

2011 AREA 3 AAU JUNIOR OLYMPICS NATIONAL QUALIFIER June 30 - July 1-3, 2011



GENERAL INFORMATION

WHERE: Hampton University's Armstrong Stadium
700 Emancipation Dr.
Hampton, VA 23668

DATES: Wednesday, June 29, 2011 Packet Pick-Up (6-8 p.m.)
Thursday, June 30, 2011 Packet Pick-Up/Multi-Event (7 a.m. – 2 p.m.)
Friday, July 1, 2011 Packet Pick-Up/Multi-Event/Track and Field (7 a.m. – 2 p.m.)
Saturday, July 2, 2011 Packet Pick-Up/Track and Field (7 a.m. – 4 p.m.)
Sunday, July 3, 2011 Packet Pick-Up/Track and Field (7 a.m. – 12 p.m.)
PACKET PICK UP WILL BE HELD AT HU Armstrong Stadium.

HOST ORGANIZATION:
Virginia Association

HOST CLUB: Technique TC
William Moore, 757.593.6985
coachwill.moore@gmail.com

MEET DIRECTOR:
Jason Smith, 240.338.6545
jason.smith31@gmail.com

Visit www.Virginiaaaunet
For specific event information about hotels,
registration and schedule of events!!

TIMING: Independent Contractor Timing & Event Management will be the official timer of the meet

RULES: In accordance with AAU Youth Athletics Guidelines

Coaches Education

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all AAU **Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

Sanction

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

AGE DIVISIONS:

Primary Girls and Boys	(Born 2003 or after) Allowed 3 events
Sub-Bantam Girls and Boys	(Born 2002) Allowed 3 events
Bantam Girls and Boys	(Born 2001) Allowed 3 events
Sub-Midget Girls and Boys	(Born 2000) Allowed 3 events
Midget Girls and Boys	(Born 1999) Allowed 3 events
Sub-Youth Girls and Boys	(Born 1998) Allowed 4 events
Youth Girls and Boys	(Born 1997) Allowed 4 events
Intermediate Girls and Boys	(Born 1995-1996) Allowed 4 events
Young Women and Men	(Born 1993-1994) Allowed 4 events**

*****Athletes that are still 18 on Aug. 7th the final day of the National Championships shall be eligible.
No Multi-Event competition for Primary Age Groups.***

ELIGIBILITY/AAU MEMBERSHIP:

Competition is open to all boys and girls who have a valid/current AAU registration card. AAU membership may be obtained online at www.aausports.org. The AAU membership fee is not included in the AAU Area 3 National Qualifier entry fee and must be obtained prior to participation in this meet.

All athletes who have *competed* in a District Qualifier Meet are eligible to compete in the National Qualifier.

PROOF OF AGE:

Proof of age may be required at District, National Qualifier, and National Championship 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 Master Card accepted online.

ENTRY DEADLINE:

REGISTRATION WILL OPEN ON MAY 1, 2011 AND CLOSE ON JUNE 23, 2011, 12:00 MIDNIGHT, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. NO EXCEPTIONS.

ADVANCEMENT:

The top five (5) finishers in each individual Track & Field Event and each age division qualify from the National Qualifier to the AAU Junior Olympic Games. The top four (4) finishers in each Relay and Multi Event and each age division qualify from the National Qualifier to the AAU Junior Olympic Games.

CHALLENGE:

National Qualifier results will be posted within 4 hours after the conclusion of the meet. Any challenges to posted results must be emailed to support@coacho.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 \$5.00 gate fee charge per person per day. An All Event Pass can be purchased for \$12 for all 4 days of competition. All Children 4 and under will be admitted free.

COACHES PASS:

All Registered Coaches who present their 2011 Positive Coaching Alliance Membership and their Current Pictured ID Card will be admitted free. **PCA memberships must be presented at this time, or pay regular spectator gate fee. A Length of Event (LOE) Pass can be purchased for \$12 for all 4 days of competition. There are absolutely NO Replacements for Lost or Stolen Coaches passes.**

Athlete replacement bibs numbers can be purchase for \$10.00 dollars and can be purchased at Registration Table/Tent.

PARKING/DIRECTIONS:

Team buses will have designated area to park. Directions to the facility and parking can be located at www.TechniqueTrack.com

AAU Junior Olympic Games Declaration & Registration

Qualifiers for the 2011 AAU Junior Olympic Games in New Orleans, LA (July 30th – August 6th) must declare and register for the meet online through www.aauathletics.org before July 20th, 2011 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.

