

**2011 AAU SOUTHERN INDOOR TRACK & FIELD  
NATIONAL CHAMPIONSHIP  
EAST TENNESSEE STATE UNIVERSITY  
JOHNSON CITY, TENNESSEE  
MARCH 4-5, 2011**

**HOST:** Southeastern AAU, Knoxville Track Club, East Tennessee State University and C2 Sports

**ENTRY FEE:** **\$40.00 Track & Field 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 pay by credit card online when you enter the meet. Entry confirmation will be sent when online entry fee has been received.**

**ENTRY DEADLINE:** **Monday, February 28<sup>th</sup>**

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

**AGE DIVISIONS:** Primary Girls and Boys (Born 2003 and after)  
Sub Bantam and Bantam Girls & Boys (Born 2002-2001)  
Sub Midget and Midget Girls & Boys (Born 2000-1999)  
Sub Youth and Youth Girls & Boys (Born 1998-1997)  
Intermediate Girls & Boys (Born 1996-1995)  
\*Young Women & Men (Born 1994-1993)

*\*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:** No qualification required. 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. All competing athletes must have a current 2011 AAU membership. No athlete will be allowed to participate without AAU membership. Please contact your local AAU District to obtain membership or register on-line at [www.aausports.org](http://www.aausports.org). AAU membership will be available on-site.

**EVENTS:** **TRACK & FIELD**

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

**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 becomes 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 2011 AAU Club Membership. Teams must wear identical uniforms.

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

**PACKET PICK-UP:** Packet pick-up will take place at the host hotel Meadowview Marriott on Thursday from 6:00 p.m.– 10:00 p.m. It will also be available during the meet on Friday and Saturday.

**ADMISSION:** Daily Ticket \$6.00

**PROTEST:** At the National level, protests MUST be filed on official protest forms and accompanied by a cash deposit of \$150.00 to the meet referee. **PROTEST CONCERNING JUDGEMENT CALLS WILL NOT BE ACCEPTED.**

**Mandatory 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](http://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.

**HOST HOTEL:**

**Accommodations:** The following selected hotels have provided discounted rates specifically for AAU Track & Field Athletes and Clubs. If you have any questions concerning lodging please contact Lara Unick at the Kingsport Convention and Visitors Bureau at [lunick@visitkingsport.com](mailto:lunick@visitkingsport.com), 423-392-8821 For a listing of the hotels and there amenities: [Accommodations](#)

[http://www.visitkingsport.com/sports/index.php?option=com\\_content&view=article&id=159](http://www.visitkingsport.com/sports/index.php?option=com_content&view=article&id=159)

**Meadowview Marriott – Site of Registration** - \$86 rate

1901 Meadowview Parkway, Kingsport, TN 37660

Toll Free Number to Book Reservations: 1 (888) 632-3697

When calling the toll free number, please mention AAU Southern Nationals to receive special rate.

Please Note: Breakfast must be booked at time of reservation. It cannot be added upon check in.

Book online: [MeadowView Conference Resort & Convention Center >>](#)

**Comfort Suites** - \$99 rate

3005 Bay Meadow Place, Kingsport, TN, US, 37660

For Reservations: 423-765-1955 Mention that you are coming for AAU Southern Nationals

**Hampton Inn** - \$99 rate

2000 Enterprise Place, Kingsport, TN 37660

For Reservations: 423-247-3888 Mention that you are coming for AAU Southern Nationals

**Holiday Inn Express** - \$103 rate

1217 Stewball Circle, Kingsport, TN 37660

For Reservations: 423-723-2300 Mention that you are coming for AAU Southern Nationals

**Jameson Inn** - \$64.99 rate

3004 Bay Meadow Place, Kingsport, TN, US, 37660

For Reservations: 423-230-0534 Mention that you are coming for AAU Southern Nationals

\*Competition facility is approximately 20 minutes from these hotels

**CONTACTS:**

**MEET DIRECTOR:**

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C2 Sports & Events  
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# 2011 AAU Southern Indoor Track and Field National Championship

## Track & Field Meet Schedule

*This schedule is subject to change once entries have closed.*

### Friday, March 4th

#### Track Events

8:00 AM	<i>400M Dash</i> (All Divisions)	Prelims
9:45 AM	<i>1500M Run</i> (All Divisions)	Final
12:00 PM	<i>200M Dash</i> (All Divisions)	Prelims
2:30 PM	<i>55M Hurdles</i> (SMG, MG, SMB, MB, SYG, YG, SYB, YB, IG, YW, IB, YM)	Prelims
3:00 PM	<i>55M Dash</i> (All Divisions)	Prelims
4:30 PM	<i>1500M Racewalk</i> (SBG, BG, SBB, BB, SMG, MG, SMB, MB)	Final
5:00 PM	<i>3000M Racewalk</i> (SYG, YG, SYB, YB, IG, IB, YW, YM)	Final

#### Field Events

8:00 AM	<i>Long Jump</i> (PG, SBG, BG, SMG, MG)	Final
	<i>High Jump</i> (SBB, BB, SMB, MB)	Final
	<i>Shot Put</i> (SYB, YB)	Final
9:30 AM	<i>Shot Put</i> (SYG, YG)	Final
10:30 AM	<i>Long Jump</i> (SYG, YG, IG, YW)	Final
11:00 AM	<i>Shot Put</i> (PG, SBG, BG)	Final
12:00 PM	<i>High Jump</i> (SYG, YG, IG, YW)	Final
1:00 PM	<i>Shot Put</i> (SMG, MG)	Final
1:30 PM	<i>Triple Jump</i> (SYB, YB, IB, YM)	Final

### Saturday, March 5th

#### Track Events

8:00 AM	<i>3000M Run</i> (SMG, MG, SMB, MB, SYG, YG, SYB, YB, IG, YW, IB, YM)	Final
9:30 AM	<i>400M Dash</i> (All Divisions)	Final
10:15 AM	<i>200M Dash</i> (All Divisions)	Final
10:45 AM	<i>800M Run</i> (All Divisions)	Final
1:00 PM	<i>55M Hurdles</i> (SMG, MG, SMB, MB, SYG, YG, SYB, YB, IG, YW, IB, YM)	Final
1:30 PM	<i>55M Dash</i> (All Divisions)	Final
2:00 PM	<i>4X400M Relay</i> (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)	Final

#### Field Events

8:00 AM	<i>Long Jump</i> (PB, SBB, BB, SMB, MB)	Final
	<i>High Jump</i> (SBG, BG, SMG, MG)	Final
	<i>Shot Put</i> (PB, SBB, BB)	Final
9:30 AM	<i>Shot Put</i> (SMB, MB)	Final
	<i>Pole Vault</i> (SYG, YG, IG, YW)	Final
10:30 AM	<i>Long Jump</i> (SYB, YB, IB, YM)	Final
	<i>Shot Put</i> (IG, YW)	Final
12:00 PM	<i>High Jump</i> (SYB, YB, IB, YM)	Final
	<i>Pole Vault</i> (SYB, YB, IB, YM)	Final
1:00 PM	<i>Shot Put</i> (IB, YM)	Final
1:30 PM	<i>Triple Jump</i> (SYG, YG, IG, YW)	Final