



AAU TRACK & FIELD PACIFIC NORTHWEST AREA 17 NATIONAL QUALIFIER

(FORMLY CALLED THE REGION 12 TRACK AND FIELD CHAMPIONSHIPS)

REVISED –AS OF JANUARY 15, 2009



TOP 4 FINISHERS QUALIFY FOR THE AAU JUNIOR OLYMPIC GAMES

MEDALS FOR THE TOP 4 FINISHERS

Overall Team Scoring-Awards for the top 5 teams!

- SITE:** **Mt. Tahoma Stadium @ Mt. Tahoma High School, Tacoma, Washington**
- RATIONALE:** The National Qualifier (Formerly Region 12) Track & Field Meet has been designed to place an emphasis on promoting the sport of track and field in western part of the United States.
- QUALIFYING** The top 4 finishers in each event will qualify to the National AAU Junior Olympic Games in Des Moines, Iowa. Athletes **MUST BE** registered members with the AAU in order to qualify **PRIOR** to the Qualifying meet.
- TO AAU JO GAMES:** The FINAL Junior Olympic Games schedule will be posted on July 28, 2009 at <http://www.aauathletics.org>
- AWARDS:** Top three (4) place finishers in each event will receive medals. Awards can be picked up at the awards tent approximately 20 minutes after the conclusion of the event. **Medals will not be mailed home**, it is the responsibility of the competitor, coach or parent to pick up awards before leaving meet. Scoring will be done in each division and then combined to determine the top 5 team awards.
- DATES:**
- | | |
|--------------------------------|--|
| <i>Friday, July 17, 2009</i> | Packet Pick-Up/Team Check-in (4:00 PM – 7:30 PM) |
| <i>Friday, July 18, 2009</i> | Track and Field Competition (check in starts at 7:00 AM) |
| <i>Saturday, July 19, 2009</i> | Track and Field Competition (check in starts at 7:00 AM) |
- AGE DIVISIONS:**
- | | |
|---------------|---|
| Individual | Primary, Sub Bantam, Bantam, Sub Midget, Midget, Sub Youth |
| Relay events: | Youth, Intermediate, Young Men/Young Women |
| | Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Young Women |

AGE

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

AGE GROUPS	YEAR OF BIRTH
Primary*	2001 & After*
Sub Bantam	2000
Bantam	1999
Sub Midget	1998
Midget	1997
Sub Youth	1996
Youth	1995
Intermediate	1993 - 1994
Young Men/Young Women**	1991 - 1992**

**Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games shall be eligible to compete.

ENTRY

DEADLINE:

The online entry deadline is Thursday, July 16, 2009 @ 11:59pm Pacific Standard Time.

Online entry can be done at www.coacho.com .



Online registration will NOT be reopened after closing time. Therefore, you must make all final changes and pay before closing time on Thursday night at 11:59pm. Late registrations will not be taken. **AAU ATHLETICS RULE (2009) Athletes who sign up the day of the meet will be allowed to participate, but will not be allowed to advance to the National Junior Olympic Games.**

WARNING: Many coaches procrastinate and wait to register the last night. As a result, they end up running out of time and have experienced problems related to high volume. Running out of time and/or experiencing technical problems is no excuse for missing the registration deadline. Make life easier by registering before Wednesday.

ENTRY FEE:

TRACK AND FIELD INDIVIDUAL ENTRY FEE

\$25.00 per athlete regardless of the number of events - Fee must be paid online at the time of registration.

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Entry fees are per athlete, no substitutions allowed after submission. [All athlete entries must be made online.](#) Visa & MasterCard accepted.

RELAY TEAMS

There is no additional entry fee for relay events as long as the 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 2009 AAU registered club.
- 3) All competitors must have current AAU membership

LATE FEE/

CHANGE FEE:

Due to the late date of this qualifier, there will be NO LATE ENTRIES, thus no late fee. Changing events the day of the meet will cost \$5.00 a change. Remember, you have until the entries close to change events without a change of event fee.