FINAL AAU JUNIOR OLYMPIC GAMES SCHEDULE OF EVENTS:

The Final AAU Junior Olympic Games Schedule will be posted on July 29, 2011 at www.aauathletics.org.

PROTESTS:

Protests concerning status or eligibility of any competitor must be made to AAU Youth Athletics Committee prior to commencement of meet, or 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.

ATHLETES, COACHES AND VENUE INFORMATION

TENTS:

Tents will only be allowed on top row of home side of stadium bleachers. Teams may put tents up on visitor side and in all rows of north end zone seating area. Tents in warm-up area around the perimeters of the fence are not allowed around track. 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 problems occur. (See Stadium seating chart)

SHOWER & LOCKER ROOMS:

There are no shower or locker room facilities available at track & field venue. All competitors must come to track dressed and ready to compete.

RESTROOM FACILITIES:

Restroom facilities will be available at track & field venue.

BIB NUMBERS:

Competitor bib numbers will be issued at athlete 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.

HIP NUMBERS:

Hip numbers will be issued by clerk of the course and is 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:

Athletes are responsible for providing their own implements for use during competition. However, personal implements must be checked in prior to competition. Implement check-in will occur near the field event area.

ATHLETE WARM-UP:

There will be a designated area for athlete warm up. The track will open one hour prior to first running event of each day.

ATHLETE CHECK-IN:

It is athletes' responsibility 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 area.

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 2011 AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards. Athletes listed as relay alternates (up to 4) will have relay event count towards their event limitation.

RUNNING EVENT RULES:

100m, 200m, 400m, 80m hurdle, 100m hurdle, 110m hurdle and 4 x 100 relay 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 at semi-final time. The 4x400m relays will run a three turn stagger with up to eight (8) teams per heat. The 4x800 relays will run a two-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 a round the athlete must return prior to conclusion of that round or forfeit remaining attempts.

ADVANCED EVENTS:

The 2000m Steeplechase, Pole Vault and all of the Multi-Events will be advanced from District Qualifier to National Qualifier. Athletes entering these events must complete online entry process, indicate these events on the entry and must include an entry performance mark. Multi-Events do not count towards the track and field event limitation.

AWARDS:

AAU Championship Medals are awarded to the top four (4) finishers in each event and division. Awards can be picked up at awards tent approximately 30 minutes after conclusion of the event. **Medals 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 like sex may be combined in distance races/walks. Event Schedules will be available at registration.

VENDING:

Venders will include 2011 AAU National Qualifying Meet T-Shirts, Photo's and concessions will also be sold.

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.

MEDICAL:

Emergency Medical personnel are on call. Athletic trainers will be available to athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition.

Athletic Trainers are only available in case of injury.

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 Hampton, VA during the months of June and July is in mid to high 90's so be prepared because it will be very hot.

RESULTS:

Results will be posted on line at **www.aauathletics.org**

**2011 AREA 3 AAU JUNIOR OLYMPICS
NATIONAL QUALIFIER
JUNE 30, July 1-3, 2011
MEET SCHEDULE**



YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS TENTATIVE AND SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. A REVISED MEET SCHEDULE WILL BE AVAILABLE UPON CHECK-IN.

AGE DIVISIONS:

Primary Girls and Boys	(Born 2003 or after)	Allowed 3 events
Sub-Bantam Girls and Boys	(Born 2002)	Allowed 3 events
Bantam Girls and Boys	(Born 2001)	Allowed 3 events
Sub-Midget Girls and Boys	(Born 2000)	Allowed 3 events
Midget Girls and Boys	(Born 1999)	Allowed 3 events
Sub-Youth Girls and Boys	(Born 1998)	Allowed 4 events
Youth Girls and Boys	(Born 1997)	Allowed 4 events
Intermediate Girls and Boys	(Born 1995-1996)	Allowed 4 events
Young Women and Men	(Born 1993-1994)	Allowed 4 events**

IG, IB, YW, YM, DIVISION MUST USE STARTING BLOCKS IN ALL SPURT RACES!!!

(S) = SEMI-FINAL

(F) = FIANL

THIS IS A ROLLING 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 run will be scratched from the event.

