

2022 AAU REGION 5 NATIONAL QUALIFIER
JUNE 23-26th



GENERAL INFORMATION

WHERE: Highland Springs High School
200 S. Airport Dr., Highland Springs, VA 23075

DATES: Wednesday, 22, 2022 Packet Pick-Up (6pm – 8pm)
Thursday, June 23, 2022, Packet Pick-Up (7am – 12 noon)
Friday, June 24, 2022, Packet Pick-Up (7am – 12 noon)
Saturday, June 25, 2022, Packet Pick-Up (7am – 12 noon)
Sunday, June 26, 2022, Packet Pick-Up (7am – 10am)
PACKET PICK UP WILL BE HELD AT HIGHLAND SPRINGS HIGH SCHOOL.

| | | |
|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| HOST CLUB: Technique Track Club | MEET DIRECTOR: William Moore 757-346-5202 aauvatrack@gmail.com | ASSISTANT MEET DIRECTOR: Maya Moore 757-690-1405 |
|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|

TIMING: (FAT) Final Lap Timing

RULES: In accordance with AAU Youth Athletics Guidelines

ENTRY FEE:

Entry fee is \$25 per individual athlete competing in Track & Field.

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.



| Division (Girls & Boys) | |
|-------------------------|---------------------------------|
| 8-Under | 2014 & After (Allowed 3 Events) |
| 9 years | 2013 (Allowed 3 Events) |
| 10 years | 2012 (Allowed 3 Events) |
| 11 years | 2011 (Allowed 3 Events) |
| 12 years | 2010 (Allowed 3 Events) |
| 13 years | 2009 (Allowed 4 Events) |
| 14 years | 2008 (Allowed 4 Events) |
| 15-16 years | 2006-2007 (Allowed 4 Events) |
| 17-18 years | 2004-2005 (Allowed 4 Events) ** |

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*****Athletes that are still 18 on the final day (August 6th) 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 MasterCard accepted online.

ENTRY DEADLINE:

REGISTRATION WILL OPEN ON June 13, 2022, AND CLOSE ON JUNE 19, 2022, 12:00 MIDNIGHT, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. **ENTRIES THAT ARE NOT RECEIVED BEFORE THE DEADLINE WILL INCUR A \$50 FEE PER ATHLETE.**

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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

Multi-Events: The top four (4) athletes advance

Relays: The top six (6) relays 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 aauvatrack@gmail.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 \$15.00 gate fee charge per person per day. An All-Event Pass can be purchased for \$45 for all 4 days of competition. **CASH ONLY**. 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 2022 AAU Junior Olympic Games in Greensboro, NC (July 30 - August 6th) must declare and register for the meet online through www.aauathletics.org before July 18th, 2022, 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.

2021 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 21, 2022, at www.aauathletics.org.

ATHLETES, COACHES AND VENUE INFORMATION**TENTS:**

NO Tents will be allowed on the home side of stadium or 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 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.**

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 2022, 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 on Sunday. **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. 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 around the athlete must return prior to conclusion of that round or forfeit remaining attempts.

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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 2022 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.
- 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 Highland Springs, 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

TENTATIVE as of 5/17/2022



Thursday - June 23rd EVENT SCHEDULE

| MULTI-EVENTS – 8:00 AM (Day #1) | | | |
|---------------------------------|-------------------|----------------|-------------------------|
| | 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 |

| FIELD EVENTS – 9:00 AM, Girls followed by Boys | |
|------------------------------------------------|----------------------------------------------------------------------------|
| DISCUS (F) | Age 11G, 12G, 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B |
| JAVELIN (F) | Age 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B |

