

FINAL SCHEDULE
2019 AAU REGION 5 NATIONAL QUALIFIER
June 27-30th



GENERAL INFORMATION

WHERE: Hampton University, Armstrong Stadium
700 Emancipation Dr. Hampton, VA 23668

DATES: **Wednesday, 26, 2019 Packet Pick-Up 5:30pm – 7:30pm**
Thursday, 27, 2019 Packet Pick-Up (6:30am – 12 noon)
Friday, June 28, 2019 Packet Pick-Up (6:30am – 12 noon)
Saturday, June 29, 2019 Packet Pick-Up (6:30am – 12 noon)
Sunday, June 30, 2019 Packet Pick-Up (7am – 10 am)

PACKET PICK UP WILL BE HELD AT HAMPTON UNIVERSITY ARMSTRONG STADIUM.

HOST CLUB: Technique Track Club	MEET DIRECTOR: William Moore 757-593-6985 coachwill.moore@gmail.com	ASSISTANT MEET DIRECTOR: Deon Moore 757-218-1405
---	---	---

TIMING: Atlantic Coast Timing

RULES: In accordance with AAU Youth Athletics Guidelines

Coaches Education

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches' educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

Event Licensed

- 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 Youth Athlete membership must be obtained before the competition begins
- BE PREPARED! Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.
- Participants can visit the AAU website www.aausports.org to purchase AAU Memberships.

2019 AAU REGION 5 NATIONAL QUALIFIER



Division (Girls & Boys)	
8-Under	2011 & After (Allowed 3 Events)
9 years	2010 (Allowed 3 Events)
10 years	2009 (Allowed 3 Events)
11 years	2008 (Allowed 3 Events)
12 years	2007 (Allowed 3 Events)
13 years	2006 (Allowed 4 Events)
14 years	2005 (Allowed 4 Events)
15-16 years	2003-2004 (Allowed 4 Events)
17-18 years	2001-2002 (Allowed 4 Events)**

****Athletes that are still 18 on the final day (August 3rd) of the AAU JO Games shall be eligible.
No Multi-Event competition for 8-Under Age Groups.**

ELIGIBILITY/AAU MEMBERSHIP:

Competition is open to all boys and girls who have a valid/current AAU membership. AAU membership may be obtained online at www.ausports.org. The AAU membership fee is not included in the AAU Region 5 National Qualifier entry fee and must be obtained prior to participation in this meet.

PROOF OF AGE:

Proof of age may be required at District, National Qualifier, and Junior Olympic Game events and must be provided whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A valid (not expired) passport
5. A valid US driver's license

MEET ENTRY:

Each athlete/team competing in this meet must complete the entry process on www.CoachO.com.

ENTRY FEE:

Entry fee is \$25 per individual athlete competing in Track & Field and \$25 per Multi-Event athlete. All members of relay teams, including alternates, who have not entered an individual event, must pay a \$25.00 entry fee. Payments will only be accepted online at www.coacho.com. Entry Fee must be paid online at the time of registration. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.** Visa and Master Card accepted online.

ENTRY DEADLINE:

REGISTRATION WILL OPEN ON April 1, 2019 AND CLOSE ON JUNE 23, 2019, 12:00 MIDNIGHT, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. NO EXCEPTIONS.

2019 AAU REGION 5 NATIONAL QUALIFIER



ADVANCEMENT:

Advancement from Region 5 National Qualifier to the *AAU Junior Olympic Games*:

- **Running Events:** The top six (6) athletes advance
- **Field Events:** The top six (6) athletes advance
- **Relays:** The top six (6) relays advance
- **Multi-Events:** The top Four (4) athletes advance
- **Meet Management reserves the right to advance athletes based on number of competitors in each event.**

PROTESTS:

Protests concerning status or eligibility of any competitor must be made to AAU Youth Athletics Committee prior to commencement of meet or to Referee during meet. Protests relating to matters which develop during conduct of meet must be made to the Referee and be filed at once. But in any case, not more than 30 minutes after the result posting. Protests MUST be filed on official protest forms and presented to Protest Table accompanied by a cash deposit of \$75.00. The Referee shall consider all available official evidence. Once Referee renders his/her decision, protester may request an appeal to the Jury of Appeals. The jury's decision is final. If protest is denied, cash deposit will be forfeited.

JURY OF APPEALS WILL NOT ACCEPT PROTESTS CONCERNING JUDGMENT CALLS.

CHALLENGE:

Region 5 National Qualifier results will be posted within 4 hours after the conclusion of the meet. Any challenges to posted results must be emailed to support@coacho.com within 24 hours of the posting. Challenges will not be accepted after the 24-hour challenge period has expired.

SPECTATOR ADMISSION FEE:

There will be a \$10.00 gate fee charge per person per day. An All Event Pass can be purchased for \$25 for all 4 days of competition. All Children 4 and under will be admitted free.

COACHES PASS:

Teams with 7 -10 athletes will receive three (3) complimentary passes per team.

Teams with 11 – 18 athletes will receive four (4) complimentary passes per team.

