



2026 AAU Track & Field Regional Qualifier Meet Requirements

Bid Fee:

An \$850.00 bid fee must accompany the bid application. The meet host will receive a rebate check of \$250.00 if online registration is setup and opened on Athletic.NET before April 1. Personal or Club checks will NOT be accepted. Only credit card (MasterCard, VISA, AMEX, and Discover) payment will be accepted. If your bid is not selected the bid fee will be refunded.

NON-COMPLIANCE:

IF ALL EVENTS ARE NOT CONTESTED, PER THE BID PACKET AGREEMENT, \$250.00 WILL BE DEDUCTED FROM THE MEET ENTRY FEES AND THE HOST WILL LOSE THE RIGHT TO APPLY FOR A REGIONAL BID FOR THE PERIOD OF ONE YEAR.

REGIONAL QUALIFIER COMPETITION LIMITATIONS:

All athletes MUST compete in the same Region as they did for the District Qualifier. For example, if an athlete resides in Oklahoma, but qualifies to advance to the Regional Qualifier at the Southwestern District Qualifier, they must compete in the Region 18 (Southwestern) Regional Qualifier.

Please be advised that requests for permission to compete in a Regional Qualifier outside of the original competition area will not be approved.

WAIVER/EXCEPTION REQUESTS:

If you are applying for a participation exemption because you will be participating in SAT/ACT test, attach a scanned copy of your SAT/ACT registration document. All waivers/exceptions request must be submitted in writing to: aaawaivers@aausports.org. Only inquiries submitted in writing will be considered.

ADVANCEMENT PROCEDURES FROM REGIONAL QUALIFIERS TO AAU JUNIOR OLYMPIC GAMES:

1. Running Events/Relays
 - a. The top six (6) athletes advance
2. Field Events
 - a. The top six (6) athletes advance
3. Multi-Events
 - a. The top three (3) athletes advance

There will be no exceptions to the advancement procedures. Athletes may only compete in the events in which he/she qualified at the District Qualifier. Athletes may only compete in 1 AAU Regional Qualifier.

Age Groups:

The AAU Track & Field program is comprised of nine (9) age groups. The athlete's YEAR of birth shall determine the appropriate age division for current year competition for all age divisions 8-Under through 15-16. The DATE of birth shall be used to determine the appropriate age division for the 17-18 age division thus assuring that any athlete that DOES NOT turn 19 before the last day of National AAU Junior Olympic Games competition is still eligible to compete. Athletes MUST NOT turn 19 before the final day of the AAU Junior Olympic Games competition.

Events:

8-Under DIVISION Track & Field Events		
100m Dash		Long Jump
200m Dash		Shot Put (4 lbs)
400m Dash		Turbo Jav (300 g)
800m Run		4x100m Relay
1500m Run		
9 & 10 Year Track & Field Events		DIVISIONS Multi Events
100m Dash	1500m Racewalk	Triathlon
200 m Dash	Long Jump	Shot Put (6 lbs)
400m Dash	High Jump	High Jump
800m Run	Shot Put (6 lbs)	200m Dash (Girls) 400m Dash (Boys)
1500m Run	4x100m Relay	
4x400m Relay	Turbo Jav (400 g)	
11 & 12 Year Track & Field Events		DIVISIONS Multi Events
100m Dash	80m Hurdles (8-30")	Pentathlon
200m Dash	Long Jump	80m Hurdles (8-30")
400m Dash	High Jump	Shot Put (6 lbs.)
800m Run	Discus (1.0 kg)	High Jump
1500m Run	Shot Put (6 lbs)	Long Jump
3000m Run	1500m Racewalk	800m Run (Girls) 1500m Run (Boys)
4x100m Relay	4x400m Relay	
4x800m Relay	Turbo Jav (400 g)	
13 & 14 Year Track & Field Events		DIVISIONS Multi Events
100m Dash	3000m Racewalk	Pentathlon
200m Dash	Long Jump	100m Hurdles (10-30" Girls) 100m Hurdles (10-33" Boys)
400m Dash	Triple Jump	
800m Run	High Jump	Shot Put (6 lbs Girls) Shot Put (4 kg Boys)
1500m Run	Pole Vault	

