



**AAU MID ATLANTIC CHAMPIONSHIP DISTRICT QUALIFIER.**

**JUNE 16-18, 2023**

**MILLERSVILLE UNIVERSITY @ BIEMESDERFER STADIUM**

**MILLERSVILLE, PENNA. 17551**

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

**FRIDAY JUNE 16 (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 3000M RUN WILL FOLLOW.**

3000MRUN.....11, 12, 13, 14, 15-16, 17-18.....AGE DIVISION WILL BE COMBINE.

**FRIDAY JUNE 16(DAY 1) FIELD EVENTS : CALL TO REPORT 2:00PM .....START 2:30 PM**

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

Triple Jump Girls First. Min. Board....24'ft. ....Followed by Boys Triple Jump Min. Board.28'ft.

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

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

**ONLY ATHLETE(S) CAN CHECK THEMSELVES IN/OUT OF EVENTS.ATHLETE MUST CHECK OUT IF, SCHEDULE IN OTHER**

**EVENTS. MUST RETURNED IN THE TIME STATED BY HEAD OFFICIAL.**

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.

**NO STARTING BLOCKS FOR 10 YRS AND UNDER.**

**ALL RUNNING EVENTS ARE TIMED FINALS.**

**BIB # MUST BE WORN HIGH ON UNIFORM CHEST HIGH/FRONT.**



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**SATURDAY JUNE 17, 2023(DAY-2) CALL TO REPORT 8:15AM.....START 8:45AM**

1500M RUN..... 17-18, 15-16, 14, 13, 12, 11, 10, 9, 8-under

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

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

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

**4 X 800M RELAY** .....RELAY 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**, of which the scratch line is 20m from the start of zone.

**MUST SUPPLY OWN BATON & TAPE. ONE(1) PIECE OF TAPE PER ATHLETE.**

**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

**ATHLETE MUST BRING OWN SHOT PUT AND TURBO JAV.**

SHOT PUT.....(Girl/Boy) 8-Under, 9, 10, 11, 12, 13, 14, 15-16, 17-18, Open-Master

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

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

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



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**SUNDAY (DAY 3) JUNE 18 2023 RUNNING EVENT CALL TO REPORT 8:15AM.....START 8:45 AM**

- 2000M STEEPLECHASE.....G/B.....15-16, 17-18 G/B
- 110MH.....15-16, 17-18 Boys 39"
- 100MH.....15-16, 17-18 Girls 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 RACEWALK .....9, 10, 11, 12, 13, 14, 15-16, 17-18.....EVENT/GENDER WILL BE COMBINED.
- 4 X 400 RELAY.....RELAY AGE DIVISION 9-10 11-12, 13-14, 15-16, 17-18**

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

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

**ATHLETE MUST BRING OWN JAVELIN/DISCUS.**

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

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

**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.**



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	2015 &After	13 Year Old	2010
		14 Year Old	2009
9 Year Old	2014	15-16 Year Old	2008-2007
10 Year Old	2013	17-18 Year Old	2006-2005
11 Year Old	2012		
12 Year Old	2011		

**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.**

**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.**

**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.**



**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, BAGED 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 BLOCK ANY GATEWAY, WALK THROUGH AND/OR PASSAGEWAY FOR VEHICLES.**

**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 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 COVERED PARKING GARAGE OR YOUR VEHICLES. YOU MAY NOT SHELTER UNDER YOU TENTS. RETURN TO FACILITY WHEN ANNOUNCED. ATHLETES RETURN TO AREA OF YOUR COMPETITION.**

FINAL SCHEDULE 2023