#### 2013 AAU AREA 2 NATIONAL QUALIFIER (DAY 1) MULTI – EVENT & TRACK&FIELD CHAMPIONSHIPS FRIDAY JUNE 28, 2013

Day 1

## ATHLETES FOR MULTI EVENTS MUST CHECK IN... 45 MIN. PRIOR TO THE START OF YOUR EVENT...i.e....Decathlon, Triathlon, Heptathlon.

OF YOUR EVENT1.eDecatnion, 1 riatnion, Heptatnion.	
Metric Measurement For Multi-Events.	
DATE (4) TALL T. AD A040	

DAY (1) Friday Ju	ıne 28, 2013		
Start Time	<u>Age</u>	<b>Event</b>	
7:45am Decathlon	15-16yr Boy		100M, LJ, SP, HJ, 400M
7.45 D (1.1	17 10 14		100M TT CD TT 400M

		17-18 Men	100M, LJ, SP, HJ, 400M	Day 1
8:00am	Triathlon	9vr Girl/10vr Girl	HJ, SP, 200M	Final

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8:15am	Heptathlon 15-16 Girl	100MH, HJ, SP, 200M	Day 1

8:15am	Heptatnion 15-16 Giri	100MH, HJ, SP, 200M	Day 1
8:15am	Heptathlon 17-18 Women	100MH, HJ, SP, 200M	Day 1

9:30am Triathlon	9yr Boy/10yr Boy	HJ, SP, 400M	Final
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#### **ATTENTION**

>>>3000M RUN	11yr/12yr/13yr/14yr/15-16yr/17-18yr	AGES MAY BE
	<u>BY</u> >>>>>>>>	

## AT THE CONCLUSION OF MULTI- EVENTS, (DAY 1) JUNE 28, 2013 THESE EVENTS WILL BE CONTESTED:

# These Events (FIELD) Will be contested First Call 2:15PM......Start 3:00PM ALL FEMALE ATHLETES HIGH JUMP ON FRIDAY DAY (1) JUNE 28, 2013

High Jump.... 17-18 Women/15-16yr Girl Followed By......>>>>> >>>> High Jump 14yr Girl/13yr Girl >>>> High Jump 12yr Girl/11yr Girl/10yr /Girl/9yr Girl.

Javelin.... Trial-Final 17-18yrWomen/17-18yr Men. 15-16yr Girl/15-16yrBoy./14yr Girl/14yr Boy/13yr Girl/13yr Boy.

Shot Put (6lb)	12yr Girl/Boy 11yr Girl/Boy	
Shot Put (6lb)	10yr Girl/Boy 9yr Girl/Boy	3 Throws OnlyFollowed by
$O1 \rightarrow D \rightarrow (411)$	O INIDED C' 1/D	2.771

Shot Put (4lb) 8-UNDER Girl/Boy...... 3 Throws Only

\*Long Jump...Trial-Final-17-18yr Men/15-16yr Boy/14yr Boy/13yr Boy/

RUNNING EVENTS: First Call 2:30PM....Start 3:15PM.....Rolling Schedule
200M DASH TRIAL......8-under/9yr/10yr/11yr/12yr/13yr/14yr/15-16yr/17-18yr.
4x800M Relay........11-12yr relay/13-14yr relay/15-16yr relay/17-18yr relay
TOP 8 FAST TIMES 100M DASH AND 200M DASH ADVANCE TO FINALS ON
SUNDAY

<sup>\*</sup>Long Jump ...Trial-Final-17-18yr Women/15-16yrGirl/15/14yr Girl/ 13yr Girl/

### 2013 AAU AREA 2 NATIONAL QUALIFIER DAY ( 2 ) MULTI-EVENTS & TRACK & FIELD CHAMPIONSHIP SATURDAY JUNE 29,2013

# <u>MULTI EVENT ATHLETES MUST CHECK IN 45; MIN. PRIOR TO THE START OF YOUR EVENT.</u>

7:45am Decathlon	15-16yr Boy	110MH, DIS, PV, JAV, 1500M	Final
7:45am Decathlon	17-18yr Men	110MH, DIS, PV, JAV, 1500M	Final
8:00am Heptathlon	17-18yr Women	LJ, JAV, 800M	Final.
8:00am Hepathlon	15-16yr Girl	LJ, JAV, 800M	Final.
8:15am Pentathlon	13yr /14yr Girl	100MH, LJ, SP, HJ, 800M	Final
8:15am Pentathlon	13yr//14yr Boy	100MH, LJ, SP, HJ, 1500M	Final
8:30am Pentathlon	11yr/12yr Boy	80MH, SP, HJ, LJ 1500M	Final
8:30amPentathlon	11yr /12yr Girl	80MH, SP, HJ LJ, 800M	Final

#### PLEASE READ CAREFULLY:

# 1500m Racewalk / 3000m Racewalk, FOLLOWED BY 2000M Steeplechase, WILL BEGIN AFTER, 11YR/12YR BOY 80M HURDLES PENTATHLON (DAY2) JUNE 29 2013.

