

## 2014 AAU REGION 5 CHAMPIONSHIP

### June 27-29th



#### GENERAL INFORMATION

**WHERE:** LAKELAND HIGH SCHOOL  
214 KENYON RD.  
SUFFOLK VA 23434

**DATES:** Thursday, June 26, 2014 Packet Pick-Up (6pm – 8pm)  
Friday, June 27, 2014 Packet Pick-Up (6:30am – 12 noon)  
Saturday, June 28, 2014 Packet Pick-Up (7am – 12 noon)  
Sunday, June 29, 2014 Packet Pick-Up (7am – 12 noon)  
***PACKET PICK UP WILL BE HELD AT LAKELAND HS TRACK.***

<b>HOST CLUB: VA ELITE</b> William Moore, 757.593.6985 <a href="mailto:coachwill.moore@gmail.com">coachwill.moore@gmail.com</a>	<b>MEET DIRECTOR:</b> Greg Rountree	<b>ASSISTANT MEET IRECTOR:</b> Deon Moore
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**TIMING:** Atlantic Coast Timing System & Event Management will be the official timer of the meet

**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](http://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.

#### Sanction

This event is sanctioned 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 connection. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

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### **AGE DIVISIONS:**

<b>8-Under</b>	(Born 2006 or after) Allowed 3 events
<b>9 years old</b>	(Born 2005) Allowed 3 events
<b>10 years old</b>	(Born 2004) Allowed 3 events
<b>11 years old</b>	(Born 2003) Allowed 3 events
<b>12 years old</b>	(Born 2002) Allowed 3 events
<b>13 years old</b>	(Born 2001) Allowed 4 events
<b>14 years old</b>	(Born 2000) Allowed 4 events
<b>15 -16 years old</b>	(Born 1998-1999) Allowed 4 events
<b>17-18 years old</b>	(Born 1996-1997) Allowed 4 events**

***\*\*Athletes that are still 18 on Aug. 2nd the final day of the National Championships 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 card. AAU membership may be obtained online at [www.aausports.org](http://www.aausports.org). The AAU membership fee is not included in the AAU Region 5 Championship entry fee and must be obtained prior to participation in this meet.

All athletes who have ***competed*** in a District Qualifier Meet are eligible to compete in the Region 5.

### **PROOF OF AGE:**

Proof of age may be required at District, National Qualifier, and National Championship 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](http://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](http://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 MAY 1, 2014 AND CLOSE ON JUNE 21, 2014, 12:00 MIDNIGHT, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. NO EXCEPTIONS.**

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### **ADVANCEMENT:**

Advancement from Regional Championship to the AAU Junior Olympic Games:

- **Running Events:** The top eight (8) athletes advance
- **Field Events:** The top five (5) athletes advance
- **Relays/Multi-Events:** The top four (4) athletes/relays advance

### **CHALLENGE:**

Region 5 Championship 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](mailto: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 \$5.00 gate fee charge per person per day. An All Event Pass can be purchased for \$12 for all 3 days of competition. All Children 4 and under will be admitted free.

### **COACHES PASS:**

All Registered Coaches who present their 2014 Positive Coaching Alliance Membership and their Current Pictured ID Card will be admitted free. PCA memberships must be presented at this time, or pay regular spectator gate fee. A Length of Event (LOE) Pass can be purchased for \$12 for all 3 days of competition. There are absolutely NO Replacements for Lost or Stolen Coaches passes.

### **PARKING/DIRECTIONS:**

Team buses will have a designated area to park.

### **AAU Junior Olympic Games Declaration & Registration**

Qualifiers for the 2014 AAU Junior Olympic Games in Des Moines, Iowa (July 26th – August 2nd) must declare and register for the meet online through [www.aauathletics.org](http://www.aauathletics.org) before July 15th, 2014 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.

### **FINAL AAU JUNIOR OLYMPIC GAMES SCHEDULE OF EVENTS:**

The Final AAU Junior Olympic Games Schedule will be posted on July 28, 2014 at [www.aauathletics.org](http://www.aauathletics.org).

### **PROTESTS:**

Protests concerning status or eligibility of any competitor must be made to AAU Youth Athletics Committee prior to commencement of meet, or 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.***

## 2014 AAU REGION 5 CHAMPIONSHIP



### **ATHLETES, COACHES AND VENUE INFORMATION**

#### **TENTS:**

Tents will only be allowed on top row of home side of stadium bleachers. Teams may put tents up on visitor side and 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 problems occur.

#### **RESTROOM FACILITIES:**

Restroom facilities will be available at track & field venue.

