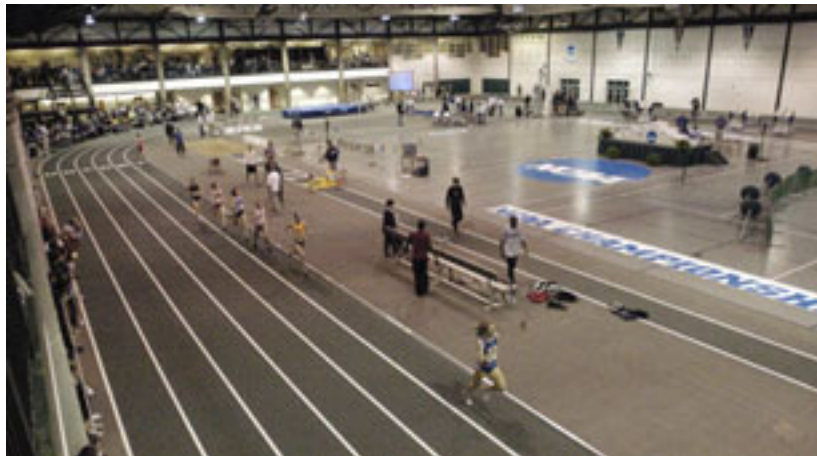




*2010 AAU Northern Indoor National  
Track & Field & Multi-Event  
Championship*

*Official Information Packet*



**Fri-Sun, February 19-21, 2010**  
Illinois Wesleyan University  
302 E. Emerson St.  
Bloomington, IL 61701

**2010 AAU Northern Indoor National  
Track & Field and Multi-Event Championship  
February 19-21, 2010**

**Sanction:** Amateur Athletic Union (AAU)

**Location:** Illinois Wesleyan University, Bloomington, Illinois

**Host:** Heart of Illinois Titans Track Club & Illinois Wesleyan University

**Rules:** USA Track & Field Youth Athletics Rules and AAU Handbook

**Meet Director:**

Marchan Adkins  
Phone (309) 838-4130  
Email: [Marchan@AdkinsTrak.com](mailto:Marchan@AdkinsTrak.com)

**Eligibility:**

This meet is open to any athlete that falls within the age divisions listed below. AAU Memberships can be obtained through the AAU National Website [www.aausports.org](http://www.aausports.org). Each Youth, Intermediate, and Young athlete may enter in up to a maximum of 4 events including relays. Primary, Bantam, & Midget age brackets 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.

**Age Division**

Primary Girls/Boys (Born 2002 and later)  
Sub-Bantam Girls/Boys (Born 2001)  
Bantam Girls/Boys (Born 2000)  
Sub-Midget Girls/Boys (Born 1999)  
Midget Girls/Boys (Born 1998)  
Sub-Youth Girls/Boys (Born 1997)  
Youth Girls/Boys (Born 1996)  
Intermediate Girls/Boys (Born 1994-1995)  
Young Women/Men (Born 1991\*-1993)

**Limitations**

Maximum 3 Events including relays  
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Maximum 4 Events including relays

***\*Athletes who are born in 1991 and will not turn 19 years of age during the meet, are eligible to compete in the Young Womens/Mens divisions.***

**Fees:**

Entry fee is \$40.00 for each **athlete** for track and field events. A separate \$40 is required for those who compete in multi events competition. No entry fee will be transferred or refunded. **Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2010 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online.**

**Entry Process:****Teams:**

All teams and unattached athletes must utilize the online entry process via [www.aauathletics.org](http://www.aauathletics.org). This will permit a very efficient registration process that is easy to use. Everyone will have until 11pm, Monday, February 15 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 confirmation, they are not registered for the meet. Please take care of these issues prior to arriving in Bloomington, if at all possible. ***Absolutely no entries will be accepted after February 15, 2010.***

**Packet Pickup:**

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. Packets can be picked up at the track facility on Friday, February 19, from 10:00AM-8:00PM and on Saturday, February 20, from 7:00AM-4:00PM. Be sure to bring birth certificates and 2010 AAU cards with you when you pick up packets.

