



# 2010 AREA 3 AAU NATIONAL QUALIFIER TRACK AND FIELD CHAMPIONSHIPS

- HOST** Hampton City Track Club
- DATES** **Track & Field June 25-27**                      **Multi Events June 24 & 25**
- SITE** **Darling Stadium** 4111 Victoria Blvd/Kecoughtan Rd. Hampton VA 23669
- DIRECTIONS** **From Norfolk:** 64 W to exit 267 (Hampton Univ./Woodland), turn left and go under 64 onto Settlers Landing Rd. Rt. 60/143. Go about one mile then turn left on Kecoughtan Rd. Five blocks and Darling Stadium on right. **From Richmond:** 64 E to exit 265A LaSalle Ave. South. (Route 167). Go about ½ mile then left on Settlers Landing Rd. Turn right on Kecoughtan Rd. Go about 5 blocks and Stadium on right
- CONTACT** **John Perrin, Meet Director (757)813-8816 or [jlperin47@aol.com](mailto:jlperin47@aol.com)**
- ENTRY FEE** **\$25.00 PER** Individual athlete and \$25 for Multi Event entry. ***Payments are on-line through [www.coacho.com](http://www.coacho.com). VISA or MASTER CARD, No Exceptions!***
- ON-LINE ENTRY** **JUNE 19, 2010 Entries must be received by Deadline date. NO EXCEPTIONS!**
- DEADLINE** ALL entries must be submitted to [www.coacho.com](http://www.coacho.com). Entries may be submitted from May 24 - June 19. You may retrieve your account information by going to the website. Step-by-step instructions will be available at [www.coacho.com](http://www.coacho.com).
- ELIGIBILITY** All competitors **MUST** have a current 2010 AAU membership card which can be obtained online at [www.aausports.org](http://www.aausports.org).
- AGE** By year of birth as of December 31, 2010. \*Athletes who are still eighteen (18) years of age August 10, 2010 through the final day of the National Track & Field Meet shall be eligible to compete in the Young Women/Men division.
- AGE GROUP/  
EVENT LIMIT**
- |              | <u>Boys and Girls Divisions</u> |  | (this includes relays) |          |
|--------------|---------------------------------|--|------------------------|----------|
| Primary      | 8 and under                     |  | 2002 & AFTER           | 3 events |
| Sub-Bantam   | 9                               |  | 2001                   | 3 events |
| Bantam       | 10                              |  | 2000                   | 3 events |
| Sub-Midget   | 11                              |  | 1999                   | 3 events |
| Midget       | 12                              |  | 1998                   | 3 events |
| Sub Youth    | 13                              |  | 1997                   | 4 events |
| Youth        | 14                              |  | 1996                   | 4 events |
| Intermediate | 15 & 16                         |  | 1995 & 1994            | 4 events |
| *Young       | 17 & 18                         |  | 1993 & 1992            | 4 events |
- RELAYS** Each Relay Team **must** represent a registered **AAU Club**. Clubs may register using information listed under “AAU Membership” above. Athletes listed as relay alternates will have that relay count towards their event limitation.
- AWARDS** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> places: Official AAU Junior Olympic Medal.
- RULES** 2010 AAU Handbook. See [www.aausports.org](http://www.aausports.org) for all specific rules specified by the AAU.
- EQUIPMENT** **Competitors must provide their own throwing implements.**
- FACILITIES** Eight lane track, ¼” spikes or less. No Christmas tree spikes! No tape on the track or runways! Chalk will be provided by meet management! Restrooms available. Concessions stand. No spikes in stands. Please bring TRASH BAGS to police your area. Club/teams will be assigned areas for tents.
- ADVANCEMENT** **TOP EIGHT (8) FINISHERS in each AREA 3 CHAMPTIONSHIP event QUALIFY for the 2010 AAU Junior Olympics Games in NORFOLK, VA.**