#### **BIB NUMBERS:**

Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear bib numbers on the front of their competition singlet at all times of 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.

#### **HIP NUMBERS:**

Hip numbers will be issued by clerk of the course and is 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 of each day.

#### **ATHLETE CHECK-IN:**

It is athletes' responsibility 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 area.

#### **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 2014 AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards. Athletes listed as relay alternates (up to 4) will have relay event count towards their event limitation.

#### **RUNNING EVENT RULES:**

**100m, 200m, 400m, 80m hurdle, 100m hurdle, 110m hurdle and 4 x 100 relay** 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. The 4x400m relays will run a three turn stagger with up to eight (8) teams per heat. The 4x800 relays will run a two-turn stagger with up to 16 teams per heat. 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 and finals in field events. 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 a round the athlete must return prior to conclusion of that round or forfeit remaining attempts.

## 2014 AAU REGION 5 CHAMPIONSHIP



### **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. Medals 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 like sex may be combined in distance races/walks. Event Schedules will be available at registration.

### **VENDING:**

Venders will include 2014 AAU Region 5 Championship T-Shirts, Photo's and concessions will also be sold.

### **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.

### **MEDICAL:**

Emergency Medical personnel are on call. Athletic trainers will be available to athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition.

*Athletic Trainers are only available in case of injury.*

### **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 Suffolk, VA during the month of June is in mid to high 90's so be prepared because it will be very hot.

### **RESULTS:**

Results will be posted on line at [www.aauathletics.org](http://www.aauathletics.org)

**2014 AAU REGION 5 CHAMPIONSHIP**  
**June 27-29th**  
**EVENT SCHEDULE**



**THIS IS A ROLLING SCHEDULE**

All running events will start at the designated time listed each day. After the initial event, subsequent events may start 30 minutes before the time listed. Listen to announcements and check-in to the designated area at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is ran will be scratched from the event.

**FRIDAY, JUNE 27, 2014 MULTI-EVENTS DAY #1**

**Start 8:00 AM**

Triathlon	Age 9G, 10G	High Jump, Shot Put, 200M Dash
Triathlon	Age 9B, 10B	High Jump, Shot Put, 400M Dash
Pentathlon	Age 11G, 12G	80H, Long Jump, Shot Put, High Jump, 800M Run
Pentathlon	Age 11B, 12B	80H, Long Jump, Shot Put, High Jump, 1500M Run
Pentathlon	Age 13G, 14G	100H, Long Jump, Shot Put, High Jump, 800M
Heptathlon	Age 15-16G, 17-18W	100H, High Jump, Shot Put, 200M
Pentathlon	Age 13B, 14B	100H, Long Jump, Shot Put, High Jump, 1500M
Decathlon	Age 15-16B, 17-18M	100M, Long Jump, Shot Put, High Jump, 400M

**RUNNING EVENTS**

**8:00am**

<b>3000m Run (F)</b>	Age 11G, 12G, 13G, 14G, 15-16, 17-18W followed by boys 11B, 12B, 13B, 14B, 15-18M
<b>1500RW (F)</b>	Age 9G, 10G, 11G, 12G followed by boys 9B, 10B, 11, 12B
<b>3000RW (F)</b>	Age 13G, 14G, 15-16, 17-18W followed by boys 13B, 14B, 15-16, 17-18M

**11:00am**

<b>100 Meters (S)</b>	ALL AGE DIVISION
<b>4 X 800 R (F)</b>	Age 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
<b>4 X 100R (S)</b>	ALL AGE DIVISION

**FIELD EVENTS**

**8:00 AM**

<b>SHOT PUT</b>	Age 13G, 14G, 15-16G 17-18W
<b>Girls followed by Boys</b>	Age 13B, 14B, 15-16B, 17-18M

**10:00am**

<b>POLE VAULT</b>	Age 17-18W, 15-16G, 14G, 13G, followed by 17-18M, 15-16B, 14B, 13B
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**11:00am**

<b>HIGH JUMP</b>	Age 13G, 14G, 15-16G, 17-18W. followed by 13B, 14B, 15-16B, 17-18M
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# 2014 AAU REGION 5 CHAMPIONSHIP

**SATURDAY, JUNE 28, 2014**



## MULTI-EVENTS DAY 2 Start time 7:30AM

Decathlon	15-16B, 17-18M	110H, 1500M Run, Javelin, Discus, Pole Vault,
Heptathlon	15-16G, 17-18W	800M Run, Javelin, Long Jump

**SATURDAY, JUNE 28, 2014**

All field events will follow the listed schedule. [This is a rolling schedule](#). Listen to [announcements](#) for field event calls. Any athletes who do not check-in before their designated flight starts will be scratched from the event. Field event athletes who have a conflict with a running event will be released by the Field Event Official Only at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and must report back and be ready to compete.