ELIGIBILITY:

Open to any athlete or club/team who holds a current AAU Membership. Register coaches, athletes, and clubs/teams with your local AAU Association. You may also register instantly on line at www.ausports.org. The annual fee for individual membership is \$12.00 for athletes and \$14.00 for coaches. Consult your local AAU Office for the club fee structure.

In order for athletes to be physically prepared to compete at the AAU Championships level, it is highly recommended that athletes compete in their local AAU Association meet. Contact your local AAU Association 1-800-AAU 4USA or the AAU National Headquarters 407-828-4394 for information about meets in your area.

Individual athletes (unattached) and Clubs from other organizations are also encouraged to compete in this Championship upon becoming members of the AAU.

- AAU MEMBERSHIP:** All athletes and coaches must be able to present their 2009 AAU membership cards at time of Check-in. All relay teams and clubs/teams must present current 2009 AAU Club membership at check-in.
- EVENT LIMITATIONS:** All competitors in the Primary, Sub-Bantam, Bantam, Sub-Midget and Midget age divisions will be limited to a maximum of (3) three events per competitor, including relays but excluding multi-events (NO PRIMARY). Competitors in the Sub Youth, Youth, Intermediate and Young Men/Young Women age divisions will be limited to a total of (4) four events per competitor, including relays but excluding multi-events.
- DIRECTIONS TO COMPLEX:** Mt. Tahoma High School, 4634 South 74th Street, Tacoma, Washington 98409. The AAU suggests that you use Mapquest to obtain your specific direction from where you are coming from.
- CHECK-IN:** **On-Site Check In:** Check-in for all athletes and coaches participating in the 2009 AAU National Qualifier Track & Field Meet will be held at the Mt. Tahoma High School track and field complex.

Hours of operation at the Registration Center will be as follows for the AAU National Qualifier Track & Field Meet:

<i>Day/Date</i>	<i>Open Time</i>	<i>Close Time</i>
Friday, July 19, 2009	4:00 pm	7:30 pm
Saturday, July 20, 2009	7:00 am	End of the day's competition
Sunday, July 19, 2009	7:00 am	

NOTE: It is highly recommended that you pick up your packet on Friday, especially if you have a race or event first thing Saturday morning. Races and events WILL NOT be held up for athletes picking up bib numbers.

RESULTS: Results will be posted on line at www.aauathletics.org

CHALLENGE PERIOD:

Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 5 days of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

JUNIOR OLYMPIC DECLARATION & REGISTRATION INFORMATION:

[Qualifiers for the National Junior Olympic Games in Des Moines, Iowa must declare and register for the meet at Coach O. com before July 24, 2009. No entries will be accepted after Midnight EST \(9:00pm on the West Coast\).](#) Do not jeopardize your athlete's chance of competing by not completing this step before the National JO Games. REGISTRATION WILL BE AVAILABLE AFTER THE FIVE (5) DAY CHALLENGE PERIOD IS COMPLETED. (July 24, 2009 @ 9:00am PST)

FINAL NATIONAL JO GAMES SCHEDULE OF EVENTS:

PLEASE NOTE THIS: The FINAL AAU Junior Olympic Games Schedule will be posted on July 28, 2009 at www.aauathletics.org
A tentative schedule is currently posted:
<http://www.aaujrogames.org/2009/results/tracknfield/09MeetSchedule.pdf>

PARKING: No charge for parking.

SPECTATOR TICKETS: Admission: main gate to the track and field facility.
 There will be NO spectator fee for this event. FREE!!!!

