



AAU MID ATLANTIC CHAMPIONSHIP DISTRICT QUALIFIER.

JUNE 14-16, 2024

MILLERSVILLE UNIVERSITY @ STADIUM

MILLERSVILLE , PENNA. 17551

ROLLING SCHEDULE ALL EVENTS. *ALL RUNNING EVENTS ARE TIMED FINALS.*

FRIDAY JUNE 14 (DAY 1) RUNNING EVENT: CALL TO REPORT 2:00PM - START 2:30 PM

400M DASH..... ALL AGE DIVISION.....G/B.....17-18, 15-16, 14, 13, 12, 11, 10, 9, 8-Under.

AFTER WHICH STEEPLECHASE WILL FOLLOW.

2000M STEEPLECHASE.....G/B 15-16,17-18, B- 15-16,17-18 ..(ages may be combined).

FRIDAY (DAY 1) FIELD EVENTS : CALL TO REPORT 2:00PMSTART 2:30 PM

All Girls will Triple Jump first, Min. Board....24'ft. Followed by Triple Jump Boys, Min. Board.28'ft

TRIPLE JUMP.....13, 14, 15-16, 17-18.....**3 Jumps Only.**

CHALK ONLY. LONG/TRIPLE JUMP, HIGH JUMP RUNWAY, ALL RUNWAYS

LONG JUMP/TRIPLE JUMP, 1 PIT WILL BE USED.

ATHLETE RISK THEIR RIGHT TO COMPETE, IF THEY DO NOT CHECK INTO THEIR EVENT WHEN CALLED TO REPORT.

ONLY ATHLETE(S) MAY CHECK THEMSELVES IN/OUT OF EVENTS.

NO RUN BACK ALLOWED FOR ANY ATHLETE TO OBTAIN THEIR MARK. ONCE EVENT HAS STARTED NO RUN THROUGH.

NO HEAD/EARPHONE TO BE WORN, WHILE WARMING UP ON TRACK OR FIELD.

BIB# MUST BE WORN HIGH ON UNIFORM(FRONT)

NO STARTING BLOCKS FOR 10 YRS AND UNDER.

ALL FIELD EVENTS THREE(3)ATTEMPTS, EXCEPT HIGH JUMP & POLE VAULT.



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SATURDAY JUNE 15, 2024(DAY-2) CALL TO REPORT 8:15AM.....START 9:00AM

1500M RUN.....ALL AGE DIVISION..... 8-Under 9 10 11 12 13 14 15-16 17-18

100M DASH.....ALL AGE DIVISION.....8-Under 9 10 11 12 13 14 15-16 17-18

800M RUN ALL AGE DIVISION.....8-Under 9 10 11 12 13 14 15-16 17-18

200MDASH..... ALL AGE DIVISION..... 8-Under, 9 10 11 12 13 14 15-16 17-18

4 X 800M RELAYRELAY AGE DIVISION..... 11-12 13-14 15-16 17-18

4 X 100 RELAY..... RELAY AGE DIVISION (8 & UNDER) 9-10 11-12 13-14 15-16 17-18.

RELAY RULE CHANGE: USATF Competition Rule #170 Relay Races /Pg. 80/ Par 3.

In the 4x100m, and the 4x200m, the first and second exchanges in the ‘Swedish’ Medley and the outdoor Sprint Medley relays, each (takeover) **exchange zone shall be 30m long,** **MUST SUPPLY OWN BATON & TAPE. ONE(1) PIECE OF TAPE PER ATHLETE.**

BIB# MUST BE WORN HIGH ON UNIFORM (FRONT).

NO STARTING BLOCKS FOR 10 YRS AND UNDER.

SATURDAY (DAY 2) - FIELD EVENTS CALL TO REPORT 8:15AM.....Start 8:45

TURBO JAV (400G) 12, 11, 10, 9, Girl/Boy. (300G) 8 -Under Girl/Boy. **Will be supplied.**

SHOT PUT.....(Girl/Boy) 8-Under, 9, 10, 11, 12, 13, 14, 15-16, 17-18. **Must bring own Shot Put.**

LONG JUMP...Women/Girls...(10’ft board,17-18, 15-16,14)(8’ft board 13 , 12, 11)(4’ft board 10, 9, 8-Under).

