

REGION 11 NATIONAL QUALIFER MEET



COACHES AND ATHLETES INFORMATION

HOST: Southeast Louisiana Roadrunners
St. Scholastica Academy Track and Field Complex (Multi-events/Pole Vault)
Covington High School (Track and Field events)

SANCTION: This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.

DATE: Tuesday, June 14 Pole Vault
Tues. & Wed June 14 & 15 Multi-Events
Thurs.-Sat June 16 - 18 Track and Field

FACILITIES: St. Scholastica Academy Track and Field Complex - 1/8 inch spikes may be worn on all weather track or sneakers only; 8 lanes; javelin-grass surface.

Covington High School - 1/8 inch spikes may be worn on all weather track or sneakers only; 8 lanes; Shot-Put and Discus - concrete and javelin- grass surface.

AGE CLASSIFICATION: Athlete's age on December 31, 2016.

AGE GROUPS: 8-under (2008-later), 9's (2007), 10's (2006), 11's (2005), 12's (2004), 13's (2003), 14's (2002) 15-16 (2001-2000), and 17-18's (1999-1998).

MULTI-EVENTS: Multi-events will be held in all age groups Sub-Bantam - Young Women/Men on June 14 and 15 at the St. Scholastica Academy Track and Field Complex in Covington, Louisiana. The cost is \$24.00 per athlete.

ENTRY FEE: The entry fees are \$24.00 per track and field contestant. **Each athlete must be registered online at: www.coacho.com.** Only **MASTERCARD AND VISA CREDIT CARDS WILL BE ACCEPTED.** Cash, checks and money orders will not be accepted. (NO REFUNDS will be issued.)

ENTRY DEADLINE: All entries must be finalized on www.coacho.com by 11:00 pm central standard time on **Sunday, June 12, 2016.** **There will be no exceptions in getting your athletes registered on time, please do not try and register at the last minute!**

AWARDS: Athletes will receive official Regional Championship AAU medals for 1st, 2nd and 3rd place finishers in all events.

ADMISSION : \$8.00 for adults/ \$4.00 for children(12 & under) daily at each facility.
Programs \$2.00

PROOF OF AGE: 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 connect. Participants are encouraged to visit the AAU web site <http://aausports.org/default.asp?a=pg_membership.htm>
www.aausports.org to obtain their membership.

COMPETITIVE RULES: The technical rules of competition shall be those of the National Governing Body.

TEAM PACKETS: Complete Team packets containing competitor's numbers and pre-meet information will be available Thursday, June 16, 2016 and Friday, June 17, 2016 at Covington High School from 11:00 am until 5:00 pm. Also, packets can be picked up on Saturday, June 18, 2016, at Covington High School at 8:00 am.

PROTEST: There will be a \$50.00 cash protest fee. The protest must be made in writing and submitted within 30 minutes of the incident in question.

ADVANCEMENT: The top (6) finishers in all age groups in each individual running event, field events the top (5) will advance and top (4) in relays and multi-events will advance to the 2016 AAU National Junior Olympic Games to be held in Humble, Texas at Humble High School from July 29th - August 6th , 2016. ***MULTI-EVENTS(THE TOP(4) FINISHERS IN THE MULTI-EVENTS IN EACH AGE GROUP MALE/FEMALE WILL ADVANCE TO THE NATIONAL GAMES!***

AAU Junior Olympic Games Declaration & Registration
Qualifiers for the 2016 AAU Junior Olympic Games in Humble, Texas (July 29th - August 6th) must declare and register for the meet online through www.aauathletics.org . Do not jeopardize your athletes chance to compete by not completing this step before the AAU Junior Olympic Games registration deadline.

RUNNING EVENTS: At the starting line, the clerk of course may reheat as required to reduce required heats. In the preliminary heats the eight best times will advance to the finals. **Hurdles will all be run as timed Finals.** Starting blocks will be provided at the starting line. **No coach will be allowed on the track or field once competition has begun.**

IMPLEMENT WEIGH-IN: Implements will be weighed-in 60-90 minutes prior to start of each of the throwing events on a daily basis, once the first age group starts competing, implements will not be weighed-in, only inspected implements will be allowed in the actual competition and the competition area. House implements will be provided in all of the throwing events.

POLE VAULT INSTRUCTIONS: All competitors in the Pole Vault Competition on Tuesday, June 14, 2016 will be weighed and his/her poles will be certified by the officials at least 30-60 minutes prior to the start of the competition.

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.



MEET DIRECTOR: Miguel Becerra 985-542-2685 (home)
985-320-4290 (cell)

MULTI-EVENT DIRECTOR: Miguel Becerra - Southeast Louisiana Roadrunners

FIELD REFEREE: John Boyer - Crescent City Track Club

MEET REFEREE: James Simmons

F.A.T. TIMING GROUP: Crescent City Timing Group
Dennis Penepinto/John Mayer



**SCHEDULE OF EVENTS for JUNE 14-15 at St. Scholastica Academy
Track and Field Complex in Covington, Louisiana**

**TUESDAY, JUNE 14, 2016 Pole Vault Competition (at St Scholastica Academy
Complex) Address to SSA TF Facility(16181 Hwy. 190 Covington, LA 70433)**

11:00 A.M. Pole Vault 13-14 (G/B) thru 17-18 (G/B) Finals

TUESDAY, JUNE 14, 2016 Multi-Events (at St Scholastica Academy Complex)

9:00 A.M. Triathlon - 9 and 10's Girls & Boys
High jump, shot-put (6 lbs.) and 200 meters (G) 400 meters (B)

11:00 A.M. Decathlon – 17-18 and 15-16 Boys
100 meters, long jump, shot-put (12 lbs.), high jump, 400 meters

12:00 P.M. Heptathlon – 17-18 and 15-16 Girls
100m hurdles, high jump, shot-put (4k), and 200 meters

2:00 P.M Pentathlon - 11 and 12 Girls & Boys
80m hurdles, high jump, shot-put (6 lbs.), long jump, 800 m (G) 1500 m (B).

