



AAU NORTHERN INDOOR  
**TRACK & FIELD**  
NATIONAL CHAMPIONSHIP

February 20 – 22, 2009 – Merrillville, Indiana

**2009 AAU NORTHERN INDOOR TRACK & FIELD  
NATIONAL CHAMPIONSHIP  
MERRILLVILLE HIGH SCHOOL  
MERRILLVILLE, INDIANA  
FEBRUARY 20-22, 2009**

**HOST:** Hammond Track Club of Northwest Indiana, Inc. and Lake County Convention & Visitors Bureau

**LOCATION:** Merrillville High School Field House -- 276 E.68th.Place -- Merrillville, Indiana 46410

**DATE:** February 20-22, 2009

**ATHLETE ENTRY FEE:** **\$40.00 Track & Field Individual** **\$40.00 Multi-Events Individual**  
All members of a relay team, including alternates, who have not entered into an individual event, must pay a \$40.00 entry fee.

**On-line entry is at [www.aauathletics.org](http://www.aauathletics.org). All entries will be made online. You must by Visa or Master Card online when you enter the meet. Entry confirmation will be sent when online entry fee has been received.**

**ENTRY DEADLINE:** Registration will close Monday 16, 2009 at 11:59 PM EDT.

**RULES:** In accordance with AAU Youth Athletics Guidelines and USA Track & Field Rules.

**AGE DIVISIONS:** Primary Girls & Boys (Born 2001 & After)  
Sub Bantam Girls & Boys (Born 2000)  
Bantam Girls & Boys (Born 1999)  
Sub Midget Girls & Boys (Born 1998)  
Midget Girls & Boys (Born 1997)  
Sub Youth Girls & Boys (Born 1996)  
Youth Girls & Boys (Born 1995)  
Intermediate Girls & Boys (Born 1994-1993)  
\*Young Women & Men (Born 1992-1991)  
\*Athletes who are still eighteen (18) years of age through the final day of competition in any AAU National Youth Championship meet shall be eligible to compete in the Young Women's/Men's age division.

**ELIGIBILITY:** Open to all current 2009 AAU Members. No qualification required. NOTE: Competitors are responsible for determining whether competing in this meet will disqualify them from competing in events sponsored by their State High School Activities Athletics Association.

**EVENTS:**

<b>TRACK &amp; FIELD</b>		
55 M Dash	1500 M Run	Shot Put
55 M Hurdles	3000 M Run	Pole Vault
200 M Dash	4 x 400 M Relay	High Jump
400 M Dash	1500 M Race Walk	Long Jump
800 M Run	3000 M Race Walk	Triple Jump
<b>TRIATHLON/PENTATHLON</b>		
55 M Hurdles	High Jump	Shot Put
Long Jump	200/800/1000 M Run	

**FIELD EVENTS:** Approved implements will be provided. Competitors' own implements may be used with Meet Director's approval. These implements will be weighed-in and will become part of the equipment pool and will be used for the duration of the meet. Only Indoor Shots will be used.

**RELAYS:** All Relay Teams must present a current 2009 AAU Club Membership. Relay teams must wear identical uniforms. Club membership will be available for purchase onsite.

**AWARDS:** AAU National Championship medals will be presented for the first through sixth place. For relay events, medals will be awarded to each team member placing first through third.

- AAU MEMBERSHIP:** All competing athletes must have a current 2009 AAU membership. No athlete will be allowed to participate without AA membership. To obtain a current AAU card, registration membership is available on-line [www.aausports.org](http://www.aausports.org).
- PACKET PICKUP:** Packet Pickup at Radisson Friday, February 21st., 8:00 am – 12:00 pm. On-site packet pickup will take place at Merrillville High School on Friday from 4:00 pm – 9:00 pm as well as during competition hours Saturday and Sunday.
- ADMISSION:** Admission fee of \$5 per day. Coaches and non-athletes who do not have proof of their 2009 AAU Membership will be required to purchase tickets.
- HOUSING:** In order to receive the discounted AAU room rates, all reservation must be made through the Lake County Convention & Visitors Bureau website. Simply go to [www.lakecountycvb.com/housing](http://www.lakecountycvb.com/housing) and click on the AAU Northern indoor Track & Field National Championship banner. Fill in the appropriate information, select your desired hotel from the approved list, and submit your reservation. A confirmation email will be sent to you within 48 hours confirming your reservation.
- If you have any questions in regards to the housing, contact the Lake County CVB at (1-866-481-5253)
- TRANSPORTATION:** For airport shuttle service information, call Coach USA, 1-800-248-TRIP, or [www.coachusa.com](http://www.coachusa.com). For other shuttle service or transportation information call 1-866-481-5253
- PROTEST:** At the National level, protest MUST be filed on official protest forms and accompanied by a cash deposit of \$150.00. **PROTEST CONCERNING JUDGEMENT CALLS WILL NOT BE ACCEPTED.**
- ADDITIONAL INFORMATION:** No metal or ceramic spikes will be allowed in the facility. In the Long Jump and Shot Put there will be no trials, each athlete will have four attempts. The 800 meter run, 1500 meter run, 3000 meter run, 1500 and 3000 meter Race Walk will all be timed finals. These races will be waterfall starts and time will determine place.