Friday - June 24th EVENT SCHEDULE

| MULTI-EVENTS – 8:00 AM (Day #2) | | |
|---------------------------------|------------------------------------------------------------------|-------------------------|
| Decathlon | 15-16B, 17-18B | 110H, DT, PV, JT, 1500M |
| Heptathlon | 15-16G, 17-18G | LJ, JT, 800M |
| RUNNING EVENTS - 9:00 AM | | |
| 3000m Run (F) | Age 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B | |
| 3000m RW (F) | Age 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B | |
| 1500m RW (F) | Age 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B | |
| 4X800 Relay (F) | Age 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B | |
| 400m Hurdles (S) | Age 15-16G, 17-18W, 15-16B, 17-18M | |
| 200m Hurdles (S) | Age 13G, 14G, 13B, 14B | |
| 200 Meter (S) | All Age Divisions | |

| FIELD EVENTS - 11:00 AM | |
|-------------------------|----------------------------------------------------------------------------------------------|
| Pole Vault (F) | 13, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B, Youngest to Oldest Girls followed by Boys |



**AAU REGION 5 NATIONAL QUALIFIER
Saturday - June 25th EVENT SCHEDULE**

RUNNING EVENTS - 8:00 AM

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|-------------------------------|--------------------------------------------------------|
| 2000m Steeplechase (F) | Age 15-16G, 17-18W, 15-16B, 17-18M (Dry Steeplechase) |
| 4x100m Relay (F) | All Age Divisions |
| 1500m Run (F) | All Age Divisions |
| 100m (S) | All Age Divisions |
| 80H (S) | Age 11G, 12G Followed By 11B, 12B |
| 100H (S) | Age 13G, 13B, 14G, 15-16G, 17-18W, 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, 17-18G, 17-18B |

FIELD EVENTS - 8:00 AM

| | |
|--------------------------|------------------------------------------------------------------------------------|
| Long Jump (Pit 1) | Age 17-18G, 15-16G, 14G, 13G, 12G, 11G, 10G, 9G, 8UG Oldest to Youngest |
| Long Jump (Pit 2) | Age 17-18B, 15-16B, 14B, 13B, 12B, 11B, 10B, 9B, 8UB Oldest to Youngest |
| High Jump | Age 9G, 10G, 11G, 12G, 9B, 10B, 11B, 12B Youngest to Oldest Girls followed by Boys |
| Shot Put (Ring 1) | 11B, 12B, 13B, 14B, 11G, 12G, 13G, 14G |

AAU REGION 5 NATIONAL QUALIFIER
Sunday - June 26th EVENT SCHEDULE

RUNNING EVENTS - 8:00 AM

| | |
|-------------------------|------------------------------------------------------------------------------|
| 400m Hurdles (F) | Age 15-16G, 15-16B, 17-18W, 17-18M |
| 200m Hurdles (F) | Age 13G, 14G, 13B, 14B |
| 110m Hurdles (F) | Age 15-16B, 17-18M |
| 100m Hurdles (F) | Age 13G, 14G, 13B, 14B, 15-16G 17-18W |
| 80m Hurdles (F) | Age 11G, 11B, 12G, 12B |
| 400m Dash (F) | Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M |
| 100m Dash (F) | All Age Divisions |
| 800m (TF) | All Age Divisions |
| 200m (F) | All Age Divisions |
| 4x400m Relay (F) | 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M |

FIELD EVENTS -8:00 AM

| | |
|---------------------------|-------------------------------------------------------------------------------------------------|
| High Jump (F) | Age 13G 14G, 15-16G, 17-18W, Youngest to Oldest Girls followed by Boys 13B, 14B, 15-16B, 17-18M |
| Shot Put (F) | 17-18G, 15-16G, Oldest to Youngest, Girls followed by Boys, 17-18M, 15-16B |
| Triple Jump (P #1) | 13G, 14G, 15-16G, 17-18W |
| Triple Jump (P #2) | 13B, 14B, 15-16B, 17-18M |
| Turbo Javelin (F) | Age 8UG, 9G, 10G, 11G, 12 Girls, followed by Boys, Age 8UB, 9B, 10B, 11B, 12B |