## 2010 AREA 3 AAU NATIONAL QUALIFIER

<b>RESULTS</b>	Will be posted in the locker room at the end of the stands, near long jump area. Do NOT remove any posted results. All results will be posted online at <a href="http://www.milestat.com">www.milestat.com</a> . Other websites will be listed at a later date.
<b>AWARDS</b>	Will be available AFTER official results are posted. Please allow sufficient time for the Volunteers to compile these awards. <b>COACHES</b> or <b>PARENT</b> representative <b>ONLY</b> may pick up awards.
<b>NATIONAL QUALIFIERS</b>	The TOP EIGHT (8) in each event. Please note that ALL information re: 2010 Junior Olympic Games in Norfolk, Va. can be obtained online at <a href="http://www.aausports.org">www.aausports.org</a>
<b>STEEPLECHASE (Tentative)</b>	Held Friday, June 25 <sup>th</sup> at Hampton University –Armstrong Stadium. Check in at Darling Stadium by 4:30 for directions. Hampton University is approximately 10 minute drive.
<b>FIELD EVENTS</b>	Athletes are to report directly to their even area. Listen for 1 <sup>st</sup> call. Make sure implements are weighed prior to event. <b>Implement Weigh In:</b> Multi's. - Thurs. 12:30 p.m., JT - Sat. /Sun. 8 a.m., Shot - Fri. 7 a.m. Discus - Sun. 7 a.m.
<b>RUNNING EVENTS</b>	Athletes are to report to the Clerking/Staging Area, large tent area located at the corner of the track. Please listen for 1 <sup>st</sup> calls and any changes. Hip numbers will be issued at check in.
<b>CHECK IN</b>	<b>Please know what age group you are in: Primary, Sub-Bantam, Bantam, Sub-Midget, Midget, Sub-Youth, Youth, Intermediate, or Young</b>

### Misc. Info:

1. The finals will be based on fastest times up to eight qualifiers in the trials of the 100m and 200m dash. The heat winners and next fastest times for the 80m hurdles, 100/110, 4 x 100m relay will advance to the finals.
2. The 800m run, 200m hurdles, 400m hurdles and 4 x 400 m relay events will be conducted as a Final in seeded sections on times based on performances entered. Slowest sections first.
3. The 1500 m Run, 3000 m Run, and the 4 x 800 m Relay will be each conducted as a Final. Meet management reserves the right to combine races and or heats when appropriate and in the interest of the athletes and meet schedule. Scoring will be separated by gender and age if combined.
4. The Meet Director, Clerk of Course, Field Event Judge and/or Referee reserve the right to combine sections, heats and/or events as they deem necessary for the efficient conduct of the meet.
5. In the event that eight (8) or fewer athletes **check in** for the trials of any given track event, that event's final will be conducted at the regularly scheduled time with **no additional entrants** being allowed to check in or compete in that event once the event has been **officially closed**.
6. The Primary Boys/Girls, Sub-Bantam B/G, Bantam B/G, Sub-Midget B/G, Midget B/G may be conducted together with separate scoring.
7. **Only competing athletes** will be permitted inside the fence surrounding the track. **Violations of this rule by coaches, parents, and non-competitors may result in disqualification from the meet.**
8. Those athletes competing in events which may be conducted simultaneously are advised to be familiar with the USATF ruling regarding check out.
9. The starting times for events are official. The meet will run on a **rolling schedule!** **Coaches/parents** are responsible for making sure your athletes arrive at the track in time to check in for each event. We **will not** hold the meet up or add athletes to another section or heat due to late arrivals. Calls for the T&F events will be announced. **Athletes and coaches are advised to pay particular attention to the events and the calls being made.**
10. Athletes, Coaches, Parents and Spectators are reminded to please use the trash receptacles provided. Canopies in the top rows of the Visitor bleachers only. Look for designated areas.
11. Abusive language and /or improper behavior will not be tolerated. Will result in disqualification from the meet.
12. **NO SMOKING** allowed at Darling Stadium or on the grounds of Darling Stadium, per City of Hampton, Ordinance.
13. In all running events where "All Divisions" is indicated, the order will be:  
PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW, YM.
14. **CLERKING AREA IS OFF LIMITS TO: COACHES, PARENTS GRANDPARENTS, and OTHER RELATIVES!**
15. **THE ONLY ITEMS ALLOWED IN THE CLERKING AREA IS: UNIFORMS AND SPIKES (1/4 ONLY)!  
ITEMS LEFT IN THE CLERKING AREA BECOME PROPERTY OF TRACK MEET MANAGEMENT!**



**2010 AREA 3**  
**AAU NATIONAL QUALIFIER**  
**Track & Field Championship Schedule**  
*(This will be a rolling schedule)*

**TRACK EVENTS**

**Friday, June 25, 2010**

4:00	1500 m Racewalk (F)	SBG, SBB, BG, BB, SMG, SMB, MG, MB
	3000 m Racewalk (F)	SYG, SYB, YG, YB, IG, IB, YW, YM
6:00	Steeplechase (F)	IG, YW, IB, YM

**Saturday, June 26, 2010**

8:00	3000 m Run (F)	SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM
	200 m Dash (T)	All Divisions
	800 m Run (F)	All Divisions
	80 m Hurdles (8-30") (T)	SMG, SMB, MG, MB
	100 m Hurdles (10) (T)	SYG, YG (30"), SYB, YB, IG, YW (33")
	110 m Hurdles (10-39") (T)	IB, YM
12:00	<i>OPENING CEREMONIES &amp; BREAK</i>	
	100 M Dash (T)	All Divisions
	400 m Dash (T)	All Divisions
	4 x 100 m Relay (T)	All Divisions