THURSDAY, JUNE 30, 2011

RUNNING EVENTS 8:00 AM

3000M (F)	SMG-MG-SYG-YG-IG-YW	SMB-MB-SYB-YB-IB-YM
1500RW (F)	SBG-BG-SMG-MG	SBB-BB-SMB-MB
3000RW (F)	SYG-YG-IG-YM	SYB-YB-IB-YM

MULTI-EVENTS 9:30 AM

Decathlon	IB, YM	100M, Long Jump, Shot Put, High Jump, 400M
Pentathlon	SYG, YG	100H, Long Jump, Shot Put, High Jump, 800M
Heptathlon	IG, YM	100H, High Jump, Shot Put, 200M
Pentathlon	SYB, YB	100H, Long Jump, Shot Put, High Jump, 1500M

FIELD EVENTS 8:30 AM

POLE VAULT SYG, SYB, YG, YB, IG, IB, YW, YM

9:00 AM SYG, SYB, YG, YB, IG, IB, YW, YM
JAVELIN (4 throws, No Finals)

FRIDAY, JULY 1, 2011

MULTI-EVENTS 8:00 AM

Decathlon	IB, YM	110H, Discus, Pole Vault, Javelin, 1500M Run
Heptathlon	IG, YW	Long Jump, Javelin, 800M Run
Triathlon	SBB, BB	High Jump, Shot Put, 400M Dash
Triathlon	SBG, BG	High Jump, Shot Put, 200M Dash
Pentathlon	SMG, MG	80H, Long Jump, Shot Put, High Jump, 800M Run
Pentathlon	SMB, MB	80H, Long Jump, Shot Put, High Jump, 1500M Run

RUNNING EVENTS 11:30 AM

100 Meters (S)	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM
4 X800 R (F)	MG, MB, YG, YB, IG, IB, YW, YM
4 X100 R (S)	PG,PB,BG,BB,MG,MB,YG,YB,IG,IB,YW,YM
2000m Steeplechase (F)	(30" Girls, IG,YW/36" Boys, IB,YM)18 hurdle jumps5 water jumps

SATURDAY, JULY 2, 2011

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.

FIELD EVENTS 8:00 AM

SHOT PUT (4 throws- No Finals)	PG, SBG, BG, SMG (Circle #1)	
	MG, SYG, YG, IG, YW (Circle #1)	
	PB, SBB, BB, SMB (Circle #2)	
	MB, SYB, YB, IB, YM (Circle #2)	
DISCUS (4 Throws, No Finals)	YG, YB, IG, IB, YW, YM	
HIGH JUMP	YW, YM, IG, IB (Pad #1)	MG, MB, SYG, SYB (Pad #2)
LONG JUMP (4 Jumps, No Finals)	PG, SBG, BG (Pit #1)	
	PB, SBB, BB (Pit #2)	

12:00 PM

TRIPLE JUMP (4 Jumps, No Finals)	SYG, YG, IG, YW (Pit #1)
	SYB, YB, IB, YM (Pit #2)

RUNNING EVENTS 8:00AM

200H (F)	SYG, YG, SYB, YB
400H (F)	IG, YW, IB, YM
400M (S)	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM
1500 (F)	SBG, BG, SMG, MG, SBB, BB, SMB, MB
200M (S)	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM
4 X 100R (F)	PB, BG,BB,MG,MB,YG,YB,IG,IB,YW,YM

SUNDAY, JUNE 27, 2010

FIELD EVENTS 8:00 AM

LONG JUMP YW, IG, YG, SYG, MG, SMG (Pit #1)
(4 Jumps, No Finals) YM, IB, YB, SYB, MB, SMB (Pit #2)

DISCUS SMG, SMB, MG, MB, SYG, SYB
(4 Throws, No
Finals)

HIGH JUMP SMG, SMB, YG, YB (Pad #1)
 SBG, SBB, BG, BB (Pad #2)

RUNNING

EVENTS

8:00 AM

1500M(F) SYG, YG, IG, YW SYB, YB, IB, YM

100M(F) PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

80H(S) SMG, MG, SMB, MB

100H(S) SYG, YG, IG, YW SYB, YB

110H(S) IB, YM

400M(F) PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

80H(F) SMG, MG, SMB, MB

100H(F) SYG, YG, IG, YW SYB, YB

110H(F) IB, YM

800M(F) PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

200M(F) PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

4 X 400R(F) BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

SPECIAL NOTE:

If there are not enough runners in semi-final, that event will be run as a final at semi-final time. Some distance races may be combined based on number of participants.