HIGH JUMP (Boys)..... 9, 10, 11, 12, 13, 14, 15-16, 17-18.

POLE VAULT...13, 14, 15-16 ,17-18. GIRL/ BOY...**REPORT 11:00AM.....EVENT START 12:00 noon**



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SUNDAY (DAY 3) JUNE 16 2024 RUNNING EVENT CALL TO REPORT 8:30AM.....START 9:00AM

- 3000MRUN.....11, 12, 13, 14, 15-16, 17-18.....AGE DIVISION WILL BE COMBINE.
- 110MH.....15-16, 17-18 Boys/Men39"
- 100MH.....15-16, 17-18 Girls/Women 33"
- 100MH.....13, 14 Boy 33"
- 100MH.....13, 14 Girl 30"
- 80MH.....11, G/B 12 G/B 30"
- 200MHurdles.....13, G/B 14, G/B 30"
- 400MHurdles.....15-16, 17-18 Girls 30"
- 400MHurdle.....15-16, 17-18 Boys 36"
- 1500M/3000M RACEWALK9, 10, 11, 12, /13, 14, 15-16, 17-18.....EVENT/GENDER WILL BE COMBINED.
- 4 X 400 RELAY(3 turn stagger).....RELAY AGE DIVISION 9-10 11-12, 13-14, 15-16, 17-18**

BIB# MUST BE WORN HIGH ON UNIFORM(FRONT)

SUNDAY (DAY 3) - FIELD EVENT CALL TO REPORT 8:15AM.....START 8:45AM

HIGH JUMP(Girls).....9, 10, 11, 12, 13, 14, 15-16, 17-18.

ATHLETE MUST BRING OWN JAVELIN/DISCUS.

JAVELIN.....13, 14, 15-16, 17-18 Girl/Boy

DISCUS Girl - Boy (1.0kg)11, 12, 13, 14, 15-16, 17-18. MALE (1.6kg) 15-16, 17-18

LONG JUMP.....Men/Boys(10'ft board 17-18, 15-16, 14)(8'ft board 13, 12, 11)(4'ft board 10, 9, 8Under.)

MEET MANAGEMENT RESERVED THE RIGHT TO COMBINE AGE DIVISION.



PLEASE BE REMINDED OF AGE GROUP CLASSIFICATION:

The athlete's year of birth shall determine the age division in which he/she will compete:

<u>Age Group</u>	<u>Year Born</u>	<u>Age Group</u>	<u>Year Born</u>
8 & Under Year Old	2016&After	13 Year Old	2011
		14 Year Old	2010
9 Year Old	2015	15-16 Year Old	2009-2008
10 Year Old	2014	17-18 Year Old	2007-2006
11 Year Old	2013		
12 Year Old	2012		

RELAY AGE CLASSIFICATION

<u>Age Group</u>	<u>Relay Event</u>	<u>Age Group</u>	<u>Relay Event</u>
8 & Under	(4 X 100)	13-14	(4 x 100, 4 x 400, 4 x 800)
9-10	(4 x 100, 4 x 400)	15-16	(4 x 100, 4 x 400, 4 x 800)
11-12	(4 x 100, 4 x 400, 4 x 800)	17-18	(4 x 100, 4 x 400, 4 x 800)

RELAY TEAMS: UNIFORM MUST BE OF SAME COLOR JERSEY (TOP) SHORTS (BOTTOM). ATHLETE NAMED AS ALTERNATE FOR RELAYS MUST BE REGISTER AND LISTED AS ALTERNATES. RELAYS ARE TO BE LISTED AS A, B, C RELAY.

RUNNING EVENT REPORT TO CLERK OF COURSE WHEN EVENTS ARE CALLED.FIELD EVENTS REPORT DIRECTLY TO FIELD EVENT WHEN CALLED. CHECK IN WITH HEAD OFFICIAL. INTERMEDIATE AND YOUNG AGE DIVISION MADATORY USE OF STARTING BLOCK 100/200/400/400MH/110MH/100MH/4X100 /4X400 /TRACK WILL CLOSE 15 MIN BEFORE START OF MEET NO FURTHER WARMUPS ON TRACK ALLOWED.

ADVANCEMENT PROCEDURE :AAU MID ATLANTIC DISTRICT QUALIFIER TO AAU REGION 2 NATIONAL QUALIFIER. Top sixteen (16) athletes and relays advance with a verified mark from their AAU District Qualifier, to their AAU Region2 National Qualifier. June28-30 2024 Millersville Univ.