Address to SSA TF Facility(16181 Hwy. 190 Covington, LA 70433)



WEDNESDAY JUNE 15, 2016 Multi-Events (at St. Scholastica Academy Complex)

9:00 A.M. Pentathlon - 13 Girls, 13 Boys, 14 Girls and 14 Boys
100m hurdles, long jump, shot put (4k and 6lbs.), high jump, 800m (G)
and 1500m (B).

11:00 P.M. Heptathlon – 17-18 and 15-16 Girls
Long jump, javelin (600 gms.), 800 meters

12:00 P.M. Decathlon – 17-18 and 15-16 Boys
110m hurdles, discus (1.6 kg.), pole vault, javelin (800gms.), 1500
meters.

Address to SSA TF Facility(16181 Hwy. 190 Covington, LA 70433)



SCHEDULE OF EVENTS FOR THURS. JUNE 16 AT COVINGTON HIGH SCHOOL IN COVINGTON, LA

THURSDAY, JUNE 16, 2016

FIELD EVENTS:

1:00 P.M. High Jump 9 (G/B) thru 17-18 (G/B) Finals
1:00 P.M. Javelin 13 (G/B) thru 17-18 (G/B) Finals

RUNNING EVENTS:

2:00 P.M. 400 Meter Hurdles 17-18/15-16 Boys (33") thru 17-18/15-16 Girls (30") Finals
2:30 P.M. 200 Meter Hurdles 13 thru 14 G/B (30") Finals
3:15 P.M. 1500 Meter Racewalk (9 thru 12 G/B) Finals
3:45 P.M. 3000 Meter Racewalk (13 thru 17-18 G/B) Finals
4:15 P.M. 2000 Meter Steeple Chase(15-16 thru 17-18 G/B) Finals
(The Steeple Chase will be a **dry steeple** race!)



SCHEDULE OF EVENTS FOR FRI. JUNE 17 AT COVINGTON HIGH SCHOOL IN COVINGTON, LA

FRIDAY JUNE 17, 2016

FIELD EVENTS:

1:00 P.M. Triple Jump 13-14 THRU 17-18 (G/B) Finals

1:00 P.M. Discus 11(G/B) thru 17-18 (G/B) Finals

RUNNING EVENTS - STARTING TIME 1:00 P.M.

<u>EVENT</u>		<u>DIVISION/SEX</u>
400 Meter Relay	Final	10-u thru 17-18 (G/B)
800 Meter Run	Final	8-u thru 17-18 (G/B)
100 Meter Dash	Prelim	8-u thru 17-18 (G/B)
400 Meter Dash	Final	8-u thru 13-14 (G/B)
400 Meter Dash	Prelim	15-16 thru 17-18 (G/B)
3200 Meter Relay	Finals	11-12 G/B thru 17-18 G/B
200 Meter Dash	Prelim	8-u thru 17-18 (G/B)

** Note the above schedule is subject to change without notice depending on the number of entries received. Be sure to check the schedule upon arriving at the track!

NOTE: The top (6) individuals that compete in the Finals will only be advanced to the Junior Olympic Games.



SCHEDULE OF EVENTS FOR SAT. JUNE 18 AT COVINGTON HIGH SCHOOL IN COVINGTON, LA

SATURDAY, JUNE 18, 2016

FIELD EVENTS:

9:00 A.M.	LONG JUMP	8-U (G/B) THRU 17-18 (G/B)	Finals
9:00 A.M.	SHOT PUT	17-18 (G/B) THRU 8-U (G/B)	Finals
12:00 Noon	TURBO JAVELIN	8-U(G/B) THRU 11-12(G/B)	Finals

RUNNING EVENTS - STARTING TIME 8:30 A.M.

<u>EVENT</u>		<u>DIVISION/SEX</u>
3000 Meter Run	Final	11-12 thru 17-18 (G/B)
100 Meter Dash	Final	8-u thru 17-18 (G/B)
400 Meter Dash	Final	15-16 thru 17-18 (G/B)
110 Meter Hurdles (39")	Final	15-16 thru 17-18 (Boys)
100 Meter Hurdles (33")	Final	15-16 thru 17-18 (Girls)
100 Meter Hurdles (33")	Final	13-14 (Boys)
100 Meter Hurdles (30")	Final	13-14 (Girls)
80 Meter Hurdles (30")	Final	11-12 (G/B)
200 Meter Dash	Final	8-u thru 17-18 (G/B)
1500 Meter Run	Final	8-u thru 17-18 (G/B)
1600 Meter Relay	Final	10-u thru 17-18 (G/B)

NOTE: The top (6) individuals that compete in the running event Finals will only be advanced to the Junior Olympic Games.

***Revised 5/25/16**