RULES AND REGULATION:

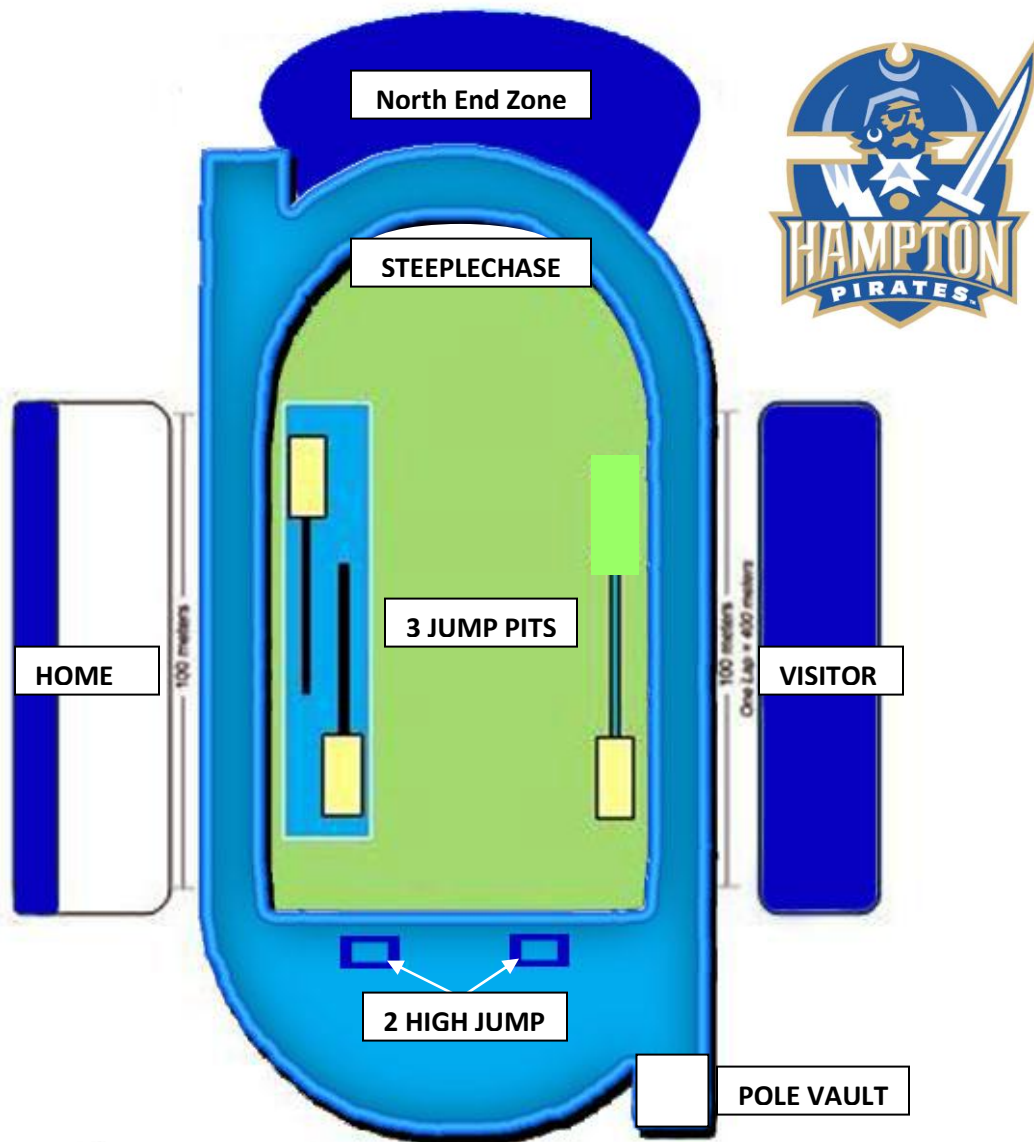
Only competing athletes and meet officials will be permitted inside crowd control barriers/brick walls surrounding track. Violations of this rule by coaches, parents, and non-competitors may result in disqualification from the meet.

Abusive language and /or improper behavior will not be tolerated. Will result in disqualification from the meet.

