

AMATEUR ATHLETIC UNION

Region 3 Qualifier

Track & Field / Multi-Events

JUNE 21 – 24, 2018



Prince George's Sports & Learning Complex
8001 Sheriff Road
Landover, MD 20785

Hosted by

Marlboro Boys' & Girls' Club Track

www.marlborotrack.com

MEET DIRECTOR: Mitch Mitchell (202) 258-1768 mitchjamitchell@aol.com

DEADLINE FOR ENTRIES AND FEES:

1. The fees per athlete are Open Events = \$25.00; Multi-Events = \$25.00
2. All entries and fees must be received by Thursday, June 14, 2018. There will be no on-site registration.
3. All entry fees must be paid by credit card online via CoachO www.coacho.com

AAU MEMBERSHIP: All athletes and coaches must be members of the AAU in order to participate in the regional qualifier and must be able to present their AAU card at the time of check-in. Register on-line at www.aausports.org

PROFF OF AGE: Proof of age is required and must be available for review during the competition. Acceptable documents include: birth certificate, U.S. Passport, U.S. Government documents, certified baptismal record, Indian tribal enrollment certificate, Bureau of Indian Affairs, or state driver's license. Athletes competing in an incorrect age group will be disqualified from that event. Intentional or repeated participation in an incorrect age group may result in disqualification from the entire competition. It is the coaches' ultimate responsibility to ensure participation in the correct age group.

ELIGIBLE ATHLETES: May only compete in ONE Regional Qualifier Meet and must compete within their region.

AWARDS: AAU Championship medals will be awarded to 1st – 3rd place finishers and ribbons for 4th – 6th place finishers in each event. All qualifying athletes are required to register on-line if they wish to participate in the Junior Olympics. Awards will be presented following competition or made available for pick-up.

ADVANCEMENT: The Regional Qualifier is an advancement meet. The top six (6) athletes in running events; top six (6) field events; top six (6) in a Relay; and top four (4) in multi-events shall advance to the AAU Junior Olympic Games. There will be no exceptions to the advancement procedures. Athletes who do not qualify for advancement will not be "bumped up" in the event that a qualifying athlete elects not to participate at the next level (i.e., Junior Olympics).

PACKET PICK-UP: Packets will be available for pick-up at Prince George's Sports & Learning Complex outdoor track ticket office on the following dates/times. Please make an effort to pick-up your packet on the day prior to your initial competition. Packets will only be distributed to coach or unattached athlete:

Wednesday	June 20	5:30pm – 7:00pm
Thursday	June 21	7:30am – 1:00pm
Friday	June 22	7:30am – 1:00pm
Saturday	June 23	7:30am – 1:00pm
Sunday	June 24	7:30am – 1:00pm

ADMISSION: Daily admission for spectators will be charged: Adults and Children (ages 6-18) \$5.00; under 5 or over 65 (w/ID) – free. A multi-day pass may be purchased for \$12.00 (adults). One (1) coaches' pass will be provided for every ten (10) athletes registered under the Club.

VOLUNTEERS: Are welcome.

PROTEST PROCEDURES: The Meet Director must be notified, in writing, within 30 minutes of the perceived infraction. A seventy-five (\$75.00) dollar cash fee is required at the time of the protest. If the protest is sustained, the protest fee will be returned. If the protest is **not** sustained, the fee shall **not** be refunded. The decision of the jury of appeals is final.

FACILITIES: Eight lane track, runways, and aprons require ¼ " spikes or less.

CLEAN UP: Trash bags will be provided. Please keep your area clean. Coaches who fail to ensure that their respective team areas are appropriately maintained and cleaned may be precluded for further participation in the meet.

EQUIPMENT: Each team/athlete must supply their own field event implements and batons. However, (with the exception of the javelin and pole vault) the Meet Director has the discretion to select a field implement as the Official Implement to be used by all of the competitors. Blocks are only permitted in the finals of the 100m and 200m.

ADDITIONAL NOTES (General): Sections, heats, flights may be combined at the sole discretion of the Meet Director or Field Event judges. However, in such an event, awards will be based upon the applicable age group/sex.

ONLY MEET OFFICIALS ARE ALLOWED ON THE FIELD, TRACK OR IN THE CLERKING AREA. ONLY ATHLETES WHOSE EVENT HAS BEEN CALLED ARE ALLOWED ON THE TRACK, FIELD OR IN THE CLERKING AREA. ATHLETES MUST REPORT TO THE CLERKING AREA DRESSED FOR COMPETITION. Failure to adhere may result in removal from the meet and/or disqualification of Team and/or Team members.

- This event is sanctioned by the Amateur Athletic Union.
- All participants must have a current AAU membership at the time of registration for competition.
- AAU membership may **not** be included as a part of the entry fee to the event.

