

## AAU REGION 20 NATIONAL QUALIFIER EVENT 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.

### THURSDAY, MULTI-EVENTS DAY #1

#### Start 12:00 PM

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
Pentathlon	Age 13B, 14B	100H, Long Jump, Shot Put, High Jump, 1500M
Heptathlon	Age 15-16G, 17-18W	100H, High Jump, Shot Put, 200M
Decathlon	Age 15-16B, 17-18M	100M, Long Jump, Shot Put, (12lbs), High Jump, 400M

A maximum time of 30min. rest will be allowed between each event, (This will include warm up time!)

#### RUNNING EVENTS

3pm

**3000m Run (F)                    MOVED TO FRIDAY AT 9:00AM**

**1500RW (F)**                    Age 9G, 10G, 11G, 12G followed by boys 9B, 10B, 11, 12B

**3000RW (F)**                    Age 13G, 14G, 15-16, 17-18W followed by boys 13B, 14B, 15-16, 17-18M

#### FIELD EVENTS

3:00pm

**POLE VAULT**                    Age 17-18W, 15-16G, 14G, 13G, Girls followed by Boys 17-18M, 15-16B, 14B, 13B

#### JAVELIN

**MOVED TO FRIDAY AT 8:00AM**

(4 throws- No Finals)

# AAU REGION 20 NATIONAL QUALIFIER

## FRIDAY

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

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

A maximum time of 30min. rest will be allowed between each event, (This will include warm up time!)

## FRIDAY

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 on Saturday.**

**(SOME DIVISIONS WILL HAVE A 2 HEAT FINAL!) Some distance races may be combined based on number of participants.**

### 8:00am

#### **SHOT PUT**

(4 Throws, No Finals)

Age 13B, 14B, 15-16B, 17-18M **Boys followed by Girls** 13G, 14G, 15-16G, 17-18W  
Age 8Under G, 9G, 10G, 11G, 12G, **Girls followed by boys** Age 8Under B, 9B, 10B, 11B, 12B

#### **HIGH JUMP**

Age: 9G, 10G, 11G, 12G, **Girls followed by boys** 9B, 10B, 11B, 12B  
Age 13B, 14B, 15-16B, 17-18M **Boys followed by Girls** 13G, 14G, 15-16G, 17-18W

#### **LONG JUMP**

(4 Jumps, No Finals)

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

#### **JAVELIN**

(4 throws- No Finals)

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

3000M Run

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

100M (S)

ALL AGE DIVISION **MOVED TO SATURDAY**

400M (F)

ALL AGE DIVISION

1500m Run (F)

ALL AGE DIVISION

4 X 100R (F)

ALL AGE DIVISION

200H (F)

Age 13G, 14G, 13B, 14B

400H (F)

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

200M (S)

15-16 **ONLY ALL OTHER AGE GROUPS MOVED TO SATURDAY**

4 X 800R (F)

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

# AAU REGION 20 NATIONAL QUALIFIER

## SATURDAY

### 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, Age 13B, 14B, 15-16B, 17-18M

#### DISCUS

(4 Throws, No Finals)

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

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

### 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

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.