Teams with 19 or more athletes will receive a maximum of five (5) complimentary passes per team.

PARKING/DIRECTIONS:

Team buses will have a designated area for parking.

RV units and any vehicle with an attached trailer must park in the area designated for busses.

Detached trailers may not be left on the grounds overnight and must be housed in the area designated for busses during the meet.

AAU Junior Olympic Games Declaration & Registration

Qualifiers for the 2019 AAU Junior Olympic Games in Greensboro North Carolina (July 27 - August 3rd) must declare and register for the meet online through www.aathletics.org before July 16th, 2019 at 11:59 PM EST. No entries will be accepted after the 11:59 PM EST (9:00 PM PST West Coast). Do not jeopardize your athletes' chance to compete by not completing this step before the AAU Junior Olympic Games registration deadline.

2019 AAU REGION 5 NATIONAL QUALIFIER

FINAL AAU JUNIOR OLYMPIC GAMES SCHEDULE OF EVENTS:

The Final AAU Junior Olympic Games Schedule will be posted on July 22, 2019 at www.aathletics.org.

ATHLETES, COACHES AND VENUE INFORMATION

TENTS:

Tents will be allowed only on the top row of stadium home side of bleachers. Teams may put tents up on visitor side in all rows. At the end of day, each team must lower tent frames and remove all tent tops in case of inclement weather. Meet management reserves the right to change tent policy if issues occur.

RESTROOM FACILITIES:

Restroom facilities will be available at track & field venue.

BIB NUMBERS:

Competitor bib numbers will be issued at athlete/team check-in. All athletes will always be required to wear bib numbers on the front of their competition singlet, during the competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the Registration Table/Tent. **ATHLETES MUST WEAR THE BIB NUMBER ASSIGNED TO THEM OR RISK DISQUALIFICATION.**

HIP NUMBERS:

Hip numbers will be issued by the clerk of course and are required for all running event competitors during their event. The clerk of course will indicate which side and location to wear the hip numbers at check-in time.

THROWING IMPLEMENTS:

Personally owned implements may be used if approved by the meet host; if used, they become part of the equipment pool for the duration of the meet. **(IMPLEMENTS WILL NOT BE PROVIDED)**

ATHLETE WARM-UP:

There will be a designated area for athlete warm up. The track will open one hour prior to first running event each day.

ATHLETE CHECK-IN:

It is the responsibility of the athlete to hear calls and report to event venue on first call for their division. Field event athletes should report directly to field event venue. Track event athletes should report to clerk of the course.

RELAY EVENTS:

There is no additional entry fee for relay events as long as following criteria is met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$25.00.
- 2) The relay team represents a current 2019 AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards.
- 4) Athletes listed as relay alternates (up to 4 allowed) will have relay event count towards their event limitation.

RUNNING EVENT RULES:

100m, 200m 400m, 80m hurdle, 100m hurdle and 110m hurdle events each have two rounds, Semi-Final and Final. Top eight (8) fastest times from the semi-final will advance to the final. If there are eight (8) or fewer entries in semi-final, that event will run as a final at semi-final time. **800m, 1500m, 3000m, 200m hurdle and 400m hurdle will be ran as a final.** The **4 x 100 relays** (lanes all the way), **4x400m relays** will run a three-turn stagger with up to eight (8) teams per heat. The **4x800 relays** will run a one-turn stagger with up to 16 teams per heat. **Random seeding will be used for running events not contested at the district level.** Combining heats/divisions is at the discretion of Meet Director.

FIELD EVENT RULES:

Each competitor will have a total of four (4) attempts for throws and horizontal jumps. There are no prelims in field events all are Final. Athletes who must leave for another event must check out with Field Event Official. These athletes may also request to take attempts in succession. In vertical jumps, within a division, once the bar moves up, it will not move down for any reason. If excused during any round, the athlete must return prior to conclusion of that round or forfeit remaining attempts. **Random seeding will be used for field events not contested at the district level.**

2019 AAU REGION 5 NATIONAL QUALIFIER

AWARDS:

AAU Championship Medals are awarded to the top three (3) finishers in each event and division. 4th thru 8th place finishers in individual events in each division will receive ribbons. 4th place relay teams in each division will receive ribbons. Awards can be picked up at awards tent approximately 30 minutes after conclusion of each event. Awards will not be mailed to the athlete's home. It is the responsibility of athlete, coach or parent to pick up awards before leaving the meet.

FOOD/DRINK/COOLERS:

NO GRILLS/DEEP FRYING ALLOWED. There will be concessions available. Team/Athlete coolers will be allowed; however, **NO GLASS CONTAINERS** are permitted. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

EVENT SCHEDULES:

Final Meet Schedule will be posted after entries close. Event order will not change but start times may differ based on number of entries. Age groups of same gender may be combined in distance races/walks. Event Schedules will be available at registration.

VENDING:

Vendors will include 2019 AAU Region 5 National Qualifier T-Shirts, Photo's and various concessions.

INCLEMENT WEATHER:

Meet Director has the option of delaying or temporarily halting meet in the event of bad weather and resuming when weather permits. Format of meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and Games Committee.