**Awards:**

In individual events, awards will be presented for participants who finish 1<sup>st</sup>-8<sup>th</sup> place. Relay participants will receive awards for 1<sup>st</sup> -3<sup>rd</sup> place finishes.

**New for 2010 Team Awards:**

Each event will be scored. Teams that finish 1<sup>st</sup> in each age division will be awarded a trophy. The top 3 teams that accumulate the most point throughout the meet will be awarded trophies as well. Team awards will be presented at the conclusion of the meet in an award ceremony.

**Facility:**

The Shirk Athletic Complex is an awesome track facility. Illinois Wesleyan University served as the host of the 2000 & 2005 NCAA Division III Indoor National Track & Field Championships at the venue. The facility boasts an 8-lane straightaway as well as providing 6 lanes around the oval. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done by AdkinsTrak Timing Associates using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. IPICO Sports tag system will track the laps of each competitor in the distance races. 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.

**Equipment:**

Starting blocks will be provided by the meet management. There is no need to bring any with you. Those that desire to utilize personal implements must obtain clearance from the event official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

**Admission:**

A charge of \$5.00 admission will be assessed for everyone not competing in the meet. Coaches with valid 2010 AAU memberships will be permitted free. As such be prepared to show your cards.

**Airline Travel:**

Central Illinois Regional Airport in Bloomington (BMI) has direct flights from American, Delta, Northwest and AirTran Airlines.. Bloomington is roughly 2 hours south of both Chicago airports, O'Hare (ORD) and Midway (MDW).

**Host Hotel:**

The award winning Chateau Hotel located in Bloomington will serve as the host hotel for all participants and their families It is located near shopping and is elegantly styled. A complimentary full hot breakfast is offered to all AAU guests.

Hotel	Location	Phone	Amenities	Rate
<b>The Chateau Hotel</b>	1601 Jumer Dr Bloomington, IL 61704-0902	(309) 662-2020	<b>Free Full Breakfast</b> <b>Near Shopping</b> <b>Indoor Pool</b> <b>Sauna &amp; Whirlpool</b> <b>Free Wi-Fi</b>	<b>\$91.00</b> <b>Double</b>
Best Western University Inn	8 Traders Circle Normal, IL	(309)454-4070	Indoor Pool Free Continental Breakfast	\$75.00 Double
Baymont Inn	604 1/2 IAA Drive, Bloomington -	(309) 662-2800	Free Continental Breakfast Shuttle to/from track	\$70.00

Please be sure to indicate that you are participating in the AAU Track & Field Indoor Meet when requesting rooms at this facility.



**Driving Directions to  
Illinois Wesleyan University  
Shirk Athletic Center**

302 E. Emerson St.

Bloomington, IL 61701

**From Chicago, IL**

(Approximately 130 miles) Take I-55 South to Veterans Parkway South (Business 55 - exit #167). Proceed about 4 miles and turn right onto Route 9 (Pekin West exit). Travel about 2 miles to Park Street and turn right.

**From Madison, WI**

(Approximately 200 miles) Take I-39/90 South to Rockford, IL and continue on I-39 South. Turn on to Route 51 South (Business Exit #2) and turn left at the end of the ramp. Proceed about 6 miles to Emerson Street and turn left at the light. The Shirk Center is located 2 blocks down the street on the left-hand side.

**From Indianapolis, IN**

(Approximately 165 miles) Take I-74 West to Route 51 (North Business Exit #135). Travel about 2 miles to Veterans Parkway North (Business 55 Chicago) exit. Proceed about 3.5 miles, turn left onto Route 9 (Pekin West Exit). Travel about two miles to Park Street and turn right.

