



POTOMAC VALLEY DISTRICT QUALIFIER



- DATE:** June 11-12, 2016
- LOCATION:** Charles Herbert Flowers High School
10001 Ardwick Ardmore Road
Springdale, MD 20774
- HOST:** VISION ELITE TRACK CLUB
- ENTRY DEADLINE:** June 3, 2016
- REGISTRATION:** Online only at www.coacho.com
- FEE:** \$15 Per Athlete, Late Registration \$20 Per Athlete
- AGE:** 6- 18 (age as of 12/31/16)
- TIME:** 8am - 6pm

DISCLOSURES:

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

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Advancement: The top 16 athletes who compete in the Potomac Valley District Qualifier are eligible to compete in the Area 3 AAU Regional Qualifier Meet,

Event Schedule: The meet starts at 8:00 AM on Saturday & Sunday. There is no time schedule for individual events except for those with specific start times listed. The meet will run on a rolling schedule. See the order of event later in this document.

Event Calls: It is the athletes' responsibility to hear the calls and report to the event venue on the first call for their division. Field event athletes should report directly to the field event venue, and track event athletes should report to the clerking area. The meet will not delay. There will be no rerun, or add for any athlete who is tardy to check-in. There will be absolutely no exceptions.

Protest: Protest must be submitted in writing to the Meet Director within 30 minutes after the infraction. The fee for protest is \$50, which will be returned if the protest is upheld.

Event Limitations: 8 & Under, 9, 10, 11, and 12 divisions may compete in a maximum of three (3) events including relays. 13, 14, 15-16, and 17-18 may compete in a maximum of four (4) events including relays. Multi-Events do not count towards these limitation, but relay athletes and relay alternates do count towards these limitation. There is no additional entry fee for relay events.

Waived Events: The 2000 m Steeplechase and Pole Vault, are waived to the Regional Qualifier, and will count towards the event limitation. The Multi-Events will not be competed at this event. Multi-Events will not count towards the limitation. Athletes or Coaches must report to the scoring table when these events are called, and provided a performance mark to advance to the Regional Qualifier.



ORDER OF EVENTS:



Note: Athletes must be available to check-in 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 5 remaining minutes to check-in. Late check-ins will not be permitted. The meet will proceed on a Rolling Schedule.

Saturday: June 11, 2016

First Call 8:00 a.m. - 8:30 a.m.

- 80M Hurdles (S) 11G, 11B, 12G, 12B
- 100M Hurdles (S) 13G, 13B, 14G, 14B, 15/16 G, 17/18G
- 110M Hurdles (S) 15/16B, 17/18B
- 3000M Run (F) 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15/16 G, 15/16B, 17/18G, 17/18B
- 100 Meter Dash (S) All ages
- 800 Meter Run (F) All ages
- 200 Meter Dash (S) All ages
- 1500M Race Walk 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
- 400M Hurdles (F) 15/16 G, 15/16B, 17/18G, 17/18B
- 200M Hurdles (F) 13G, 13B, 14G, 14B
- 4 X 100 Meter Relay (F) All ages

FIELD EVENTS - 9:00 a.m.

- Discus:** 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B
- High Jump:** 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B
- Long Jump:** 17/18B, 17/18G, 15/16B, 15/16G, 14B, 14G, 13B, 13G

12:00 noon

- Shot Put:** 12B, 12G, 11B, 11G, 10B, 10G, 9B, 9G, 8&UB, 8&UG
- Turbo Javelin:** 8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B



ORDER OF EVENTS:



Note: Athletes must be available to check-in 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 5 remaining minutes to check-in. Late check-ins will not be permitted. The meet will proceed on a Rolling Schedule.

Sunday: June 12, 2016

Track First Call 8:00 a.m. - 8:30 a.m.

- 4x800 Relay (F) 11/12G, 11/12B, 13/14G, 13/14B, 15/16G, 15/16B, 17/18G, 17/18B
- 100 Meter Dash (F) All ages
- 1500 Meter Run (F) All ages
- 400 Meter Dash (F) All ages
- 3000M Race Walk (F) 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B
- 80M Hurdles (F) 11G, 11B, 12G, 12B
- 100M Hurdles (F) 13G, 13B, 14G, 14B, 15/16G, 17/18G
- 110M Hurdles (F) 15/16B, 17/18B
- 200 Meter Dash (F) All ages
- 4 X 400M Relay (F) 9/10G, 9/10B, 11/12G, 11/12B, 13/14G, 13/14B, 15/16G, 15/16B, 17/18G, 17/18B

Field Events

9:30 a.m.

- Long Jump:** 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
- Shot Put:** 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B

11:30 a.m.

- Triple Jump:** 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B

ADVANCED EVENTS

Athletes participating in the following events are automatically advanced to the next level, the National Qualifier. These events will not be competed at the District level. The events are as follow:

- 2000 M Steeplechase:** 15/16G, 15/16B, 17/18G, 17/18B
- Javelin:** 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B
- Pole Vault:** 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B
- Multi-Events:** 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15/16G, 15/16B, 17/18G, 17/18B