



2016 AAU Region 13 National Qualifier Track & Field Meet

Hosted by the Rockford FIRE Track Club

Thu-Sun, June 30-July 3, 2016
Millikin University
1184 W. Main Street
Decatur, IL 62522

Sanction: Amateur Athletic Union of the US, Inc. (AAU)

Meet Director: Marchan Adkins, Athletics Chairman, (309) 838-4130,
Email: Marchan@AdkinsTrak.com,

Fees:

Entry fee is \$25.00 for each ***athlete***. No entry fee will be transferred or refunded. **Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2016 AAU membership card for each athlete entered; AAU memberships must be purchased in advance and cannot be processed onsite. You can obtain your AAU membership by visiting www.aauathletics.org. All entry fees must be paid online, no exceptions will be granted.**

Eligibility:

This meet is open to any athlete that falls within the age divisions listed below. Athletes aged 13 and older may enter in up to a maximum of 4 events including relays. Younger age brackets may only enter in 3 events including relays. **If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.**

Entry Process:

Teams:

All teams and unattached athletes must utilize the Coach O online entry process via www.AAUathletics.org and follow the district qualifying meet links. This will permit a very efficient registration process that is easy to use. Teams will have until 11pm CDT, Monday, June 27 to complete registration. Please note that you must pay for your entries with a credit card online or your entries will not be accepted.

Immediately after registering online, teams will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving at the meet, if at all possible.

Age Divisions:

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The 17-18 division is open to anyone who was born in or prior to 1998 and will not turn 19 years of age on the final day of the national meet.

Age Divisions	1000	2000	4000	8000	15000	30000	15000	30000	20000	8000	10000	10000	20000	40000	LJ	TJ	JAV	DT	SP	HJ	PV	4x100	4x200	4x400
8 & Under (2008 & Younger)	X	X	X	X	X									X	X		X				X			
9 Years (2007)	X	X	X	X	X		X							X	X		X	X						
10 Years (2006)	X	X	X	X	X		X							X	X		X	X			X	X		
11 Years (2005)	X	X	X	X	X	X	X			X				X	X	X	X	X						
12 Years (2004)	X	X	X	X	X	X	X			X				X	X	X	X	X	X	X	X	X	X	X
13 Years (2003)	X	X	X	X	X	X		X		X		X		X	X	X	X	X	X	X	X	X		
14 Years (2002)	X	X	X	X	X	X		X		X		X		X	X	X	X	X	X	X	X	X	X	X
15-16 (2000-01)	X	X	X	X	X	X		X	X		G	B		X	X	X	X	X	X	X	X	X	X	X
17-18 (1997*-99)	X	X	X	X	X	X		X	X		W	M		X	X	X	X	X	X	X	X	X	X	X

Check-In Requirements:

A packet will be provided for each team consisting of competition numbers, team roster, and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 8:00am on meet day. Be sure to bring birth certificates and AAU cards with when you pick up packets.

Awards:

In individual events, medals will be presented for participants who finish 1st-3rd place and ribbons for each place thereafter through 8th. Medals will be presented for the top 3 relay teams.

Officials:

Anyone desiring to officiate at this meet is encouraged to send an email to Marchan@adkinstrak.com. Your assistance is greatly appreciated.

Facility:

The track is an 8-lane all-weather surface. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done using FinishLynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

Refreshments:

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

Equipment:

Starting blocks and throwing implements will be provided by the meet management. There is no need to bring personal implements with you. Those that desire to utilize personal implements must obtain clearance from the meet official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

Admission:

A daily admission charge of \$7.00 will be assessed for everyone not competing in the meet.

AAU Region 13 Championship Event Schedule

Thursday

June 30, 2016

12:00pm	Heptathlon	100 m Hurdles, HJ, SP, 200	15-16G – 17-18G
12:30pm	Decathlon Day 1	100m, LJ, SP, HJ, 400m	15-16B -17-18B
1:15pm	Girls Triathlon	HJ, SP, 200	9-10G
1:15pm	Boys Triathlon	HJ, SP, 400	9-10B

Friday

July 1, 2016

11:00am	Decathlon	110H, Discus, PV, Jav, 1500	15-18B
11:00am	Heptathlon	LJ, Jav, 800	15-18G
11:30am	Girls Pentathlon	80H, HJ, SP, LJ, 800	11-12G
11:30am	Boys Pentathlon	80H, LJ, SP, HJ, 1500	11-12B
11:30pm	Girls Pentathlon	100H, HJ, SP, LJ, 800	13-14G
11:30pm	Boys Pentathlon	100H, LJ, SP, HJ, 1500	13-14B
3:00pm	2000m Steeplechase		15-18G&B
3:30pm	200m Dash Prelims		ALL
5:30pm	200m Hurdles		13-14G&B
5:45pm	400m Hurdles		15-18G&B
6:15pm	3000m Run		11-18G&B
Field Events			
5:00pm	Triple Jump	Youngest-Oldest (4 attempts)	13-18G&B
5:00pm	Javelin Throw	Youngest-Oldest (4 attempts)	13-18G&B

Saturday

July 2, 2016

9:00am	4X800m Relay		11-18G&B
9:45am	200m Dash Finals		ALL
10:15am	1500m Racewalk		9-12G&B
10:30am	3000m Racewalk		13-18G&B
11:15am	100m Dash Prelims		ALL
1:15pm	800m Run		ALL
3:00pm	4X100m Relay		ALL
Field Events			
9:00am	Shot Put	Youngest-Oldest (4 Attempts)	ALL
9:00am	Long Jump	Youngest-Oldest (4 Attempts)	13-18G&B
9:00am	High Jump	Oldest-Youngest	9-18G&B
9:00am	Pole Vault	Girls (Flight 1 9:00am/Flight 2 12:00pm)	13-18G

Sunday

July 3, 2016

9:00am	1500m Run Timed Finals		ALL
10:30am	400m Dash Timed Finals		ALL
12:30pm	80m Hurdle Finals	30" - 12m to 1st Hurdle - 7.5m Spacing	11-12G&B
12:45pm	100m Hurdle Finals	30" - 13m to 1st Hurdle - 8.0m Spacing	13-14G
1:00pm	100m Hurdle Finals	33" - 13m to 1st Hurdle - 8.5m Spacing	13-14B/15-18G
1:15pm	110m Hurdle Finals	39" - 13.72m to 1st Hurdle - 9.14m Spacing	15-18B
1:45pm	100m Dash Finals		ALL
2:15pm	4X400m Relay Finals		9-18G&B
Field Events			
9:00am	Pole Vault	Boys (Flight 1 9:00am/Flight 2 12:00pm)	13-18G&B
9:00am	Turbo Javelin	Oldest-Youngest	12 & Younger G&B
9:00am	Long Jump	Youngest-Oldest	12 & Younger G&B
9:00am	Discus	Youngest-Oldest	11-18G&B

- 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 connect.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.