****2019 AAU Virginia North District Qualifier

**Sunday, 9 June 2019**

Colgan High School, 13833 Dumfries Rd.  
Manassas 20112 VA

Spectator Fee: $5.00

Kids 5 and under free

All running events are TIME FINALS. Age groups may be combined in events.

At the discretion of Meet Management, some events may not be contested and will be advanced to the Region 5 National Qualifier.

Competitor bib numbers will be issued at athlete/team 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.

ATHLETES MUST WEAR THE BIB NUMBER ASSIGNED TO THEM OR RISK DISQUALIFICATION.

2019 AAU VIRGINIA DISTRICT QUALIFIER

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|  | **SUNDAY, JUNE 9th MEET SCHEDULE** |  |
| All field events will follow 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. The Field Event Official Only will release field event athletes who have a conflict with a running event 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 to the field event and be ready to compete. | | |

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| **RUNNING EVENTS 8:00AM** | |
| **3000m (F)** | 11, 12, 13, 14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **4x800m** | 11/12, 13/14, 15/16, 17/18 Girls followed by Boys |
| **100m (F)** | 8 & under, 9, 10, 11, 12, 13, 14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **4x100m (F)** | 8 & under, 9/10, 11/12, 13/14, 15/16, 17/18 Girls followed by Boys |
| **400m (F)** | 8 & under, 9, 10, 11, 12, 13, 14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **80H (F)** | 11, 12 (Girls & Boys) |
| **100H(F)** | 13, 14, 15/16, 17/18 Girls and 14 Boys |
| **110h (F)** | 15/16, 17/18 (Boys) |
| **1500rw (F)** | 9, 10, 11, 12 Girls followed by Boys |
| **3000rw (F)** | 13,14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **800m (F)** | 8 & under, 9, 10, 11, 12, 13, 14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **200H (F)** | 13 &14 – Girls followed by Boys |
| **400H (F)** | 15/16, 17/18 – Girls followed by Boys |
| **200m (F)** | 8 & under, 9, 10, 11, 12, 13, 14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **1500m (F)** | 8 & under, 9, 10, 11, 12, 13, 14, 15/16, 17/18 Girls followed by Boys **(OPEN/MASTER)** |
| **4x400m (F)** | 9/10, 11/12, 13/14, 15/16, 17/18 Girls followed by Boys |

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| **FIELD EVENTS 7:30 AM** | |
| **DISCUS**  **(4 Throws- No Finals)** | 19 & older through 11– Girls followed by Boys (Oldest to Youngest)  **11, 12, 13, 14 Girls/Boys 1.0kg; 15/16, 17/18 Girls 1.0kg; 15/16, 17/18 (OPEN/MASTER)** |
| **SHOT PUT**  **(4 Throws- No Finals)** | 8-under through 19 & older - Girls followed by Boys (Youngest to Oldest Circle #1) **(OPEN/MASTER)**  **(8U- 4 lbs.) 9, 10, 11, 12 – 6 lbs.; 13, 14 (Girls 6 lbs.) (Boys 4kg) 15/16, 17/18, (Girls 4kg) 15/16, 17/18 (Boys 12 lbs.)** |
| **HIGH JUMP** | 17-up through 9 Girls followed by Boys, (Oldest to Youngest pad #1) **(OPEN/MASTER)** |
| **TURBO JAVELIN** | 8-under, 9, 10, 11, 12 Girls followed by Boys (Oldest to Youngest) |
| **LONG JUMP**  **(4 Jumps, No Finals)** | 8-under through 19 & older (Youngest to Oldest Girls Pit #1) 8-under through 19 & older (Youngest to Oldest Boys Pit #2) |
| **Triple Jump will start after long jump has been completed** | |
| **TRIPLE JUMP**  **(4 Jumps, No Finals)** | Age 13 through 19 & older (Youngest to Oldest Pit #1) Age 13 through 19 & older (Youngest to Oldest Pit #2) |

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| **RULES AND REGULATION:** |
| Only competing athletes and meet officials 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. |
| Abusive language and /or improper behavior will not be tolerated and will result in disqualification from the meet. |
| **NO SMOKING or ALCOHOLIC BEVERAGES ALLOWED AT VENUE SITE OR PARKING AREAS. NO PETS ALLOWED!** |
| **CLERKING AREA IS OFF LIMITS TO:** COACHES, PARENTS GRANDPARENTS, RELATIVES and SPECTATORS! |

**Girls**  
F 9 Addison Bacon  
400m dash 1:20.98  
800m run 3:14.00  
triathlon NM  
  
F 13 Alyss Velerio  
400m dash 1:06.98  
800m run 2:50.00  
4x400m relay A  
4x800m relay A  
  
F 15-16 Belinda Johnson  
400m dash 1:10.00  
800m run 3:03.00  
shot put 23-00.00  
4x400m relay A  
  
F 13 Candence Opoku-Mensah  
100m hurdles NM  
200m hurdles NM  
4x400m relay A  
4x800m relay A  
  
F 15-16 Cassandra Opoku-Mensah  
100m dash 13.98  
200m dash 30.00  
400m dash NM  
4x400m relay A  
  
F 17-18 Deborah Taylor  
100m dash 13.72  
200m dash 28.00  
400m dash 1:12.00  
javelin throw NM  
  