NEW ADVANCEMENT TO AAU NATIONAL JUNIOR OLYMPIC(GREENSBORO, NC)

TOP FIVE(5)ALL EVENTS RUNNING, FIELD AND RELAYS. TOP THREE(3)MULTI EVENT.



PLEASE REVIEW:

IF AN ATHLETE IS COMPETEING IN MULTIABLE EVENTS THE ATHLETE MUST CHECK IN WITH OFFICIAL, CHECK OUT WITH HEAD OFFICIAL, AND REPORT BACK TO THE HEAD OFFICIAL OF THAT EVENT, IN THE TIME STATED BY HEAD OFFICIAL*. NO WARMUPS ALLOWED ON INFIELD.**

NO PERSON ALLOWED IN ANY BUILDINGS, LOBBIES, DOORWAYS, COUTYARDS, UNDER BLEACHERS.COACHES YOU MUST MONITOR YOUR ATHLETES.

RESTROOMS/PORT-A-POT ARE NOT TOO BE ABUSED. DO NOT TRASH, CLOG TOILETS OR URNIALS OR THROWING PAPER ON FLOOR, .RESTROOMS ARE FOR YOUR COMFORT.

BE REMINDED OUR DISTRICT QUALIFIER IS ON A ROLLING SCHEDULE. DO NOT RUN THE RISK OF MISSING YOUR EVENT.

PLEASE DEPOSIT ALL TRASH IN A TRASH CAN, LARGE TRASH BAG, NOT ON GROUND AND/OR SEATING/BLEACHERS/YOUR TEAM AREAS MUST BE CLEANED OF ANY TRASH.

TEAMS: PLEASE ENSURE YOUR AREA IS FREE OF ALL LITTER. BAG AND SECURE TRASH.

DO MAKE EVERY EFFORT **TO RECYCLE PLASTIC, CANS. SEPARATE FROM TRASH.**

ALL TENTS, CANOPIES MUST BE SECURED, TIED DOWN/WEIGHTED/STAKED DURING MEET.UNDER WINDY CONDITION TOP MUST BE REMOVED, THEY BECOME DANGEROUS FLYING OBJECTS, LOWER AND/OR REMOVED COVER EACH NIGHT.

TENTS: NO TENT/SHADEING DEVICES ALLOWED HOME SIDE BLEACHERS. TENTS ALLOWED ON VISITOR SIDE/HILLSIDE. NO TENT AROUND OR ATTACHED TO TRACK FENCE. NO TEAMS ,TENTS, CHAIRS, DO NOT BLOCK ANY GATEWAY, WALK THROUGH AND/OR PASSAGEWAY FOR VEHICLES.

CHANGE OF EVENT REQUEST WILL NOT BE HONORED AFTER AAU DISTRICT QUALIFIER DEADLINE DATE/TIME JUNE 10, 2024 9:00PM.

BE SURE TO CHECK IN/CHECK OUT WITH HEAD OFFICIAL OF THEIR FIELD EVENTS.

ATHLETE MAY RISK THEIR RIGHT TO COMPETE IF THEY DO NOT CHECK INTO THEIR EVENT WHEN EVENT IS CALL TO REPORT, CLERK OF COURSE OR FIELD EVENTS.

ATHLETE MUST COMPETE WITH THE CORRECT WEIGHT IMPLEMENT JAVELIN, SHOTPUT, POLE VAULT, DISCUS

ATHLETE MUST PROVIDE OWN SHOT PUT, DISCUS, TURBO JAV, & JAVELIN IMPLEMENT 600g AND 800g

ATHLETES MUST SUPPLY OWN TAPE & BATON. NO TENNIS BALL, NO RAISED CONES.

MEET MANAGEMENT RESERVE THE RIGHT TO COMBINE AGE, GENDER, OR EVENTS.

WHEN ANNOUNCE FOR SERVERE WEATHER YOU MUST CLEAR STADUIM/FIELD, GO TO YOUR VEHICLES.YOU MAY NOT SHELTER UNDER YOU TENTS. RETURN TO FACILITY WHEN ANNOUNCED. ATHLETES RETURN TO AREA OF YOUR COMPETITION.