.0 KG	Turbo (400G)
12 Years (Girls & Boys)	(6 lbs)	1.0 KG	Turbo (400G)
13 Years (Girls)	(6 lbs)	1.0 KG	J – (600G)
14 Years (Girls)	(6 lbs)	1.0KG	J – (600G)
13 Years (Boys)	(4KG)	1.0 KG	600G
14 Years (Boys)	(4KG)	1.0 KG	(600G)
15 – 16 Years (Girls)	(4 KG)	1.0 KG	(600G)
15 – 16 Years (Boys)	(12 lbs)	1.6 KG	(800G)
17 – 18 Years (Women)	(4KG)	1.0 KG	(600G)
17 – 18 Years (Men)	12 lbs)	1.6 KG	(800G)

**For a list of authorized field events by age group for the AAU Track & Field Program, please refer to Authorized Individual Events in this packet.

About Outdoor Meet Hurdle Races

EVENT	AGE DIVISION	# OF HURDLES	HURDLE HEIGHT	TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
80m	11 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
	12 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
100m	13 years Girls	10	30"	13m	8.5m	10.5m
	14 years Girls	10	30"	13m	8.5m	10.5m
	13 years Boys	10	33"	13m	8.5m	10.5m
	14 years Boys	10	33"	13m	8.5m	10.5m
	15-16 years Girls	10	33"	13m	8.5m	10.5m
	17-18 years Women	10	33"	13m	8.5m	10.5m
110m	15-16 years Boys	10	39"	13.72m	9.14m	14.02m
	17-18 years Men	10	39"	13.72mm	9.14m	14.02m
200m	13 years (Girls & Boys)	5	30"	20m	35m	40m
	14 years (Girls & Boys)	5	30"	20m	35m	40m
400m	15-16 years Girls	10	30"	45m	35m	40m
	17-18 years Women	10	30"	45m	35m	40m
400m	15-16 years Boys	10	36"	45m	35m	40m
	17-18 years Men	10	36"	45m	35m	40m

About Multi Events

NOTE: In order to promote a larger participation in combined events (triathlon, pentathlon, heptathlon, and decathlon), it is strongly suggested that the multi-Events Championships be held on a date other than that of the Track & Field Championships.

*It is recommended that the order of events in the Multi-Events remain as listed in this packet. The order of events may change as deemed necessary by meet management.

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

TRIATHLON	
9 & 10 YEARS DIVISION	
BOYS	GIRLS
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
400m DASH	200m DASH
PENTATHLON	
11 years & 12 YEARS DIVISION	
BOYS	GIRLS
80m Hurdles (8 – 30")	80m Hurdles (8 – 30")
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500m Run	800m Run
PENTATHLON	
13 years & 14 YEARS DIVISION	
BOYS	GIRLS
100m Hurdles (810-33")	100m Hurdles (10-30")
Shot Put (4KG)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500m Run	800m Run
HEPTATHLON	
15 – 16 YEARS GIRLS & 17 – 18 YEARS WOMEN DIVISION	
DAY 1	DAY 2
100M Hurdles (10 – 33")	Long Jump
High Jump	Javelin (600g)
Shot Put (4 kg)	800m Run
200m DASH	
DECATHLON	
15 – 16 YEARS BOYS & 17 – 18 YEARS MEN DIVISION	
DAY 1	DAY 2
100m Dash	110 Hurdles (10 – 39")
Long Jump	Discus (1.6 kg)
Shot Put (12 lbs.)	Pole Vault
High Jump	Javelin (800g)
400m Dash	1500m Run
*The Decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the order above. The hurdle distance will be the same as in individual track events.	

MEET OFFICIALS

COORDINATOR & MEET DIRECTOR

Reggie Williams reggieaautrack@gmail.com

Alex Armenteros aateros@yahoo.com

ONLINE ENTRY SUPPORT

support@coacho.com

HY-TEK DATA

Email

Results website

AAU Membership Contact

Crystal Mannino
(407) 828-2680
crystal@ausports.org

Coach O Registration

support@coacho.com

CHALLENGES:

Any person wishing to challenge the Final Results must do so via email to Reggie Williams. His email is reggieaautrack@gmail.com within 8 hours after the 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.

“Sports for All, Forever”

