

MEET INFORMATION



May 21, 2016

Broadmoor High School
10100 Goodwood Blvd
Baton Rouge, LA



Host: US Express Track Club

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www.saaau.org

www.usexpresstrackclub.org

ENTRY INFORMATION AND INSTRUCTION

Entry Procedure

1. All entries will be done electronically through www.coacho.com.
2. Entry Deadline is **May 18th at 10pm (NOT MIDNIGHT)** Entries may be made as early as **April 1st** You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.
4. This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.

Entry Fees

1. Entry fees are **\$10.00** per athlete and **FREE** per relay team
2. Payment will be made online through www.coacho.com
3. Certified officials and volunteers who come to work the meet, entry fee is **free** with Officials ID or volunteer verification.

TEAM PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in front of stadium beginning 1 hour prior to the first event

UNATTACHED PACKET PICKUP

Unattached athletes can pick up their packet at check in area identified in front of stadium beginning 1 hour prior to the first event and will continue throughout the day.

MEET PACKETS

Packets will possibly include heat sheets, time schedule, event combination plan, athlete and coaches wrist bands and/or bib numbers if used. Coaches' access will be provided at a rate of 1 per 8 athletes. All others will be required to pay.

SPECTATORS

General Public Admission cost is \$10.00 per person, \$8.00 senior citizens and kids 3 yrs and younger. If adults have a non-sports AAU membership, they will be granted free access with copy of cards or online printout.

AGE GROUPS

<u>Division</u>	<u>Birth Year</u>	<u>Maximum Events</u>
6 and under	2010 and under	3
7 – 8 Division	2008 – 2009	3
9 yr Division	2007	3
10 yr Division	2006	3
11 yr Division	2005	3
12 yr Division	2004	3
13 yr Division	2003	3
14 yr Division	2002	4
15-16 Division	2000-2001	4
17-18 Division	1996-1999	4



Meet Schedule

9:00 AM	3000 Meter Run	Age 13 and up
10:00 AM	<u>Running Event Finals</u>	
	400 Meter Hurdles (36")	Boys Age 15 yrs and Up
	400 Meter Hurdles (30")	Girls Ages 15yrs and Up
	200 Meter Hurdles (30")	13 – 14 yr Division
	4x800 Meter Relay	Age 13 yrs and up
	100 Meter Dash	All Ages
	1500 Meter Race Walk	Age 9 yrs and up
	400 Meter Dash	Age 7 yrs and up
	1500 Meter Run	Age 9 yrs and up
	4x100 Meter Relay	All Ages
	4x100 Meter Relay	Parents/Masters/Celebrities
	800 Meter Run	Age 9 yrs and up
	110 Meter Hurdles	Boys 15 yrs and up
	100 Meet Hurdles	Girls 13 yrs and up, Boys 13-14
	80 Metter Hurdles	Ages 11 and 12
	200 Meter Dash	All Ages
	4x400 Meter Relay	Age 7 yrs and up

All events will follow order stipulated. All running events will be finals with heats against times. If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.

Field Event Finals

9:00 AM	Long Jump	5 yrs on up
	High Jump	9 yrs on up
	Javelin	13 yrs and up
	Shot Put	7 yrs and up
After Completion of Javelin		
	Turbo Javelin	7 – 12 yrs
After Completion of Turbo Javelin		
	Discus	11 yrs and up
After Completion of Long Jump		
	Triple Jump	13 yrs and up

Field Events will be contested with each entry having three (3) attempts with exception of high jumps. The competition rules apply. No Finals, event awards are based on top competitors in each age division. All events will follow order stipulated.