**SPECIAL NOTE: If there are not enough runners in semi-final, that event will be run as a final at semi-final time. Some distance races may be combined based on number of participants.**

<b>7:30am 110H Multi</b>	<b>Decathlon</b>
<b><u>8:00AM</u></b>	
<b><u>800M</u></b>	<b>Decathlon</b>
<b><u>1500M</u></b>	<b>Heptathlon</b>

## RUNNING EVENTS

<b><u>8:30am</u></b>	
1500M	ALL AGE DIVISION
80H (S)	Age 11G, 12G, 11B, 12B
100H (S)	Age 13G, 14G, 15-16G, 17-18W 13B, 14B
110H (S)	Age 15-16B, 17-18M
400M (F)	Age 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
400M (S)	Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M
200H (F)	Age 13G, 14G, 13B, 14B
400H (F)	Age 15-16G, 17-18W, 15-16B, 17-18M
200M (S)	ALL AGE DIVISION
4 X 100R (F)	ALL AGE DIVISION

<b><u>8:40am</u></b>	Age 15-16G, 17-18W followed by 15-16B, 17-18M
<b>Javelin (Multi)</b>	Heptathlon LJ and Decathlon Discus will approx. 30min after javelin has been completed (This will include warm up time!) followed by Pole Vault (30min rest period)

<b>FIELD EVENTS</b>	Age 13G, 14G, 15-16G, 17-18W followed by boys
<b>JAVELIN</b>	Age 13B, 14B, 15-16B, 17-18M
(4 throws- No Finals)	

<b><u>8:00am</u></b>	Age 8Under G, 9G, 10G, 11G, 12G, followed by boys
<b>SHOT PUT</b>	Age 8Under B, 9B, 10B, 11B, 12B
(4 Throws, No Finals)	

<b>HIGH JUMP</b>	Age: 9G, 10G, 11G, 12G, followed by boys 9B, 10B, 11B, 12B
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<b>LONG JUMP</b>	Age 13G, 14G, 15-16G, 17-18W (Pit #1)
(4 Jumps, No Finals)	Age 13B, 14B, 15-16B, 17-18M (Pit #2)

**2014 AAU REGION 5 CHAMPIONSHIP**  
**SUNDAY, JUNE 29, 2014**



**FIELD EVENTS**

**8:00am**

**LONG JUMP**

(4 Jumps, No Finals)

Age 8Under G, 9G, 10G, 11G, 12G, (PIT #1)

Age 8Under B, 9B, 10B, 11B, 12B, (PIT #2)

**TRIPLE JUMP**

**At the conclusion of LJ**

(4 Jumps, No Finals)

Age 13G, 14G, 15-16G, 17-18W (PIT #1)

Age 13B, 14B, 15-16B, 17-18M (PIT #2)

**DISCUS**

(4 Throws, No Finals)

Age 11G, 12G, 13G, 14G, 15-16G, 17-18W **followed by boys**

Age 11B, 12B, 13B, 14B, 15-16B, 17-18M

**TURBO JAVELIN**

(4 Throws, No Finals)

Age 8Under G, 9G, 10G, 11G, 12G **followed by boys**

Age 8Under B, 9B, 10B, 11B, 12B

**RUNNING EVENTS**

**9:00am**

100M(F)

ALL AGE DIVISION

80H(F)

Age 11G, 11B, 12G, 12B,

100H (F)

Age 13G, 13B, 14G, 15-16G, 17-18W, 14B

110H (F)

Age 15-16B, 17-18M

400M (F)

Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M

800M (F)

ALL AGE DIVISION

200M (F)

ALL AGE DIVISION

4 X 400R (F)

Age 9-10 GIRLS & BOYS thru 17-18 WOMEN & MEN

**RULES AND REGULATION:**

Only competing athletes and meet officials will be permitted inside fence surrounding track.

Violations of this rule by coaches, parents, and non-competitors may result in disqualification from the meet.

Abusive language and /or improper behavior will not be tolerated. Will result in disqualification from the meet.

NO SMOKING allowed at LAKELAND HIGH SCHOOL or on grounds.

**CLERKING AREA IS OFF LIMITS TO:**

**COACHES, PARENTS GRANDPARENTS, and OTHER RELATIVES!**