



**MINNESOTA AAU 2014
REGION 14 QUALIFIER TRACK AND FIELD MEET
JUNE 26 & 27 – MULTI EVENTS AND STEEPLECHASE
JUNE 28 & 29 – TRACK AND FIELD EVENTS**

Location: Park Center High School 7300 Brooklyn Blvd / Brooklyn Park, MN 55443

Eligibility: Individual athletes and relay teams must have qualified at a District meet. Relay team guidelines will be strictly enforced in accordance with the 2014 AAU Athletics Handbook. Athletes competing in Multi-events, Steeplechase or Pole Vault are exempt from previously competing in a District Meet.

Advancement: The top 8 finishers in every event will qualify to participate in the National Junior Olympic Games in Des Moines, Iowa July 26th to August 2nd. Note that the final AAU Junior Olympic Games schedule will be posted on July 23rd at: www.aauathletics.org

Awards: AAU Medals will be awarded to the top three performers in each event

Registration Packet Pick Up at Host Hotel

Staybridge Suites - 7821 Elm Creek Blvd, Maple Grove, MN 55369

Complimentary hot breakfast, all room are mini suites with kitchens, and indoor pool/whirlpool

Studio suites: **\$109/night** One bedroom suites: **\$139/night** (limited availability)

Dial [763-494-8856](tel:763-494-8856) and ask for the “AAU Regional Track rate”

Meet Format: Meet will proceed on a “rolling schedule”. An approximate time schedule is provided below, however since there is no way to accurately predict the number of participants, the number of heats needed in each event is uncertain. Running events will be contested from youngest age to oldest, girls’ heats first. Age groups will be combined when appropriate.

IMPORTANT NOTE: Preliminary heats with 8 contestants or fewer will be run as a final.

Age Divisions: The athlete's year of birth determines the competitive division as follows:

Ages 8 & under	2006 & after
Age 9	2005
Age 10	2004
Age 11	2003
Age 12	2002
Age 13	2001
Age 14	2000
Ages 15 & 16	1998-1999
Ages 17 & 18*	1996-1997

*Athletes who are 18 years old through the final day of the National AAU Track and Field Meet will be eligible to compete.

Eligibility: Current AAU membership is required. Memberships can be obtained and/or renewed online at www.aausports.org

Cost: Cost will be \$24.00 per athlete regardless of number of events contested.

How to Register:

ENTRIES WILL ONLY BE ACCEPTED ONLINE AT www.coacho.com

Go to www.coacho.com

Click on : Online Registration

Click on: Enter a meet – Meets are listed by date – Find the Minnesota National Qualifier (June 26-29)

Log-in or **Register**, if you have not already registered.

Search for your team. If it has not already been created, the site walks you through how to create your team after the search.

If you are unattached (no team) please select UNATTACHED as YOUR TEAM NAME.

Create your team rosters (girls and boys), including birthdates.

Online registration will close at 11:59 p.m. on June 25, 2014.

Revisions to team rosters and events can be made online before the registration deadline. Once registration closes all questions should be directed to Jack Mayeron, Meet Director (cell: 612-850-1990).

THERE WILL BE NO EXCEPTIONS AND NO DAY OF MEET REGISTRATION WILL BE PERMITTED.

Event Limits: Ages 8 – 12: Maximum of 3 events Ages 13 – 18: Maximum of 4 events.

Participation in multi-events will not count toward these limits.

Relay Limits: Participation on a relay will count as one of the athlete's individual entries and counts toward the maximum number of events allowed.
Relay teams will consist of 4 members and can list up to 4 alternates.

Venue Info: **Tents and canopies** will be permitted only in the top 3 rows of the bleachers. No team camps, with or without tents or canopies will be permitted in the infield.

No dogs, except service dogs will be permitted inside the stadium.

Shower and locker rooms will not be available. Athletes must come to the track dressed and ready to compete.

Restroom facilities will be available.