SECURITY/MEDICAL:

- Athletic Trainers are available to athletes in case of injury and will not provide taping.
- Ice and water will be provided for injuries only.
- Emergency Medical personnel are on call.
- Hampton University Police Officers will be present daily.

FLUIDS:

Meet management will provide water in certain competition areas for competing athletes. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

WEATHER:

Average high temperature in Hampton, VA during the month of June is in the mid to high 90 degrees. Be prepared

RESULTS:

Flo Sports will be providing live coverage
Results will be posted online at www.aauathletics.org

AAU REGION 5 NATIONAL QUALIFIER
Thursday - June 27th
EVENT SCHEDULE



MULTI-EVENTS – 8:30 AM		
Decathlon	15-16B, 17-18B	100M, LJ, SP, HJ, 400M
Heptathlon	15-16G, 17-18G	100H, HJ, SP, 200M
Pentathlon	13B, 14B	100H, SP, HJ, LJ, 1500M
Pentathlon	13G, 14G	100H, SP, HJ, LJ, 800M
Pentathlon	11G, 12G	80H, SP, HJ, LJ, 800M
Pentathlon	11B, 12B	80H, SP, HJ, LJ, 1500M
Triathlon	9B, 10B	HJ, SP, 400M
Triathlon	9G, 10G	HJ, SP, 200M

Friday - June 28th
EVENT SCHEDULE

MULTI-EVENTS – 8:00 AM		
Decathlon	15-16B, 17-18B	110H, DT, PV, JT, 1500M
Heptathlon	15-16G, 17-18G	LJ, JT, 800M

RUNNING EVENTS – 8:00 AM	
3000M (F)	11G, 12G, 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B
110H (S)	15-16B, 17-18B
100H (S)	13B, 14B, 13G, 14G, 15-16G, 17-18G
RUNNING EVENTS - 9:30 AM	
100 Meters (S)	All Age Divisions
4 X 800R (F)	11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B
1500RW (F)	9G, 10G, 11G, 12G, 9B, 10B, 11B, 12B
3000RW (F)	13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B

FIELD EVENTS - 8:30 AM										
High Jump	17-18B	15-16B	17-18G	15-16G						
Shot Put	17-18G	15-16G	17-18B	15-16B						
Pole Vault	13-14G	15-16G	17-18G	13-14B	15-16B	17-18B				
Turbo Javelin	8 & UG	8 & UB	9G	9B	10G	10B	11G	11B	12G	12B



AAU REGION 5 NATIONAL QUALIFIER
Saturday - June 29th
EVENT SCHEDULE

RUNNING EVENTS - 8:00 AM						
200H (F)	13G, 14G, 13B, 14B					
400H (F)	15-16G, 17-18G, 15-16B, 17-18B					
400m (F)	ALL AGE DIVISIONS					
1500M (F)	ALL AGE DIVISIONS					
200M (S)	ALL AGE DIVISIONS					
4x100 (F)	8 & U G&B	9-10 G&B	11-12 G&B	13-14 G&B	15-16 G&B	17-18 G&B

FIELD EVENTS - 8:00 AM				
Long Jump (Pit 1)	17-18B	15-16B	14B	13B
Long Jump (Pit 2)	17-18G	15-16G	14G	13G
High Jump	14G	13G	14B	13B
Shot Put (Ring 1)	11B	12B	11G	12G
Shot Put (Ring 2)	13B	14B	13G	14G
Triple Jump (Pit 1)	17-18B	15-16B	14B	13B
Triple Jump (Pit 2)	17-18G	15-16G	14G	13B

*TRIPLE JUMP WILL BE CONTESTED IMMEDIATELY FOLLOWING THE 17-18G AND 17-1B LONG JUMP

FIELD EVENTS - 8:00 AM								
Discus	17-18B	17-18G	15-16B	15-16G	14B	14G	13B	13G

Sunday - June 30rd
EVENT SCHEDULE

RUNNING EVENTS - 8:00 AM	
110H (F)	15-16B, 17-18B
100H (F)	13B, 14B, 13G, 14G, 15-16G, 17-18G
80H (F)	11G, 12G, 11B, 12B
100M (F)	ALL AGE DIVISIONS
Steeplechase (F)	15-16G, and 17, 18G, 15-16B and 17-18B
800M (F)	ALL AGE DIVISIONS
200M (F)	ALL AGE DIVISIONS
4X400R (F)	9-10 G&B, 11-12 G&B, 13-14 G&B, 15-16 G&B, 17-18 G&B

FIELD EVENTS - 8:00 AM								
Javelin	13G	14G	13B	14B	15-16G	15-16B	17-18G	17-18B
Long Jump Pit 1	12B	11B	10B	9B	8 & UB			
Long Jump Pit 2	12G	11G	10G	9G	8 & UG			
High Jump	9G	9B	10G	10B	11G	12G	11B	12B
Shot Put	9G	10G	9B	10B	8 & UG	8 & UB		
Discus	11B	12B	11G	12G				

FINAL SCHEDULE