COACHES PASSES:

NO coach's passes will be distributed due to the fact that there is NO spectator fee.
[AAU memberships will not be sold at the meet!!!!](#)

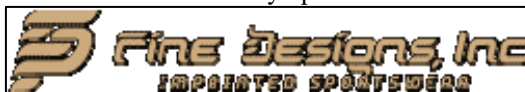
- MEDICAL:** Emergency Medical personnel are on call; all other injuries are up to parents/coaches. Ice and water will be provided for injury situations.
- FLUIDS:** Meet management will do its best to try to provide water in certain competition areas. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.
- WEATHER:** The average high temperature in Tacoma, WA during the month of July is in the low 80's with low humidity.

TRACK & FIELD VENUE INFORMATION

- TENTS:** Tents will be allowed only on the top five (5) rows of stadium. Meet management reserves the right to change this policy. Mt. Tahoma High School will provide some tenting for shading on or near the warm-up area of the track. Some individual tents will be allowed to be erected in a limited area. However, the tents cannot be staked down, and tent tops must be removed at night or during inclement weather.
- SHOWER & LOCKER ROOMS:** There are no shower or locker room facilities available at the track & field venue. All competitors need to dress at their hotel and arrive at the complex ready to compete.
- RESTROOM FACILITIES:** Restroom facilities will be available at the track & field venue.
- COMPETITOR NUMBERS:** Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their bib numbers on the front of your competition singlet at all times of competition. There is a ten dollar (\$10.00) replacement fee for lost bib numbers.
- HIP NUMBERS:** Hip numbers will be issued at clerk of the course and will be 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.
- IMPLEMENTS:** The AAU WILL NOT be supplying implements for use at this event. Athletes must bring their own implements to use during competition. However, personal implements will be required to be weighed-in prior to reporting to the event site. Implement weigh-in will occur in a tent near the clerking and warm-up areas of the event. Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition.
- PROTESTS:** Protests concerning the status or eligibility of any competitor must be made to the AAU Youth Athletics Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result has been announced. Protests **MUST** be filed on official protest forms and presented to the Protest Table. The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals, accompanied by a cash deposit of \$75.00. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. ***PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.***
- ATHLETE WARM-UP:** The warm up area will be located on the infield of the track.
- COMPETITOR CHECK-IN:** Competitors will be given a final call to check-in 30 minutes prior to the start of their event. Any athlete not checked in at this time will be scratched from the event.
- COOLERS:** As part of security and safety measures by Mt. Tahoma High School, coolers will be allowed as follows at the facility (1) five gallon per team, and (1) one gallon per individual. **NO GLASS CONTAINERS.** Provisions are in place to handle medications, infant products, and special dietary foods. All coolers, bags, backpacks, and duffels will be subject to the existing security inspection process.
- SCHEDULES:** Time specific schedules will be posted at registration.

QUALIFICATION: This meet is OPEN to any current 2009 AAU member. Athletes may only compete in one regional meet. Other qualification meets available are the West Coast AAU Junior Olympic Games.

APPAREL: Event shirts will be available by



HOTEL

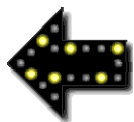
INFORMATION:

MOTEL 6
253-473-7100

BEST WESTERN
253-272-7737

COURTYARD
253-591-9100

COMFORT INN
253-538-7998



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See www.aausports.org for discount information



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Meet contact information:

GUY FOWLER
MEET COORDINATOR
559-358-0850
209-845-9868
centralcalaau@aol.com

MICHAEL CUNLIFFE
SITE COORDINATOR/OFFICIALS
206-351-2311
coachmike@seattlespeedtc.org

KAREN FOWLER
AAU MEMBERSHIPS
209-845-9868

Multi-Events will be held on July 11th-12th, 2009. Please contact Michael Cunliffe for more information. coachmike@seattlespeedtc.org or 206-351-2311.



**Pacific Northwest Area 17 National Qualifier
Track and Field Meet**
(Formerly Region 12)
Schedule of Events

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.

