



2010 AAU Central District Qualifying Track & Field Meet

Hosted by the Heart of Illinois Titans Track Club

Sat-Sun, June 12-13, 2010

Illinois Wesleyan University

302 E. Emerson St.

Bloomington, IL 61701

Sanction: Amateur Athletic Union of the US, Inc. (AAU)

Meet Director: Marchan Adkins, Athletics Chairman, (309) 838-4130,
Email: Marchan@AdkinsTrak.com,

Fees:

Entry fee is \$20.00 for each ***athlete***. 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; AAU memberships must be purchased in advance and cannot be processed onsite. You can obtain your AAU membership by visiting www.aauathletics.org. All entry fees must be paid online, no exceptions will be granted.***

Eligibility:

This meet is open to any athlete that falls within the age divisions listed below.. Athletes aged 13 (Sub-Youth) and older may enter in up to a maximum of 4 events including relays. Younger 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.***

Entry Process:

Teams:

All teams and unattached athletes must utilize the Coach O online entry process via www.AAUathletics.org and follow the district qualifying meet links. This will permit a very efficient registration process that is easy to use. Teams will have until 11pm CDT, Thursday, June 10, to complete registration. Please note that you must pay for your entries with a credit card online or your entries will not be accepted.

Immediately after registering online, teams 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 at the meet, if at all possible.

Age Divisions:

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The Young Mens/Womens division is open to anyone who was born in or prior to 1993 and will not turn 19 years of age on the final day of the national meet.

| Age Divisions | 100 | 200 | 400 | 800 | 1500 | 3000 | 1 mile | 3 mile | 2 mile | 8 mile | 1 mile | 1 mile | 2 mile | 4 mile | L | T | D | S | H | P | 400 | 400 | 400 |
|-------------------------------------|-----|-----|-----|-----|------|------|--------|--------|--------|--------|--------|--------|--------|--------|---|---|---|---|---|---|-----|-----|-----|
| | 0 | 0 | 0 | 0 | 5 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | J | J | T | P | J | V | X | X | X |
| | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | H | H | H | H | | | | | | | | 1 | 4 | 8 |
| | | | | | | | R | R | St | | | | | | | | | | | | 0 | 0 | 0 |
| | | | | | | | W | W | C | | | | | | | | | | | | 0 | 0 | 0 |
| Primary (2002 & Younger) | X | X | X | X | | | | | | | | | | | X | | | X | | | X | | |
| Sub-Bantam (2001) | X | X | X | X | X | | X | | | | | | | | X | | | X | X | | | | |
| Bantam (2000) | X | X | X | X | X | | X | | | | | | | | X | | | X | X | | X | X | |
| Sub-Midget (1999) | X | X | X | X | X | X | X | | X | | | | | | X | | X | X | X | | | | |
| Midget (1998) | X | X | X | X | X | X | X | | X | | | | | | X | | X | X | X | | X | X | X |
| Sub-Youth (1997) | X | X | X | X | X | X | | X | | X | | X | | X | X | X | X | X | X | X | X | | |
| Youth (1996) | X | X | X | X | X | X | | X | | X | | X | | X | X | X | X | X | X | X | X | X | X |
| Intermediate (1994-95) | X | X | X | X | X | X | | X | X | | G | B | | X | X | X | X | X | X | X | X | X | X |
| Young (1991*-93) | X | X | X | X | X | X | | X | X | | W | M | | X | X | X | X | X | X | X | X | X | X |

Check-In Requirements:

A packet will be provided for each team consisting of competition numbers, team roster, and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 7:00am on meet day. Be sure to bring birth certificates and AAU cards with when you pick up packets.

Awards:

In individual events, medals will be presented for participants who finish 1st-3rd place and ribbons for each place thereafter through 8th.. Medals will be presented for the top 3 relay teams.

Officials:

Anyone desiring to officiate at this meet is encouraged to contact Marchan Adkins via email at Marchan@AdkinsTrak.com. Your assistance is greatly appreciated.

Facility:

The track is an 8-lane encapsulated Rekortan all-weather surface. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done by AdkinsTrak Timing using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, 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 and throwing implements will be provided by the meet management. There is no need to bring personal implements with you. Those that desire to utilize personal implements must obtain clearance from the meet 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 daily admission charge of \$5.00 will be assessed for everyone not competing in the meet. .

Event Schedule

Saturday, June 12 – *Track & Field Events*

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

- 1500 Meter Racewalk Finals**
.....SBG, SBB, BG, BB, SMG, SMB, MG, MB
- 3000 Meter Racewalk Finals**
.....SYG, SYB, YG, YB, IG, IB, YW, YM
- 3000 Meter Run Starting Finals**
.....SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM
- 100 Meter Dash Prelims – (Will not start until 9:30am)**
All age groups starting with PG (top 8 times to finals)
- 200 Meter Hurdles Finals**
SYG, SYB, YG, YB
- 400 Meter Hurdles Finals**
IB, YM, IG, YW
- 800 Meter Run Timed Finals**
All age groups starting with PG (Timed Finals)
- 200 Meter Dash Finals**
All Age groups starting with PG – (Timed Finals)
- 4 x 100 Meter Relay**
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)**
SYB, IB, SYG, IG, SBB, SMG
- Long Jump (Pit 2)**
YB, YM, YG, YW, BB, MG
- High Jump (HJ Pit)**
IB, YB, SYB, YM, IG, YG, SYG, YW
- 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, June 13 – Track & Field Events

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

4 x 800 Meter Relay –

MG, MG, YG, YB, IG, IB, YW, YM

400 Meter Dash Finals

All age groups starting with PG – (Timed Finals)

80 Meter Hurdles Finals

SMG, SMB, MG, MB

100 Meter Hurdles Finals

SYB, YB, IG, YW, SYG, YG

110 Meter Hurdles Finals

IB, YM

100 Meter Dash Finals

All age groups starting with PG (top 8 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

4 x 400 Meter Relay Finals

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

High Jump (HJ Pit)

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

Discus (Discus Ring)

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

Triple Jump (Pit 2)

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

Pole Vault (PV Pit)

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