BIB NUMBERS: All athletes must compete in all events with their assigned Bib Number fully visible. There will be a \$10.00 charge for replacement Bib Numbers.

CONCESSIONS: Available daily on-site with varying menu.

FIRST-AID: Available on-site.

MULTI-EVENT COMPETITION:

- ORDER OF EVENTS MAY BE CHANGED AT THE SOLE DISCRETION OF THE MEET DIRECTOR TO FACILITATE THE ORDERLY AND TIMELY CONDUCT OF THE MEET.

- ALL EVENTS WILL BE CONTESTED APPROXIMATELY 30 MINUTES AFTER THE PRECEDING EVENT IS COMPLETED. THE 30-MINUTE REST PERIOD WILL INCLUDE REST, FOOD, AND WARM-UP/PREPARATION FOR NEXT EVENT.
- COMPETITORS MUST BE PRESENT AND ATTEMPT EVERY EVENT OF THE MULTI-EVENT COMPETITION IN ORDER TO CONTINUE PARTICIPATION AND RECEIVE A FINAL SCORE.
- ATHLETES COMPETING IN BOTH MULTI-EVENT AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE BIB NUMBER FOR BOTH COMPETITIONS.

DIVISIONS/EVENT LIMITS (“Max”)

Age Groups:

- The AAU Athletics program is comprised of nine (9) age divisions. 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. For athletes born in 2001, 2000 or 1999, the DATE of birth shall be used to determine whether the athlete is eligible to compete in the 17-18-age division. Any athlete born in 1999 who does NOT turn 19 on or before the final day of the National AAU Junior Olympic Games competition is still eligible to compete in the 17-18-age division. Effective 2013, the AAU track & field age groups will no longer be classified by names. The age groups MUST be listed on all track & field related information as follows:

- Division (Girls & Boys) 2014

8-Under	2010 & After	Max of 3 events
9 years	2009	Max of 3 events
10 years	2008	Max of 3 events
11 years	2007	Max of 3 events
12 years	2006	Max of 3 events
13 years	2005	Max of 4 events
14 years	2004	Max of 4 events
15-16 years	2003-2002	Max of 4 events
17-18 years	2001, 2000, 1999*	Max of 4 events
19-23 years	1995-1999	Max of 4 events – Note only a limited number of events will be offered for competition for this Age Division.

- Event Maximums include relays and field events. Alternate relay team members must be declared with team members.
- Maximums do not include multi-event competitions.

NO COACHES’ BOXES.

MEET INFORMATION:

For further meet information please contact Mitch Mitchell at mitchjamitchell@aol.com 202-258-1768

OR

Armease Starks (301) 574-0459

**2018 AAU
REGION 3 MULTI-EVENTS/
TRACK & FIELD TENTATIVE MEET SCHEDULE**

Athletes must be available to check-in to each event no later than thirty (30) minutes prior to the scheduled start of the event. Athletes should proceed to check-in on the first call. Once the final call is made for an event, the athlete will have five (5) remaining minutes to check-in. Late check-ins will not be permitted. The meet will proceed on a rolling schedule.

All events will be contested on a rolling schedule. All events, with the exception of the first event of the day, may run up to one (1) hour ahead of posted schedule.

Thursday, June 21, 2018

Multi-Events

8:00 a.m.

Triathlon 9 – 10 yrs. Boys
High Jump, Shot Put, 400m

Triathlon 9 – 10 yrs. Girls
Shot Put, High Jump, 200m

8:00 a.m.

Heptathlon (Day One) 15 – 18 yrs. Young Women
100 M Hurdles, High Jump, Shot Put, 200 Meter

8:15 a.m.

Pentathlon 13 – 14 yrs. Boys
100 M Hurdles, Long Jump, Shot Put, High Jump, 1500 Meter

8:30 a.m.

Pentathlon 13 – 14 yrs. Girls
100 M Hurdles, Long Jump, Shot Put, High Jump, 800 Meter

8:45 a.m.

Decathlon (Day One) 15 – 18 yrs. Young Men
100 Meter, Long Jump, Shot Put, High Jump, 400 Meter

Track Events

9:15 a.m.

3000M Run 11 – 18 yrs. Girls/Boys/Young Women/Young Men

10:30 am

1500-Meter Race Walk (Finals) 9 – 12 yrs. Girls/Boys

Field Events

1:30pm

Triple Jump 13-23 yrs. Girls/Young Women

Friday, June 22, 2018

Multi-Events

8:00 a.m.

Decathlon (Day Two) 15 – 18 yrs. Young Men
110 Meter Hurdles, Pole Vault*, Javelin, Discus, 1500 meter

Heptathlon (Day Two) 15 – 18 yrs. Young Women
Long Jump, Javelin, 800 Meter

8:15 a.m.