CLASSIFICATION

PG-Primary Girls
SBG-Sub-Bantam Girls
BG-Bantam Girls
SMG-Sub-Midget Girls
MG-Midget Girls
SYG-Sub-Youth Girls
YG-Youth Girls
IG-Intermediate Girls
YW-Young Women

PB-Primary Boys
SBB-Sub-Bantam Boys
BB-Bantam Boys
SMB-Sub-Midget Boys
MB-Midget Boys
SYB-Sub-Youth Boys
YB-Youth Boys
IB-Intermediate Boys
YM-Young Men

In all running events, EXCEPT RELAYS, where "all divisions" are indicated, the order will be: PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

TF= TIMED FINALS

F= FINALS

New Rule

NEW RULE for 2009 season

IG, IB, YW, YM divisions MUST use starting blocks in the sprint races!!!

SATURDAY, JULY 18, 2009

*** Same distance races might be combined**

THIS IS A ROLLING SCHEDULE

9:00am	3200m relay	MG, MB, YG, YB, IG, IB, YW, YM	TF
	400m relay	PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	TF
	110m hurdles (36")	IB, YM	TF
	100m hurdles (33")	IG, YW, SYB, YB	TF
	100m hurdles (30")	SYG, YG	TF
	80m hurdles (30")	SMG, SMB, MG, MB	TF
	100m (prelims)	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM	SF
	800m	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YMTF	
	200m (prelims)	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM	SF
	3000m	SMG, SMB, MG, MB, SYG, SYB, YG, YB,IG,IB,YW,YM	TF
	400m	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM	TF

FIELD EVENTS

Age divisions might be combined with other divisions (example IB and YM).

It is strongly suggested that athletes be ready to go at the scheduled time.

LJ, TJ, DT, SP, JT WILL RECEIVE 4 ATTEMPTS, NO FINALS

THIS IS A ROLLING SCHEDULE

8:45am	Long Jump	PG, PB	F
	High Jump	IG, YW	F
10:30am	Long Jump	SBG, SBB, BG, BB	F
	High Jump	IB, YM	F
12:15pm	Long Jump	SMG, SMB, MG, MB	F
	High Jump	SYG, SYB, YG, YB	F
	Discus	SMB, SMB, MG, MB	F
2:00pm	Long Jump	SYG, SYB, YG, YB	F
	High Jump	SBG, SBB, BG, BB	F
	Discus	SYG, SYB, YG, YB	F
3:30pm	Long Jump	IG, IB, YW, YM	F
	High Jump	SMG, SMB, MG, MB	F
	Discus	IG, IB, YW, YM	F

SUNDAY, JULY 19, 2009

RUNNING EVENTS

* Same distance races might be combined

THIS IS A ROLLING SCHEDULE

9:00am	2000m Steeplechase	IB, YM, IG, YW (this is a dry steeple, no water jump)	TF
	1500m Race-walk	SBG, SBB, BG, BB, SMG, SMB, MG, MB	TF
	3000m Race-walk	SYG, SYB, YG, YB, IG, IB, YW, YM	TF
	400m hurdles	IB, YM, IG, YW	TF
	200m hurdles	SYG, SYB, YG, YB	TF
	100m Final	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB, YG, YB, IG, IB, YW, YM	F
	1500m	SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	TF
	200m Final	PG,PB,SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB, YG, YB, IG, IB, YW, YM	F
	1600m relay	BG, BB, MG, MB, IG, IB, YW, YM	TF

FIELD EVENTS

Age divisions might be combined with other divisions (example IB and YM).

It is strongly suggested that athletes be ready to go at the scheduled time.

LJ, TJ, DT, SP, JT WILL RECEIVE 4 ATTEMPTS, NO FINALS

9:00am	Javelin	SYG, SYB, YG, YB, IG, IB, YW, YM	F
9:15am	Triple Jump	SYG, SYB, YG, YB, IG, IB, YW, YM	F
9:15am	Shot Put	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
9:30am	Pole Vault	SYG, SYB, YG, YB, IG, IB, YW, YM	F