Warm-ups will be restricted to designated areas and will not be allowed on the track while an event is underway.

Spikes: Maximum spike size will be ¼” pyramid type. Needle spikes will not be permitted.

Bib Numbers: Athletes’ bib numbers will be distributed at the venue upon check-in and must be worn on the front of the competition shirt at all times of competition. There will be a \$10.00 charge for replacement of a lost bib number. Replacement bib numbers can be purchased at the check-in/awards table.

Inclement weather: Weather related delays or scheduling changes will be at the sole discretion of the Meet Director.

Spectator: Spectator admission is \$5.00 per day. Children 6 and under are admitted at
Admission no charge. (Please notify parents)

Other Accommodations:

Holiday Inn & Water Park - Maple Grove – 763-425-3800

American Inn Lodge & Suites - Brooklyn Center 763-566-7500 / \$74.00

Comfort Inn - Brooklyn Center Brooklyn Center 763-560-7464 / \$68.00

Country Inn & Suites - Brooklyn Center Brooklyn Center 763-561-0900 / \$75.00

Days Inn - Brooklyn Center Brooklyn Center 763-561-8400 / \$62.90

Embassy Suites - Brooklyn Center Brooklyn Center 763-560-2700 / \$99.00

Protests: Protests relating to matters that develop during the conduct of the meet must be made to the Meet Director/Referee in writing. Protests must be filed not more than 30 minutes after results have been announced. A \$75.00 cash deposit must accompany the protest. The Referee shall follow the 2014 AAU Athletics handbook and the USATF Rulebook in rendering a decision. The Referee’s decision may be appealed to the Jury of Appeals, whose decision will be final. DEPOSIT WILL BE FOFETED IF THE PROTEST IS DENIED.

Results: Results will be posted online at www.aauathletics.org and www.wayzataresults.com

Challenges: Any person wishing to challenge the final results must do so via email to Josh Gerber at josh@wayzataresults.com within 24 hours after competition ends. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding rules of competition will follow the AAU Athletics Handbook.

Meet officials: Meet Directors – Melvin Anderson - Email: aautrackdirector@gmail.com
- Number: 612-486-6730 Ext 10
Jack Mayeron - Email: jmayeron@youthdetermined.org
Number: 612-486-6730 Ext 12
Results – Josh Gerber, Wayzata Results (wayzataresults.com)
Email: josh@wayzataresults.com

AAU JUNIOR OLYMPIC REGIONAL MEET DECLARATION

- 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 begins.
- Expected - 700 Participants from MN, IA, NE, WI, Dakotas

AAU JUNIOR OLYMPIC NATIONAL MEET INFORMATION

- Drake University, Des Moines, IA
- July 25 - August 1, 2014 Multi Events July 26 & 27 / Track & Field July 28 – Aug 2
- Entry Packet Link http://image.aausports.org/sports/JO_Games/entry/2014/2014-Track-Entry-Info.pdf
- Schedule Link: http://image.aausports.org/sports/JO_Games/entry/2014/AAUJOTRACKSCHEDULE.pdf
- Registration Link http://image.aausports.org/sports/JO_Games/entry/2014/OnlineRegistrationNoticeTrack.pdf
- 13,000 participants from all 50 states expected
- Be sure to RSVP hotels and Rentals Cars ASAP!

MULTI EVENTS THURSDAY, JUNE 26

TIME	EVENT	AGE GROUP	EVENTS
12:00 Noon	Decathlon	15/16 B (Day 1)	100 M, LJ, SP, HJ, 400 M
12:10 PM	Decathlon	17/18 B (Day 1)	100 M, LJ, SP, HJ, 400 M
12:30 PM	Pentathlon	13 & 14 G(Finals)	100 M Hurdles SP, HJ, LJ, 800 M
12:35 PM	Pentathlon	13 & 14 B (Finals)	100 M Hurdles, SP, HJ, LJ, 1500 M
12:45 PM	Heptathlon	15/16 G (Day 1)	100 M Hurdles, HJ, SP, 200 M
12:50 PM	Heptathlon	17/18 G (Day 1)	100 M Hurdles, HJ, SP, 200 M
1:00 PM	Triathlon	9 & 10 G (Finals)	SP, HJ, 200 M
	Triathlon	9 & 10 B (Finals)	SP, HJ, 400 M