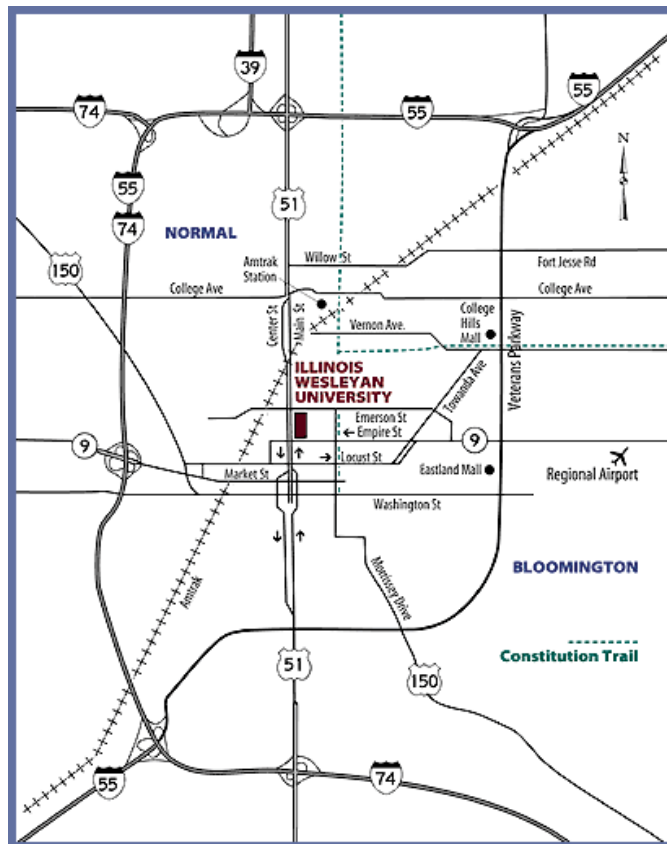
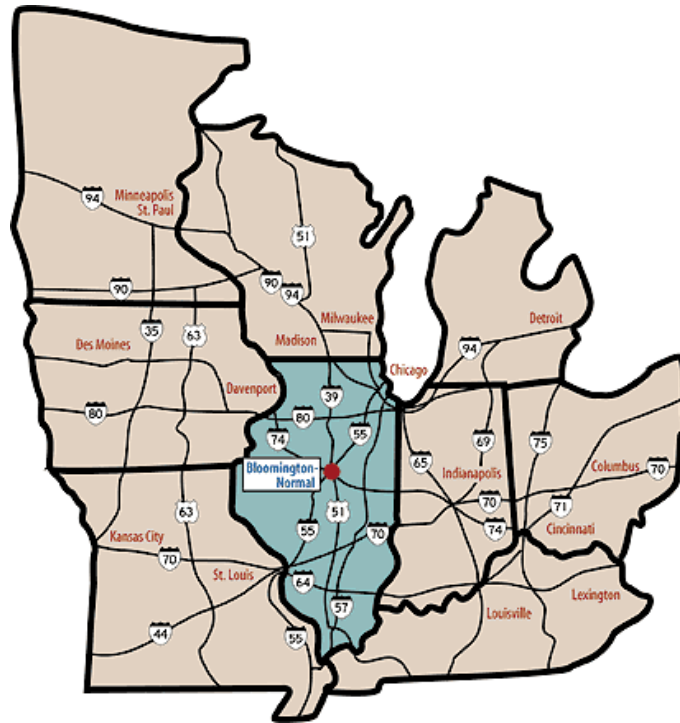
**From Peoria, IL**

(Approximately 40 miles) Take I-74 East to I-55 North (Chicago Exit #127). Follow to Route 51 South (Business Exit #165A). Proceed about 3 miles to Emerson Street and turn left at the light. The Shirk Center is located 2 blocks down the street on the left-hand side.

**From St. Louis, MO**

(Approximately 160 miles) Take I-55 North to Veterans Parkway North (Business 55 Exit #157B). Proceed about 6 miles and turn left onto Route 9 (Pekin West Exit). Travel about 2 miles to Park Street and turn right.

