2015 AAU REGION 2 NATIONAL QUALIFIER

MULTI - EVENT & T&F CHAMPIONSHIPS

ATHLETES FOR MULTI EVENTS MUST CHECK IN... 45 MIN. PRIOR TO THE START OF YOUR EVENT...ie....Decathlon, Triathlon, Heptathlon. DAY (1) Friday June 26,2015

Start Time	<u>Age</u>		<u>Event</u>	
7:45am	Decathlon	15-16yr Boy	100M, LJ, SP, HJ, 400M	Day 1
7:45am	Decathlon	17-18 Men	100M, LJ, SP, HJ, 400M	Day 1.
8:00am	Heptathlon	15-16 Girl	100MH, HJ, SP, 200M	Day 1
8:00am	Heptathlon	17-18 Women	100MH, HJ, SP, 200M	Day 1.
8:15am	Triathlon	9yr Girl/10yr Girl	HJ, SP, 200M	Final
8:15am	Triathlon	9yr Boy/10yr Boy	HJ, SP, 400M	Final

ATTENTION

AFTER THE 17-18yr WOMEN 100M Hurdles.... HEPTATHLON, THESE EVENTS WILL BE CONTESTED: 3000M RUN FOLLOWED BY 800M RUN FOLLOWED BY 100M DASH TRIALS.

DAY 1- JUNE 26, 2015FIRST CALL 8:15AMSTART 8:45AM3000M RUN
3000M RUN11yr/12yr/13yr/14yr/15-16yr/17-18yr <u>AGES MAY BE</u>
COMBINED, FOLLOWED BY>>>>
800M RUN8-UNDER/9YR/10YR/11YR/12YR/13/14YR/15-16YR/17-18YR.
100M DASH TRIAL8-under/9yr/10yr/11yr/12yr/13yr/14yr/15-16yr/17-18yr.

AT THE CONCLUSION OF MULTI EVENTS, DAY 1 JUNE 26, 2015ROLLING SCHEDULE
THESE EVENTS WILL BE CONTESTED: FIRST CALL 12:00 PM START 12:45PM

THESE EVENTS WILL BE CONTESTED: FIRST CALL.....12:00 PM......START 12:45PM

200M DASH.TRIAL.....8-under/9yr/10yr/11yr/12yr/13yr/14yr/15-16yr/17-18yr.

4x800M Relay Age Division......11-12yr/13-14yr/15-16yr/17-18yr.

4x100M Relay Age Division8-under/9-10/11-12yr/13-14y/15-16yr/17-18yr.

<u>ALL FEMALE ATHLETES HIGH JUMP ON FRIDAY DAY(1) JUNE 26, 2015</u>

FIELD

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. Trial-Final.

Shot Put (6lb)	12yr Girl/Boy 11yr Girl/Boy	3 Throws OnlyFollowed by
Shot Put (6lb)	10yr Girl/Boy 9yr Girl/Boy	3 Throws OnlyFollowed by
Shot Put (4lb)	8-UNDER Girl/Boy	3 Throws Only

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

AAU REGION 2 NATIONAL QUALIFIER DAY(2) MULTI EVENTS & T&F SATURDAY(DAY 2) JUNE 27, 2015

MULTI EVENT ATHLETES MUST CHECK IN (CLERK OF COURSE TENT) 45MIN,PRIOR TO THE START OF YOUR EVENT.

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

PLEASE READ CAREFULLY:

NOTE: 1500m Racewalk / 3000m Racewalk, FOLLOWED BY 2000M Steeplechase. WILL BEGIN, AFTER 11/12 BOY 80M HURDLES PENTATHLON (DAY2) JUNE 27,2015

- 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.

2015 AAU REGION 2 NATIONAL QUALIFIER

After the conclusion of Multi-Events (Day 2) SATURDAY JUNE 27, 2015 THESE EVENTS WILL BE CONTESTED

FIRST CALL 12:00PM START 12:30PM

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

12 AND UNDER)THREE(3) JUMPS/THROWS ONLY

Long Jump.....12yr Girl/Boy...11yr Girl/Boy...Followed by

Long Jump.....10yr Girl/Boy ...9yr Girl/Boy

Long Jump.....8-Under......Girl/Boy

ALL MALE ATHLETES WILL HIGH JUMP ON SATURDAY DAY(2) JUNE 27, 2015

High Jump.....9yr Boy/10yr Boy/11yr Boy/12yr Boy/13yr Boy/14yrBoy15-16yr Boy/17-18yr Men

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

Turbo Jav (300g).....8-under Girl-Boy/-9yr-Girl-Boy/10yr Girl-Boy/11yr Girl-Boy/12yr Girl-Boy(400g)

<u>AAU REGION 2 NATIONAL QUALIFIER (DAY 3) SUNDAY JUNE 28,2015</u> <u>TRACK&FIELD</u>

RUNNING EVENT:FIRST CALL 8:15AMSTART 8:45AMROLLING SCHEDULE.
400MH 15-16YR BOYS/17-18YRS MEN36''
400MH15-16YR GIRL/17-18YR WOMEN30"
200MH14yr Girl/Boy/13yr Girl/Boy30"
1500M RUN8-UNDER/9yr/10yr/12yr/13yr/14yr/15-16yr/17-18yr AGES MAY BE
COMBINED
200M DASH FINALSALL FINALIST
4X400M RELAY AGE DIVISION9-10YRS/11-12YRS/13-14YRS/15-16YRS/17-18YRS
FIELD EVENTS: 12 and UNDER Three(3) Jumps/Throws
DISCUS <u>11yr Girl-Boy</u> / <u>12yr Girl-Boy</u> (1.0kg) FOLLOWED BY.>>>
$DISCUSTrial/Final13 yr\ Girl-Boy\ (1.0kg\)14 yr\ Girl-Boy/15-16 Girl/17-18\ Women\ (1.0kg\).$ $15-16 yr\ Boy\ (1.6kg)/17-18 yr\ Men\ (1.6kg).$
ALL VAULTER MUST HAVE SIGNED VAULT FORM. SIGNED BY COACH/OR PARENT AND GIVEN TO OFFICIAL $\underline{\bf BEFORE}$ ANY WARMUP.
POLE VAULT13yr Girl/14yr Girl/15-16yr Girl/17-18yr Women
TRIPLE JUMPTrial/Final13yr Girl-Boy/14yr Girl/Boy./15-16yr Girl-Boy/17-18yr Women-Men.

ONLY 1 PIT MAY BE AVAILABLE FOR TRIPLE JUMP SUNDAY!!