MULTI EVENTS AND STEEPLECHASE FRIDAY, JUNE 27

TIME	EVENT	AGE GROUP	EVENTS
10:30 AM	Decathlon	15/16 B (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
10:35 AM	Decathlon	17/18 B (Day 2)	110 M Hurdles, D, PV, Jav, 1500 M
11:00 AM	Heptathlon	15/16 G (Day 2)	LJ, Jav, 800 M
	Heptathlon	17/18 G (Day 2)	LJ, Jav, 800 M
	Pentathlon	11 & 12 G (Finals)	80 M Hurdles, SP, HJ, LJ, 800 M
11:15	Pentathlon	11 & 12 B (Finals)	80 M Hurdles, SP, HJ, LJ, 1500 M

4:00 P.M 2000 METER STEEPLECHASE (IG & YW FOLLOWED BY IB & YM)

**IMPORTANT NOTE: STEEPLECHASE COMPETITION WILL BE HELD AT THE UNIVERSITY
ST. THOMAS, 2115 SUMMIT AVE, ST. PAUL, MN 55105**

MULTI-EVENT FORMAT:

- All events will be run in the order listed above. If there are changes, there will be a revised schedule at Athlete Check-in.
- All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready.
- Each Final Event will be contested according to the point totals of all of the preceding events. All possible medal winners must run together.

ATHLETES COMPETING IN BOTH MULTI-EVENT COMPETITION AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS. YOU WILL NOT NEED A DIFFERENT NUMBER FOR TRACK AND FIELD!

**MINNESOTA AAU TRACK AND FIELD
NATIONAL QUALIFIER – JUNE 28 & 29 2014**

NOTE: WE WILL BE ON A ROLLING SCHEDULE - TIMES ARE APPROXIMATE

SATURDAY TRACK SCHEDULE

9:00	FIELD EVENTS OPEN FOR WARM-UP
10:15	100 METER PRELIMS/FINALS - SEE NOTE ABOVE
11:45	800 METER FINALS
12:30	200 METER PRELIMS/FINALS – SEE NOTE ABOVE
2:15	1500 METER FINALS
3:15	4 X 100 METER RELAY FINALS
4:00	4 x 400 METER RELAY FINALS

SATURDAY FIELD SCHEDULE

	High Jump	Long Jump	Shot Put	Discus
9:30	11G	11/ 12 G & B	17/18 G & B	15/16 G & B
10:45	12G	13/14 G & B	15/16 G & B	17/18 G & B
11:30	15/16 G		13 G & B	11 G & B
12:15	9/10 G	17/18 G & B	14 G & B	12 G & B
1:00	13/14 G		11 G & B	13 G & B
1:45	17 & 18 G	15/16 G & B	12 G & B	14 G & B
2:30				

SUNDAY TRACK SCHEDULE

9:30	3000 METER RUN
10:15	80/100/110/ METER HURDLE FINALS
11:00	100 METER FINALS
11:45	400 METER FINALS
1:30	200M/400M HURDLES
2:00	200 METER FINALS
3:00	4 x 800 METER FINALS

SUNDAY FIELD SCHEDULE

	LONG JUMP	TRIPLE JUMP	SHOT	POLE VAULT	JAVELIN	HIGH JUMP
9:00	8 B & G		9 G & B	ALL CONTESTANTS		17/18 B
10:00	9/10 B & G		8 G & B			15/16 B
11:00		15/16 B & G	10 G & B		ALL	13 & 14 B
12:00		13/14 B & G				11/12 B
1:00		13 & 14 B & G				9/10 B
2:00		17/18 B & G				