

AMATEUR ATHLETIC UNION

Region 3 Qualifier

Track & Field / Multi-Events

JUNE 23 – 26, 2016



Oxon Hill High School
6701 Leyte Drive
Oxon Hill, Maryland 20746

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 = \$20.00; Multi-Events = \$20.00
2. All entries and fees must be received by Thursday, June 16, 2016.
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 ww.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: Awards and information packets will be available for pick-up when event results are announced and posted. AAU Championship medals will be awarded to 1st – 3rd place finishers and ribbons for 4th – 8th place finishers in each event. All qualifying athletes are required to register on-line if they wish to participate in the Junior Olympics.

ADVANCEMENT: The Regional Qualifier is an advancement meet. The top eight (8) athletes in running events; top five (5) field events; and/or the top four (4) in a relay/multi-event shall advance to the AAU Junior Olympic Games. There will be no exceptions to the advancement procedures.

PACKET PICK-UP: Packets will be available for pick-up at Oxon Hill HS ticket office on the following dates/times:

Wednesday	June 22	5:30pm – 7:00pm
Thursday	June 23	7:30am – 1:00pm
Friday	June 24	7:30am – 1:00pm
Saturday	June 25	7:30am – 1:00pm
Sunday	June 26	7:30am – 1:00pm

ADMISSION: Daily admission for spectators will be charged: Adults \$5 and Children ages (5–18) \$3.00; under 5 or over 65 (w/ID) – free. A multi-day pass may be purchased for \$12.00 (adults) and \$6.00 (children). For each team registration, one (1) coaches' pass will be given for every ten (10) athletes registered.

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 **non-refundable** fee is required at the time of the protest. 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, starting blocks, and batons. However, it may be necessary 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 discretion of the meet director or field event judges.

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.

- This event is sanctioned by the Amateur Athletic Union.
- All participants must have a current AAU membership.
- AAU membership may not be included as a part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.

BIB NUMBERS: 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, MEASURING STEPS, AND WARMUP.
- COMPETITORS MUST BE PRESENT AND ATTEMPT EVERY EVENT OF THE MULTI-EVENT COMPETITION.

- 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 1999, 1998 or 1997, 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 1997 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	2008 & After	Max of 3 events
9 years	2007	Max of 3 events
10 years	2006	Max of 3 events
11 years	2005	Max of 3 events
12 years	2004	Max of 3 events
13 years	2003	Max of 4 events
14 years	2002	Max of 4 events
15-16 years	2001-2000	Max of 4 events
17-18 years	1999-1998-1997*	Max of 4 events

- 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 301-372-6773

OR

Armease or Gertie Starks (301) 574-0459

**2016 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 23, 2016

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, 800 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 13-18 yrs. Girls/Young Women

Friday, June 24, 2016

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

13-18 yrs. Young Men

Saturday, June 25, 2016

Track Events

8:30 a.m.

1500 M (Final)	All Age Divisions
400M (Final)	All Age Divisions
80H (Semi-Final)**	11 – 12 yrs. Girls/Boys
100H (Semi-Final)**	13 – 14 yrs. Girls/Boys; 15 -18 yrs. Young Women
110H (Semi-Final)**	15 – 18 yrs. Young Men
200 Meter (Semi-Final)	All Age Divisions
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 present at 8:30 a.m. and 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	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	17-18; 15-16; 14; 13 Young Men/Boys

Sunday, June 26, 2016

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 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 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 National Harbor (10 min.); Bowie, MD; Largo, MD; Waldorf, MD; Greenbelt, MD – all approximately 20 minutes from the track. Annapolis, MD is about 35 minutes from the track but has a really nice mall, sights, food and hotels. Other locations are closer (i.e., Andrews, AFB/Camp Springs) but not preferred.

Sleep Inn

9400 Marlboro Pike
Upper Marlboro, MD
(301) 599-9400
10 minutes to track (6 miles)

TownePlace Suites Clinton at Joint Base Andrews

7800 Ferry Avenue
Clinton, MD 20735
(301) 856-2266
20 minutes (14 miles)

Comfort Inn

6363 Oxon Hill Road
Oxon Hill, MD, 20745
(301) 839-0001
1 minute (.25 mile)

Hampton Inn – National Harbor

250 Waterfront Street
Oxon Hill, MD 20745
(301) 567-3531
22 minutes (18 miles)