F 15-16 Elizabeth Mensah  
discus throw 080-00.00  
javelin throw NM  
shot put 24-00.00  
  
F 8 & Under Farrah Bramlett  
200m dash 35.00  
400m dash 1:18.00  
800m run 3:09.00

F 15-16 Katie Jones  
400m dash 1:10.00  
discus throw 053-00.00  
javelin throw 070-00.00  
shot put 30-00.00  
  
F 8 & Under Kayden Davis  
100m dash 20.00  
400m dash 1:55.00  
turbo-javelin 015-01.00

F 17-18 Kendra Williams

discus throw 105  
javelin throw 67  
shot put 33.3

F 13 Kenndy Batts  
400m dash 1:12.00  
800m run 2:53.00  
4x400m relay A  
4x800m relay A  
  
F 15-16 Lauren Davis  
200m dash 29.00  
400m dash 1:03.00  
100m hurdles NM  
4x400m relay A  
  
F 12 Lindsey Canty  
400m dash 1:21.00  
1500m walk NM  
turbo-javelin 034-00.00  
  
F 15-16 Rhian Batts  
100m dash 13.79  
200m dash 28.00  
400m dash 1:07.01  
4x400m relay A  
  
F 13 Tilea Bacon  
400m dash 1:12.00  
800m run 3:10.00  
4x400m relay A  
4x800m relay A

F 17-18 Zoi Betties  
400m dash 1:03.00  
800m run 2:21.00  
  
**Relays**  
F 13+14 4x400m relay  
A 04:12.00: Alyss Velerio, Candence Opoku-Mensah, Kenndy Batts, Tilea Bacon  
F 15-16 4x400m relay  
A NM: Belinda Johnson, Cassandra Opoku-Mensah, Lauren Davis, Rhian Batts  
F 13+14 4x800m relay  
A 12:00.00: Alyss Velerio, Candence Opoku-Mensah, Kenndy Batts, Tilea Bacon

**Boys**  
M 15-16 Christopher Taylor  
100m dash 11.40  
200m dash 22.70  
400m dash 53.00  
  
M 15-16 Donavon Burton  
800m run 2:26.00  
1500m run 04:52.00  
3000m run 11:40.00

M17-18 Wesley Burton

800m run 2:16  
1500m run 4:40  
3000m run 11:30

400m dash 54.00  
  
M 14 Eric Mensah  
100m dash 13.78  
discus throw 126-00.00  
javelin throw NM  
shot put 42-00.00

M 15-16 Isaiah Lawson  
100m dash NM  
discus throw 112-00.00  
javelin throw NM  
shot put 36-00.00  
  
M 15-16 Jacinto Jones  
100m dash 12.61  
400m dash 58.69  
800m run 2:27.00  
javelin throw NM  
  
M 17-18 Jaden Dixon  
200m dash 23.44  
discus throw 130-00.00  
javelin throw NM  
shot put 43-00.00

M 17-18 Justin Watson  
discus throw 126-00.00  
javelin throw NM  
shot put 42-00.00  
  
M 11 Malcom Lee  
1500m run 05:12.00  
3000m run 11:41.00  
turbo-javelin 060-00.00  
  
M 8 & Under Michael Sivells  
400m dash 1:33.00  
800m run 3:14.00  
turbo-javelin 036-00.00  
  
M 15-16 Reginald Annor  
100m dash NM  
discus throw 119-00.00  
javelin throw NM  
shot put 34-00.00

**Meet Preparation**

Make sure that your athlete is prepared, at the meets early and ready for his or her events.

**The Week of the Meet.** All athletes should get in a habit of drinking at least 48 oz of water each day.

**The night before the Meet.** All athletes should receive 8 to 10 hours of sleep two nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). They should also eat a good dinner that is about 5-7 PM that includes complex carbohydrates, such as pasta and whole grain rice along with a moderate amount of protein lots of fruits and vegetables.

**The Morning of the Meet.** Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best.

**The Duration of the Meet.** Parents and athletes should pay close attention to the meet announcer to ensure their athlete check in at the proper time. Parents are responsible for ensuring their athlete is given water at the conclusion of their event.

It is important that your athlete arrive on time to properly warm up for his/her event.

Due to a variety of issues we cannot determine what specific time your athlete will be competing.  In addition, the other team members will appreciate you staying to cheer them on!

The Club will have a designated area for the 2nd to None athletes to stay during the meet. All athletes must sit together in this area. ***ALL ATHLETES WILL HAVE TO CHECK IN AND OUT WITH A COACH.***

Coaches will look for athletes in the Meet Area as events approach and may request assistance from parents in locating athletes. It is not the Coach’s job to hunt down athletes.

Parents and Athletes are still responsible for listening for the call of their events and knowing what their events are for a particular meet. Also they are responsible for being prepared and warming up properly.

**Concession Stands.** Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete’s last event and/or with clearance from a 2nd to None coach.

**Coaches**

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| Kenneth Williams | 540-729-1836 |
| Paulette V. Burton | 540-379-9804 |
| Micheal Lewis | 540-295-3723 |
| Jacinto Jones | 703-945-8684 |
| Dave Burton | 540-455-5129 |
| Iris Bacon | 336-402-9359 |
| Naomi Lewis | 704-745-8690 |
| Tashanna Betties | 571-246-2317 |

**Practice Attendance is critical to meet performance!!!!!**

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