NO SMOKING allowed at Armstrong Stadium or on grounds of Hampton University, per ordinance of HU

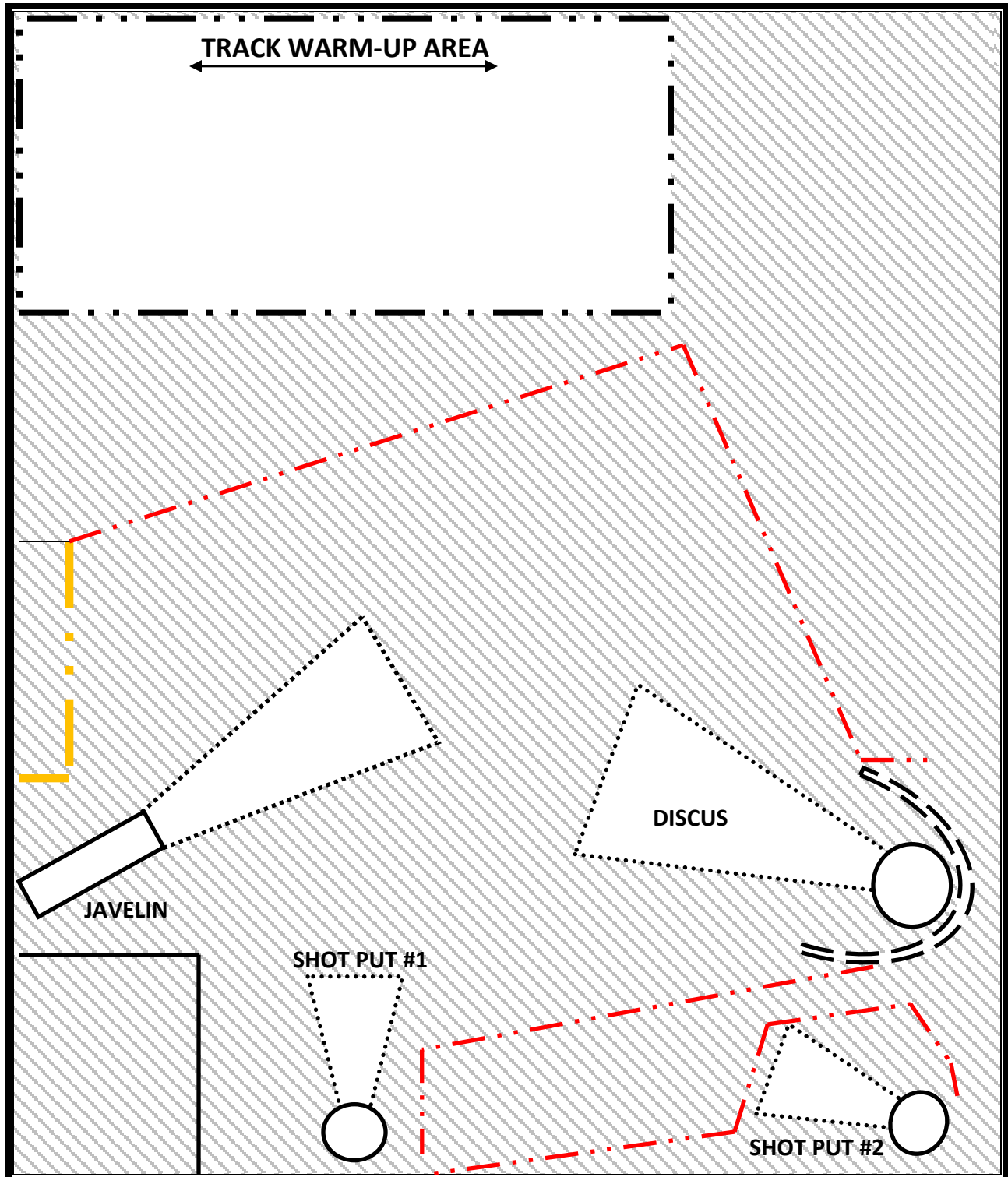
CLERKING AREA IS OFF LIMITS TO: COACHES, PARENTS GRANDPARENTS, and OTHER RELATIVES!

HAMPTON UNIVERSITY ARMSTRONG STADIUM



Tents will only be allowed on top row of home side of stadium bleachers. Teams may put tents up on in all rows of visitor side and in all rows of north end zone seating area. Tents in warm-up and area around perimeters of crowd control barriers are **NOT ALLOWED** around track. At 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 problems occur.

THROWING AND WARM-UP AREA



BE SAFE AND GOOD LUCK;

SEE YOU IN NEW ORLEANS, LA!!