Pentathlon 11 – 12 yrs. Boys
80 Meter Hurdles, Long Jump, Shot Put, High Jump, 1500M

8:30 a.m.

Pentathlon 11 – 12 yrs. Girls
80M Hurdles, High Jump, Shot Put, Long Jump, 800M

Track Events

9:15 a.m.

3000 M Racewalk (Finals) 13 – 18 yrs. Girls/Boys/Young Women/Young Men

11:00 a.m.

100M (Semi-Final) All Age Divisions

Field Events

8:00 a.m.

Shot Put 13 - 14 Girls

8:45 a.m.

Pole Vault* 13 –18 Girls/Boys/Young Women/Young Men

*Open Pole Vault will be conducted simultaneously with 15 – 18 yrs. Decathlon Pole Vault Competition. May be combined.

9:00 a.m.

Turbo Javelin 8&U; 9; 10; 11; 12 Girls/Boys

1:00 p.m.

Shot put 15-18 Young Women

1:30 p.m.

Triple Jump 13-23 Young Men

Saturday, June 23, 2018

Track Events

8:30 a.m.

1500 M (Final)	All Age Divisions
400M (Final)	8 and under – 18 Girls/Boys/Young Women/Young Men
80H (Semi-Final)**	11 – 12 yrs. Girls/Boys
100H (Semi-Final)**	13 – 14 yrs. Girls/Boys; 15 -18 Young Women
110H (Semi-Final)**	15 – 18 yrs. Young Men
200 Meter (Semi-Final)	8 and under – 18 Girls/Boys/Young Women/Young Men
4 x 800 Relay (Final)	11 – 18 Girls/Boys/Young Women/Young Men
200H (Final)	13 – 14 Girls/Boys
400H (Final)	15- 18 Young Women; 15- 18 Young Men
4 x 100 Relay (Final)	All Age Divisions
2000M Steeplechase	Will not be contested – All athletes must be registered in that event to advance.*

**Hurdle Races will be run as a final for all age groups with eight or fewer competitors.

Field Events

8:00 a.m.

High Jump	9/10; 11/12; 13/14; 15-16; 17/18 Boys/Young Men
Shot Put	8&U; 9; 10; 11; 12; 13; 14; 15-16; 17-18 Boys/Young Men
Discus	19-23, 17/18; 15-16; 14; 13; 12; 11 Young Women/Girls
Long Jump	8&U; 9; 10; 11; 12; 13; 14; 15-16; 17-18 Boys/Young Men
Javelin	19-23, 17-18; 15-16; 14; 13 Young Men/Boys

Sunday, June 24, 2018

Track Events

8:00 a.m.

100 Meter (Finals)	All Age Divisions
80 Meter Hurdles (Finals)	11 Girls; 12 Girls; 11 Boys; 12 Boys
100 Meter Hurdles (Finals)	13 Girls; 14 Girls; 15-18 Young Women; 13 Boys; 14 Boys
110 Meter Hurdles (Finals)	15-18 Young Men
800 Meter (Finals)	All Age Divisions
200 Meter (Finals)	All Age Divisions
4 x 400 Relay (Finals)	9-18 yrs. Girls/Boys/Young Women/Young Men

Field Events

8:00 a.m.

High Jump	9/10; 11/12; 13/14; 15-16; 17/18 Girls/Young Women
Discus	11; 12; 13; 14; 15-16; 17-18, 19-23 Boys/Young Men
Long Jump	8 and under; 9; 10; 11; 12; 13; 14; 15-16; 17-18 Girls/Young Women
Shot Put	8 and U; 9; 10; 11; 12 Girls
Javelin	13 Girls; 14 Girls; 15-16 Girls; 17-18, 19-23 Girls/Young Women

Hotel Accommodations

Note: Individual rates w/ AAA, government; military, etc. discounts are better than room block rates.

Best places to stay for convenience and amenities (i.e., food, movies, malls, etc.) are the following MD cities: Bowie, Clinton, Landover, Largo, Greenbelt, National Harbor, Andrews AFB/Camp Springs, Upper Marlboro.

Courtyard by Marriott Largo Capital Beltway

1320 Caraway Ct, Upper Marlboro, MD 20785

TownePlace Suites Clinton at Joint Base Andrews

7800 Ferry Avenue

Clinton, MD 20735

Hampton Inn – National Harbor

250 Waterfront Street

Oxon Hill, MD 20745

Wyndham Garden Washington DC North BW Parkway

5811 Annapolis Rd, Cheverly, MD 20784

Holiday Inn Express Washington DC - BW Parkway

6205 Annapolis Rd, Hyattsville, MD 20784

Residence Inn by Marriott Largo Capital Beltway

1330 Caraway Ct, Largo, MD 20774