## Regional Map



Bloomington City Map

# Event Schedule

## Friday, February 19 *Multi-Events/Racewalk/ Pole Vault*

**NOTE: This will be a rolling schedule.**

**Order of Events/Age Division** (*NOTE: All events begin at 5:00pm unless otherwise specified*)

Pentathlon - Intermediate Boys – Young Men (Finals)

.....55 m Hurdles (39”), LJ, SP, HJ, 1000 meters

Pentathlon – Intermediate Girls - Young Women (Finals)

.....55m Hurdles (33”), HJ, SP, .LJ, 800 meters

Pentathlon – Sub Youth Boys – Youth Boys (Finals)

.....55m Hurdles (33”), LJ, SP, HJ, 1000 meters

Pentathlon – Sub Youth Girls – Youth Girls (Finals)

.....55m Hurdles (30”), HJ, SP, LJ, 800 meters

Pentathlon – Sub Midget Boys & Midget Boys (Finals)

.....55m Hurdles (30”), LJ, SP, HJ, 1000 meters

Pentathlon - Sub Midget Girls & Midget Girls (Finals)

.....55m Hurdles (30”), HJ, SP, LJ, 800 meters

Triathlon - Sub Bantam Girls, Bantam Girls (Finals)

.....HJ, SP, 200

Triathlon - Sub Bantam Boys & Bantam Boys (Finals)

.....HJ, SP, 400

Pole Vault (PV Pit)

SYG, YG, IG, YW, SYB, YB, IB, YM

1500 Meter Racewalk **Starting at 5:45 pm (Finals)**

.....SBG, SBB, BG, BB, SMG, SMB, MG, MB

3000 Meter Racewalk **Starting at 6:30 pm (Finals)**

.....SYG, SYB, YG, YB, IG, IB, YW, YM

## **Saturday, February 20 – Track & Field Events**

### **Running Events - (NOTE: First event will start at 8:00 am sharp)**

#### **55 Meter Hurdles Finals (top 8 times to finals)**

SMG, SMB, MG, MB, SYG, YG, SYB, YB, IG, YW, IB, YM

#### **55 Meter Dash Prelims –**

**All age groups starting with PG (top 8 times to finals)**

#### **3000 Meter Run Finals**

.....SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

#### **400 Meter Dash Prelims**

SYG, SYB, YG, YB, IG, IB, YW, YM (Top 6 to Finals)

#### **800 Meter Run Timed Finals**

**All age groups starting with PG (Timed Finals)**

#### **200 Meter Dash Prelims**

**All Age groups starting with PG – (Top 8 to Finals)**

### **Field Events - (NOTE: First event will start at 8:00 am sharp)**

#### **Long Jump (Pit 1)**

SYB, IB, SYG, IG, SBB, SMG

#### **Long Jump (Pit 2)**

YB, YM, YG, YW, BB, MG

#### **High Jump (Pit 1)**

IB, YB, SYB, YM, IG, YG, SYG, YW

#### **High Jump (Pit 2)**

SBG, BG, SMG, MG, SBB, BB, SMB, MB

#### **Shot Put (Ring 1)**

SYG, YG, YW, IG, SYB, YB, MG, SMG, BG

#### **Shot Put (Ring 2)**

YM, IB, MB, SMB, BB, SBB, PB, SBG, PG



## **Sunday, February 21 – *Track & Field Events***

### **Running Events - (NOTE: First event will start at 8:30 am sharp)**

#### **55 Meter Hurdles Finals**

SMG, SMB, MG, MB, SYG, YG, SYB, YB, IG, YW, IB, YM

#### **55 Meter Dash Finals**

**All age groups starting with PG (top 8 times from Prelims)**

#### **400 Meter Dash Timed Finals**

PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB

#### **400 Meter Dash Finals**

SYG, SYB, YG, YB, IG, IB, YW, YM (Top 6 times from Prelims)

#### **1500 Meter Run Finals (Age groups may be combined by gender)**

SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

#### **200 Meter Dash Finals**

**All age groups starting with PG (top 6 times from Prelims)**

#### **4 x 400 Meter Relay Finals**

PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

### **Field Events - (NOTE: First event will start at 8:00 am sharp)**

#### **Long Jump (Pit 1)**

MB, SMB, BG, SBG, PG, PB

#### **Triple Jump (Pit 2)**

SYG, YG, IG, YW, SYB, YB, IB, YM