3000m Run	Shot Put (4 kg Boys)	High Jump
200m Hurdles (5-30")	Shot Put (6 lbs Girls)	Long Jump

100m Hurdles (10-33" Boys)	Discus (1.0 kg)	800m Run (Girls) 1500m Run (Boys)
100m Hurdles (10-30" Girls)	Javelin (600 g)	
4x100m Relay	4x400m Relay	
4x800m Relay		

15-16 & 17-18 Year Track & Field Events		DIVISIONS Multi Events	
100m Dash	Long Jump	Decathlon (Boys)	Heptathlon (Girls)
200m Dash	Triple Jump	Day 1	Day 1
400m Dash	High Jump	100m Dash	100m Hurdle (10-33")
800m Run	Pole Vault	Long Jump	High Jump
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs. Boys)	High Jump	200m Dash
3000m Racewalk	Discus (1.0 kg Girls)	400m Dash	
110m Hurdles (10-39" Boys)	Discus (1.6 kg Boys)	Day 2	Day 2
	Javelin (600g Girls)	110m Hurdles (10-39")	Long Jump
100m Hurdles (10-30" Girls)	Javelin (800g Boys)	Discus (1.6 kg)	Javelin (600 g)
		Pole Vault	800m Run
400m Hurdles (10-36" Boys)	2000m Steeplechase 18 hurdle jumps (30" Girls/36" Boys) 5 water jumps 4x800m Relay	Javelin (800g)	
400m Hurdles (10-30" Girls)		1500m Run	
4x100m Relay			
4x400m Relay			

Guidelines for Hosting AAU Regional Qualifier Meets

The following guidelines were developed by the AAU Track & Field Executive Committee and are required to be followed by the Regional Qualifier Host and/or Meet Director. These guidelines are to ensure the quality and consistency of all meets.

Meet Management Requirements:

1. Regional Meet Director must complete Regional Meet Director Bid Qualification.
2. Use of Athletic.NET is required for registration at the AAU District and Regional Qualifier meets.
3. Meet properly licensed according to the AAU Code. This will be handled by the AAU National Office.
4. The Regional Qualifier Meet Host/Organization must notify the AAU National Office of the following:
 - a. Date of meet
 - b. Location
 - c. Schedule of events
 - d. Contact information.
5. Send any and all paperwork/flyers etc. to the AAU National Office to be posted.
6. Live results must be posted on www.aatrackandfield.org.
7. A copy of the final Hy-Tek database backup must be forwarded to the AAU National Office and AAU Junior Olympic Games Hy-Tek Team within 4 hours after the conclusion of the meet.
8. Awards should be ordered **60** days prior to the meet from the AAU. All Regional Qualifier Meets **MUST** use **AAU Super Regional medals as provided by the AAU** for 1st – 3rd place finishers in each event contested, including all competing relay team members. If you are awarding ribbons for 4th – 8th place, they must be AAU Ribbons, purchased through the AAU.
9. Security and Medical personnel available in case of emergency.
10. Adequate officials and volunteers to properly run meet. Prefer Certified USATF Officials.
11. **FULLY AUTOMATIC TIMING IS REQUIRED.** The name of the timing company/entity must be included in the bid application.
12. The Hy-Tek program database provided by the AAU National Office must be used. There will be no exceptions.
13. **ALL EVENTS MUST BE CONTESTED.**
14. Host shall use the official AAU merchandise sponsor.
15. Host shall use Marathon Printing, the official AAU bib number sponsor.
16. Host must provide an executed facility agreement by time of award.

Meet Management Requirements: (continued)

17. The host **MUST** provide the following during the competition:
 - a. A minimum 10x10 tent at each field event venue.
 - b. A minimum 20x20 tent at clerking area.
 - c. A minimum of 5 gallons of water and/or sports drink, ice and cups must be provided and continuously replenished at the following areas within the track:
 - i Each field event.
 - ii Clerking area.
 - iii Finish line.