*The AAU cannot and does not guarantee the appearance and/or participation of specific participants(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this event (not reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.*

**CONTACTS:**

**MEET DIRECTOR:**

Joe Mis  
7116 Jarnecke Ave.  
Hammond, IN 46324-2434  
219-931-6587

**REFEREE:**

Steve Kearney  
800 Fox Point Dr.  
Chesterton, IN 46304  
219-983-3730

Joe Atria  
276 E. 86th. Ave.  
Chesterton, IN 46410  
219-650-5340

**AAU NATIONAL OFFICE:**

Tony Staley  
AAU National Office  
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[www.aauathletics.org](http://www.aauathletics.org)

# OFFICIAL MEET SCHEDULE

## 2009 AAU NATIONAL INDOOR TRACK & FIELD CHAMPIONSHIP Multi-Events/Track & Field Schedule

**SATURDAY - FEBRUARY 21, 2009 - Athletes** check in at the Merrillville High School Field house  
**Check-in Time - 7:00 a.m. - 12:00 noon** (Entrance is located near parking lot "W" on west side at the front of the school)

**FRIDAY - FEBRUARY 20, 2009 - Athletes** for Multi-Events and other events that day check in at 4:00 pm

- |                             |          |   |
|-----------------------------|----------|---|
| <b>Friday</b>               | 5:00 pm  | Triathlon/Pentathlon starting time  |
|                             | 5:00 pm  | Pole Vault - Finals - (G & B - Sub Youth thru Young W/M)  |
|                             | 5:15 pm  | All Race walkers check in at that time  |
|                             | 5:45 pm  | 1500m Race-walk - Final (G & B - Sub Bantam thru Midget)  |
|                             | 6:30 pm  | 3000m Race-walk - Final (G & B - Sub Youth through Young W/M)   |
| <b>Saturday February 21</b> |          |   |
|                             | 7:30 am  | All Events<br>High Jump - Finals - (Girls - Sub Bantam thru Young Women )<br>Long Jump - Finals - (Boys - Primary thru Young Men - 4 jumps)<br>Shot Put - Finals (G & B - Primary thru Young W/M - 4 throws)  |
| <b>Rolling<br/>Schedule</b> | 8:00 am  | 55m Hurdles - Prelims - (G & B - Sub Midget through Young W/M if needed)<br><br>55m Dash - Prelims - (G & B - all age divisions if needed)<br>3000m Run Finals - (G & B - Sub Midget thru Young W/M)<br>High Jump - Finals - (Boys - Sub Bantam thru Young Men)<br><u>After - Girls High Jump is finished or before</u><br>400m Dash - Prelims - (G & B - Primary thru Young W/M if needed)<br>800m Run Finals - (G & B - Primary thru Young W/M)<br>200m Dash Prelims - (G & B - Primary thru W/M if needed) |
| <b>Sunday February 22</b>   |          |   |
| <b>Rolling<br/>Schedule</b> | 8:00 am  | Long Jump - Finals (Girls - Primary thru Young Women - 4 jumps)   |
|                             | After LJ | Triple Jump - Finals ( Sub Youth Thru Young W/M - 4 jumps)  |
|                             | 8:30 am  | 55m Hurdles Finals - ( G & B - Sub Midget thru Young W/M )<br>55m Dash Finals - ( G & B - all age divisions )<br>400m Dash Finals - ( G & B - all age divisions )<br>1500m Run Finals - ( G & B - Sub Bantam thru Young W/M )<br>200m Dash Finals ( G & B - all age divisions )<br>4X400 Relay Finals ( G & B - all age divisions )   |

**REMINDER: MADATORY ALL RELAY COMPETITORS MUST WEAR IDENTICAL UNIFORMS OR TEAM WILL BE DISQUALIFIED.**

**Report to all events. If there is a change, you will be informed when you report to that event**

**ATTENTION: The running and field events will be on a rolling schedule**