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COACH O MIDWEST CHAMPIONSHIP SERIES

Satur day, January 18, 2014 (5-18 Years)

AAU Championship Series Mini Meet - Ypsilanti, MI

Eastern Michigan University, khall@vistamaria.org

60m, 800r, 200m, 400m, 60 Hurdle, LJ, SP, HJ

COST: \$5.00 (No registration necessary) Everyone pays at the door
(ATHLETES, SPECTATORS, PARENTS, COACHES)

Doors open @ 12:00pm Events begin @ 1:00pm

Satur day, February 8, 2014 (5-18 Years)

AAU Championship Series Mini Meet Ypsilanti, MI

Eastern Michigan University, khall@vistamaria.org

60m, 1600r, 400m, 4x200, LJ, SP, HJ

COST: \$5.00 (No registration necessary) Everyone pays at the door
(ATHLETES, SPECTATORS, PARENTS, COACHES)

Doors open @ 12:00pm Events begin @ 1:00pm

Satur day, March 1, 2014 (5-18 Years)

AAU Championship Series Mini Meet Ypsilanti, MI

Eastern Michigan University, khall@vistamaria.org

60m, 800r, 200m, 400m, 60 Hurdles LJ, SP, HJ

COST: \$5.00 (No registration necessary) Everyone pays at the door
(ATHLETES, SPECTATORS, PARENTS, COACHES)

Doors open @ 12:00pm Events begin @ 1:00pm

Saturday, March 15, 2014 (5-18 Years)

AAU Championship Series Mini Meet Ypsilanti, MI

Eastern Michigan University, khall@vistamaria.org

60m, 1600r, 400m, 4x200, LJ, SP, HJ

COST: \$5.00 (No registration necessary) Everyone pays at the door
(ATHLETES, SPECTATORS, PARENTS, COACHES)

Doors open @ 12:00pm Events begin @ 1:00pm

Satur day, March 29, 2014

Coach O Midwest Championship (Eastern Michigan University, Ypsilanti MI)
Ages 14 - Under (5 – 14 yrs) Only (Due to the start of High School Track Season)

COST: \$20.00/Athlete

* ON-LINE PRE-REGISTRATION REQUIRED FOR ALL PARTICIPANTS AT

www.coacho.com Registration Deadline March 15, 2014

khall@vistamaria.org

COST: \$5.00

(SPECTATORS, PARENTS, COACHES w/o a Coaches Pass)

Doors open @ 8:30am Events begin @ 10:00am

2014 MITS HIGH SCHOOL SERIES

University of Michigan (Ann Arbor)

www.mits.org

COST: \$8.00 (No registration necessary) Everyone pays at the door
(ATHLETES, SPECTATORS, PARENTS, COACHES)

FRIDAY - JANUARY 3

THURSDAY - JANUARY 9

THURSDAY - JANUARY 16

THURSDAY - JANUARY 23

WEDNESDAY - JANUARY 29

WEDNESDAY - FEBRUARY 12

Saturday, February 22, 2014

MITS High State Indoor Championship

Central Michigan University

(Must meet MITS qualifying standards)

Visit www.mits.org

- ? This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- ? 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 Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.



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MICHIGAN AAU
Track & Field
COACH O Midwest Championship
14 & Under (5-14 years)
March 29, 2014
Ypsilanti, MI

- DATE: Saturday, March 29, 2014
- LOCATION: Bowen Field House (Indoor Track)
Eastern Michigan University (Ypsilanti, Michigan)
- HOST: Darnell & Karen Hall, 313-271-3050 x189
khall@vistamaria.org
- Entry Deadline: Register at www.coacho.com by March 15th. There will be No On-site registration or Changes
- Entry Fee: \$20.00 per athlete
Cash, Certified checks or money orders (no personal checks)
payable to:
Karen Hall – Greater Detroit Sports Club
- Mail Entry Fee & Waiver To: Karen Hall
12524 Broadstreet
Detroit, MI 48204
- Time: 9:00am - 4:00 p.m. This is a strict time schedule. The track will open at 9:00 a.m. for warm ups and check in.
- Gate Entry Fee: \$5.00 (All Spectators)

Coaches will be allowed two free passes.

ORDER OF EVENTS

9:30 a.m. All field events

Shot Put –Boys 7-8, 9, 10, 11, 12, 13, 14. Girls to follow same order.

Long Jump- Girls , 5-6, 7-8, 9, 10, 11, 12, 13, 14. Boys to follow the same order.

High Jump- Boys- 9, 10, 11, 12, 13, 14, Youth. Girls to follow the same order.

*Competitors should bring their own implements to be used at Meet.

10:30a.m. Running Events- Boys will run first

60 Hurdles Semi-Finals ((top 8 times advance to finals) – 11, 12, 13, 14

60m. Dash Semi-finals (top 8 times advance to finals) – 5-6, 7-8, 9, 10, 11, 12, 13, 14

1600m Run – 7-8, 9, 10, 11, 12, 13, 14

4x200 Relay – 7-8, 9, 10, 11, 12, 13, 14

6-Under 40 M Dash (Special event)

60m. Finals - 5-6, 7-8, 9, 10, 11, 12, 13, 14

60 Hurdles Finals - 11, 12, 13, 14,

800m – 5-6, 7-8, 9, 10, 11, 12, 13, 14

200m – 5-6, 7-8, 9, 10, 11, 12, 13, 14

400m – 5-6, 7-8, 9, 10, 11, 12, 13, 14

- ? All races will be run as a timed final except the 60m dash and 60m Hurdles. All field events will be contested as a final with four attempts except the high jump . A limit of three events for athletes ages 7-12. Four events for athletes age 13-14. We reserve the right to combine age groups in events.

- ? All athletes are to report on the first call. If the athlete has not reported to the clerking area by the start of the first heat, the athlete will not be permitted to participate in that race.
- ? ALL COACHES AND SPECTATORS ARE PROHIBITED FROM THE INFIELD AND THE TRACK ONCE THE TRACK EVENTS BEGIN. IF A TRACK COACH OR SPECTATOR REFUSES TO REMOVE HIM/HERSELF FROM UNAUTHORIZED AREAS IT WILL RESULT IN THE DISQUALIFICATION OF YOUR ENTIRE TEAM.
- ? Good sportsmanship is expected of all coaches and athletes during the event.
- ? All jumps and throws for Long Jump, High Jump and Shot Put must be completed before 1:00pm.
- ? Relay team members must be members of the team they represent and must wear jersey (tops) of the same color.
- ? Throwing the baton following the finish of any relay will cause the relay team to be automatically disqualified from the event.

Eastern Michigan is requesting only 1/4" spikes or racing flats!

Awards: Medals will be given for 1st – 3rd place. Ribbons for 4th – 8th.



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MICHIGAN AAU
COACH O Midwest Championship
Waiver Form

PLEASE PRINT

First Name

Last Name

Address

City

State

Phone

Date of Birth ____/____/____
 month day year

Circle: Male Female

Age Group: 5-6 7-8 9 10 11 12 13 14 15-18

Athlete's Participation Release:

I do, hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damage which may have or may hereafter accrue to me against AAU Track and Field, Michigan Association of AAU Track and Field, Coach O Bags, Coach O Registration, City of Ypsilanti Michigan, Eastern Michigan University or their respective officers, agents, representatives, successors and/or assigns for any and all damages which may be sustained by me in connections with my association with or entry in the Michigan AAU Coach O Championship Series and Championship, or which may arise out of traveling to or participating in, and returning from said meet.

Athlete's
Signature _____

Parent's
Signature _____

Track
Club _____