Stadium Guidelines/Requirements:

The amount of athletes you expect at your AAU Regional Qualifier will determine the minimum requirements.

1 - 600 ATHLETES	601 or MORE
Minimum of 8 lane track	Minimum of 8 lane track
1-2 horizontal jumping pits	2 or more horizontal jumping pits
1-2 high jump pits	2 or more high jump pits
1-2 shot put rings	2 or more shot put rings
1 pole vault pit that meets USATF requirements	1 pole vault pit that meets USATF requirements
Seating capacity for at least 1,000	Seating capacity for at least 2,000
Proper restroom facilities	Proper restroom facilities
1 discus ring located outside stadium	1 discus ring located outside stadium
1 javelin area located outside stadium	1 javelin area located outside stadium
Proper warm up area	Proper warm up area
* IMPORTANT - Throwing sector lines cannot intersect. The Steeplechase must be contested	

Date - All Regional Qualifier meets must be completed by July 5, 2026. The date that is determined should not conflict with any other AAU local, regional or national events. This will allow for increased participation from local clubs and athletes.

The 2026 Regional Qualifier completion date is July 5th, 2026.

License - Required

Regional Qualifier licenses will be completed by the National Office. Event Licenses are subject to approval. Regional Qualifier events are approved by the AAU National Office. All athletes and coaches must have a current AAU Membership to participate in an AAU Licensed Event.

Entry Fees

Determine fee, if any, to be charged, **not to exceed \$30.00 for an AAU Regional Qualifier Meet.** This should be in line with fees charged by other meets and in accordance with the National AAU Track & Field Handbook.

Entry/Registration - Required

Prepare a Meet Information Sheet to comply with the requirements of the AAU.

The use of Athletic.NET is required. All meet information sheets must include the following:

2026 AAU Junior Olympic Games Declaration & Registration

Information:

Those athletes that qualify for the AAU Junior Olympic Games in Des Moines, IA must declare and register for the meet at www.aautrackandfield.org before **July 21, 2026. No entries will be accepted after midnight EDST (9:00 PM Pacific) on July 21, 2026.** Do not jeopardize your athlete's chance of competing in the AAU Junior Olympic Games by not completing this step in the registration process.

The meet information must also include:

- This event is licensed 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 Youth Athlete membership must be obtained before the competition begins.
- BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at an event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website www.aautrackandfield.org to obtain their membership.

Organizing Host/Committee

This committee should bring together a representative cross section of a community or area track and field leaders and coaches, newspaper and radio, business, service clubs, Chamber of Commerce, industry, civic officials and labor-to present the idea.

Items to be discussed include type of meet, date of competition, facilities available, tentative list of teams and available athletes, tentative budget and the recommendation for selection of a Chairman. After a chairman is selected, the committee should choose a meet director; someone who has a thorough understanding of track and field and has a good relationship with schools, colleges and clubs in the region.

Meet Director

In the smallest or the largest meet, the Meet Director is the key to the entire presentation. He or she must be a person who not only understands the sport but must also be able to direct the efforts of others and have a general understanding of all aspects of the undertaking. They must be able to foresee everything that must go into the meet in the way of planning. They should be flexible and creative. The Meet Director shall serve as the coordinator of the event.

Secure Facility - Required

A facility needs to be obtained to run the meet. **The facility must have the capability of contesting all events and meet all guidelines within the bid application.** Submit a facility Aerial photograph with application.

Promotion

Select a publicity director who is well versed with the sport and who has a good relationship with local newspapers in sports and general news. Early releases relating to the planning and progress of the meet are important. The AAU National Office will help by advertising through Email Blasts and posting your Event Flyer. Sports Commission partnership is highly encouraged/recommended.

Tentative Schedule of Events

As soon as the meet has been developed the Meet Director should organize a tentative schedule of events. The best guidance for this task is knowledge of the events and the rule book. The schedule must not only follow a proper order but interval of time between each event must be allowed for the completion of the previous event and the calling of the next event. Other details should acknowledge the variety of events to maintain spectator interest.