**Sunday, June 27, 2010**

8:00	1500m Run (F)	SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM
	80m Hurdles (8)-30") (F)	SMG, SMB, MG, MB
	100m Hurdles (10) (F)	SYG, YG (30"), SYB, YB, IG, YW (33")
	110 m Hurdles (10-39") (F)	IB, YM
	400m Dash (F)	All divisions
	4 x 800 m Relay (F)	MG, MB, YG, YB, IG, IB, YW, YM
	4 x 100m Relay (F)	All Divisions
12:00	<i>BREAK</i>	
	200 m Dash (F)	All Divisions
	200m Hurdles (F)	SYG, SYB, YG, YB
	400m Hurdles (F)	IG, IB, YW, YM
	100 m Dash (F)	All Divisions
4:00	4 x 400 m Relay (F)	All Divisions

(T) – Time Trials

(F) – Finals



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**FIELD EVENTS**

**Saturday, June 26, 2010**

8:00	SHOT PUT (4 throws- No Finals)	PG, SBG, BG, SMG MG, SYG, YG, IG, YW PB, SBB, BB, SMB MB, SYB, YB, IB, YM	(Circle #1) (Circle #1) (Circle #2) (Circle #2)
8:00	DISCUS (4 Throws – No Finals)	YG, YB, IG, IB, YW, YM	
8:00	HIGH JUMP	YW, IG, MG, SYG YM, IB, MB, SYB	(Pad #1) (Pad#2)
8:30	LONG JUMP (4 Jumps – No Finals)	PG, SBG, BG PB, SBB, BB	(Pit #1) (Pit #2)
9:00	TRIPLE JUMP (4 Jumps – No Finals)	SYG, SYB, YG, YB, IG, IB, YW, YM	

**Sunday, June 27, 2010**

8:00	LONG JUMP (4 Jumps – No Finals)	YW, IG, YG, SYG, MG, SMG YM, IB, YB, SYB, MB, SMB	(Pit #1) (Pit #2)
8:00	DISCUS (4 Throws – No Finals)	SMG, SMB, MG, MB, SYG, SYB	
8:00	HIGH JUMP	SMG, BG, SBG, YG SMB, BB, SBB, YB	(Pad #1) (Pad #2)
8:30	POLE VAULT	SYG, SYB, YG, YB, IG, IB, YW, YM	
9:00	JAVELIN (4 throws – No Finals)	SYG, SYB, YG, YB, IG, IB, YW, YM	



## 2010 AREA 3 AAU NATIONAL QUALIFIER Multi-Event Championship Schedule

### Thursday, June 24, 2010

<u>Start Time</u>	<u>Event</u>	<u>Age Group</u>	<u>Order of Events</u>					
2:00	Decathlon	IB	100 Meter	Long Jump	Shot Put	High Jump	400 Meter	Day 1
	Triathlon	SBG/BG	High Jump	Shot Put	200 Meter			Final
2:30	Decathlon	YM	100 Meter	Long Jump	Shot Put	High Jump	400 Meter	Day 1
	Triathlon	SBB/BB	High Jump	Shot Put	200 Meter			Final
3:00	Heptathlon	IG	100 H	High Jump	Shot Put	200 Meter		Day 1
3:30	Heptathlon	YW	100H	High Jump	Shot Put	200 Meter		Day 1

### Friday, June 25, 2010

<u>Start Time</u>	<u>Event</u>	<u>Age Group</u>	<u>Order of Events</u>					
2:00	Decathlon	IB	110 H	Discus	Pole Vault	Javelin	1500 Meter	Final
	Heptathlon	IG	Long Jump	Javelin	800 Meter			Final
2:30	Decathlon	YM	110 H	Discus	Pole Vault	Javelin	1500 Meter	Final
	Heptathlon	YW	Long Jump	Javelin	800 Meter			Final
3:00	Pentathlon	SYG/YG	100 H	Long Jump	Shot Put	High Jump	800 Meter	Final
3:15	Pentathlon	SYB/YB	100 H	Long Jump	Shot Put	High Jump	800 Meter	Final
3:30	Pentathlon	SMG/MG	80H	High Jump	Shot Put	Long Jump	800 Meter	Final
3:45	Pentathlon	SMB/MB	80H	High Jump	Shot Put	Long Jump	800 Meter	Final

### PLEASE READ CAREFULLY

1. All events will be run in the order listed on the event schedule. If there are any changes, there will be a revised schedule at the packet pick up.
2. All events will be contested approximately thirty (30) minutes after the preceding event is completed. The thirty minute rest period will include rest, food, measuring of steps, and warm-up. Be ready.
3. Each final event will be contested according to the point totals of all the preceding events. Potential medal winners will compete together, whenever possible.