- 1. If there are any changes, there will be a revised schedule POSTED DAY OF EVENT
- 2. All events (MULTI's) will be contested approximately thirty (30) minutes after the preceding event is completed. The thirty minute rest period will include food, measuring of steps, and warm-up. Be ready to compete.
- 3. Each final event will be contested according to the point totals of all the preceding events. Potential medal winners will compete together.

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# 2013 AAU AREA 2 NATIONAL QUALIFIER After the conclusion of Multi-Events (Day 2) SATURDAY JUNE 29,2013 THESE EVENTS WILL BE CONTESTED FIRST CALL 2:30PM ......START 3:15PM

110MH 39"	.15-16yr boy/17-18yr men
100MH 33"	.13yr boy/14yr boy
100MH 33"	.15-16yr girl/17-18yr women
100MH 30"	.13yr girl/14yr girl
80MH 30"	.11yr girl/boy/12yr girl/boy
400mDash	.8-Under/9yr/10yr/11yr/12yr/13yr/14yr/15-16yr/17-18yr

#### 12yr and Under Long Jump :Three (3) \*\*Jumps Only

Shot Put Trial-Final......13yr Girl/14yr Girl (6lb)/ 15-16yr Girl/17-18yr Women (4kg) Shot Put Trial-Final.......13yr Boy/14yr Boy (4kg)/ 15-16yr Boy/17-18yr (12lb) Men

\*\*THREE(3)THROWS ONLY \*\*Turbo Jav (300g)...8-under Girl-Boy

\*\*Turbo Jav (400g)/....9yr Girl-Boy/10yr Girl-Boy/11yr Girl-Boy/12yr Girl-Boy

ALL MALE ATHLETES WILL HIGH JUMP ON SATURDAY DAY(2) JUNE 29, 2013

 $High\ Jump...9yr\ Boy/10yr\ Boy/11yr\ Boy/12yr\ Boy/13yr\ Boy/14yrBoy/15-16yr\ Boy/17-18Men$ 

<sup>\*\*</sup>Long Jump.....12yr Girl/11yr Girl/10yr Girl/9yr Girl/8-Under Girl

<sup>\*\*</sup>Long Jump.....12yr Boy/11yr Boy/10yr Boy/9yr Boy /8-Under Boy.

### 2013 AREA 2 NATIONAL QUALIFIER: (DAY 3) TRACK&FIELD CHAMPIONSHIP SUNDAY JUNE 30, 2013

RUNNING EVENTFirst Call 7:30amStart 8:15amROLLING SCHEDULE.
1500M RUN8-UNDER/9yr/10yr/12yr/13yr/14yr/15-16yr/17-18yr. AGES MAY BE COMBINED.
4x100M Relay8-under/9-10/11-12yr/13-14yr /15-16yr/17-18yr
400MH 15-16yr Boys/17-18yr Men36''
400MH15-16yr Girl/17-18yr Women33"
200MH14yr Girl/Boy/13yr Girl/Boy30"
100M DASH FINALSALL FINALIST
800M RUN8-Under/9yr/10yr/11yr/12yr/13/14yr/15-16yr/17-18yr
200M DASH FINALSALL FINALIST
4X400M Relay9-10yrs/11-12yrs/13-14yrs/15-16yrs/17-18yrs.
Field Events Sunday June 30, 2013 (DAY3) First Call 7:30am Start 8:15am
Discus11yr/12yrThree (3) Throws.
<b>Discus</b> 11yr Girl-Boy/12yr Girl-Boy (1.0kg).  Trial-Final13yr Girl-Boy (1.0kg)14yr Girl-Boy15-16yr Girl/17-18yrWomen (1.0kg)/ 15-16yr Boy(1.6kg)/17-18yr Men (1.6kg)
ALL VAULTER MUST HAVE SIGNED WEIGHT FORM. SIGNED BY COACH/OR PARENT AND GIVEN TO OFFICIAL BEFORE ANY WARMUP AND COMPETITION.
Pole Vault13yr Girl/14yr Girl/15-16yr Girl/17-18yr Women
Triple JumpTrial-Final13yr Girl-/14yr Girl-/15-16yr Girl-/17-18yr Women. Triple JumpTrial-Final 13yr Boy/14yrBoy/15-16yr Boy/17-18yr Men.
TOP 8 FAST TIME 100M DASH AND 200M DASH ADVANCE TO SUNDAY FINALS.
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MEET OFFICIALS USATF CERTIFIED.