Awards

You must order awards directly from the AAU, just visit www.aatrackandfield.org for more information. All Regional Qualifier Meets MUST use **AAU Super Regional medals** for 1st – 3rd place finishers in each event contested, including all competing relay team members. If you are awarding ribbons for 4th – 8th place, they must be AAU Ribbons. All awards must be distributed by the last day of the Regional meet or the event host is responsible for shipping awards to award recipients.

Officials

Working with your local USATF officials' association is very important. No meet can be properly conducted without competent officials. The supervisor of track and field officials for your local association should be notified of your requirements at least 3 months before your meet. Visit www.usatf.org to find out the name of the association's officials chairperson.

Officials Meeting

Conduct an Officials Meeting before the start of the meet. The meeting is important because they are the persons who carry out the rule book. They should know all about your facilities as related to the assignment.

Information for Athletes, Teams and Coaches

Make certain that detailed information is mailed or posted on a website in advance so that all persons concerned can be informed.

Transportation and Housing

A sub-committee should arrange information to be available about car rental and motel/hotel information.

Security

A local police representative should be invited to serve on your Games Committee. With this relationship you may avoid off-duty charges. They can assist you with crowd and traffic control. It is very important for the meet director to have security for the safety of all those involved with the meet. Police Explorers from your local

police department might be a source for you to contact.

Announcer

Do not select someone who likes to talk for the job. Get a genuine authority on the microphone, one that is impartial and has a good voice. He or she will help your meet. He should have adequate assistance.

Trainers

First aid, medical and training facilities for athletes are a necessity! Local school and club trainers are often willing to assist if supplies and facilities are provided by the meet. You should have a doctor on your Games Committee.

Meet Management Team

A meet management team should be appointed to direct the mechanics of the meet on the day of competition. They should have a minimum of 5 assistants. The Meet Director shall determine the meet management team responsibilities and assignments.

AAU Regional Qualifier Program Regions (revised June 2023)

Region 1 (1) Adirondack/Connecticut/New England/New Jersey/New York Metropolitan

Region 2 (1) Middle Atlantic (Delaware/New Jersey [Southern]/Pennsylvania [Eastern])

Region 3 (1) Maryland (Baltimore area)/Potomac Valley (Washington DC)

Region 4 (1) Lake Erie/Ohio/Niagara/West Virginia/Western Pennsylvania

Region 5 (1) Virginia

Region 6 (1) Kentucky/Southeastern (Alabama/Tennessee)

Region 7 (1) Puerto Rico

Region 8 (1) Georgia/South Carolina

Region 9 (2) Florida

Region 10 (1) Florida Gold Coast

Region 11 (1) Southern (Louisiana/Mississippi)

Region 12 (1) Michigan

Region 13 (1) Central (Illinois)/Indiana

Region 14 (1) Iowa/Minnesota/Nebraska/North Dakota/South Dakota/Wisconsin

Region 15 (1) Ozark (Eastern Missouri/St. Louis area)

Region 16 (1) Arkansas/Missouri Valley (Kansas/Western Missouri)/Oklahoma

Region 17 (1) Gulf (Houston area)

Region 18 (1) Southwestern (Dallas area)

Region 19 (1) South Texas

Region 20 (1) Arizona/Colorado/New Mexico/Utah (Northeast Nevada/Utah)/Wyoming

Region 21 (1) Alaska/Inland Empire (Eastern Washington/Idaho)/Montana/Oregon/Pacific Northwest (Western Washington)

Region 22 (1) Central California/Pacific (Northern California/Northwest Nevada/Southern Nevada)

Region 23 (1) Pacific Southwest (San Diego area)/Southern Pacific (LA area)

Region 24 (1) Hawaii

Region 25 (1) North Carolina

Region 26 (1) West Texas (Odessa)

****The AAU Track & Field Regional Qualifier Program Liaison can add additional Regional Qualifying opportunities as deemed necessary. Please be advised that requests for permission to compete in a Regional Qualifier outside of your original competition area will not be approved. All decisions shall be binding. Competitors can only compete in one (1) Regional Qualifier.**