



2016 AAU Maryland District Track & Field Championship

Saturday, June 11, 2016

&

Sunday, June 12, 2016

Randallstown High School

4000 Offutt Road

Randallstown, MD. 21133



2016 AAU Maryland District Track & Field Championship



- Host Club:** Randallstown Track Club
- Meet Director:** Felix Rogers (410) 655-2270 Felix.Rogers@verizon.net
- Meet Referee &
AAU Director:** Felix Rogers (410) 655-2270 Felix.Rogers@verizon.net
- Dates:** Saturday, June 11, 2016 & Sunday, June 12, 2016
- Time:** Events start at 8:00 AM on Saturday & Sunday
- Location:** Randallstown High School (corner of Offutt Rd. & Winands Rd.)
4000 Offutt Road, Randallstown, MD. 21133
- Entry:** Each athlete competing in this meet, must have a valid 2016 AAU membership number, and complete the entry process on coacho.com.
- Entry Fee:** \$20.00 per individual athlete. Online entry only at CoachO.com
- Entry Deadline:** All entries must be completed on CoachO, between April 4 and June 6, 2016. No exceptions.
- Team Entries:** Team coaches entering multiple athletes should enter all athletes at the same time. Once entered the athletes are locked by CoachO. If a club is being entered, CoachO will find all athletes attached to that club.
- AAU Membership:** For an athlete to be eligible to compete in this meet, they must be a register member of AAU. They may register online at <http://www.aausports.org>



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Advancement: The top 16 athletes who compete in the Maryland District Championship are eligible to compete in the Area 3 AAU Regional Qualifier Meet, except 19-22 Division. For the 19-22 Division this is an open meet, and they do not advance. All other athletes must enter in the same events in the Regional Qualifier as they competed in the District Qualifier.

Awards: AAU Championship Medals for the top four finisher in each event and division.

1st place gold medal
2nd place silver medal
3rd place bronze medal

Competition Divisions: All athletes must compete in the division as defined below.

Division	Year of Birth	Girls	Boys
8 & under	2008 & Before	8UG	8UB
9	2007	9G	9B
10	2006	10G	10B
11	2005	11G	11B
12	2004	12G	12B
13	2003	13G	13B
14	2002	14G	14B
15 & 16	2000-2001	15-16G	15-16B
17 & 18	1998-1999	17-18G	17-18B
19-22	1994-1997	19-22W	19-22M

Relay Events: Each Relay Team must represent a registered AAU Club. Clubs may register using information listed under “AAU Membership” above. Athletes listed as relay alternates will have that relay event count towards their event limitation.



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Relay events are competed in the following combined divisions.

Combined Relay Division	Divisions Allow	4x100	4x400	4x800
8&Under	8&Under	X		
9-10	9 & 10	X	X	
11-12	11 & 12	X	X	X
13-14	13 & 14	X	X	X
15-16	15-16	X	X	X
17-18	17-18	X	X	X
19-22	19-22	X	X	X

Event Limitations: 8 & Under, 9, 10, 11, and 12 divisions may compete in a maximum of three (3) events including relays. 13, 14, 15-16, and 17-18 may compete in a maximum of four (4) events including relays. Multi-Events do not count towards these limitation, but relay athletes and relay alternates do count towards these limitation. There is no additional entry fee for relay events.

Waived Events: The 2000 m Steeplechase and Pole Vault, are waived to the Regional Qualifier, and will count towards the event limitation. The Multi-Events will not be competed at this event. Multi-Events will not count towards the limitation. Athletes or Coaches must report to the scoring table when these events are called, and provided a performance mark to advance to the Regional Qualifier.



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- Event Schedule:** The meet starts at 8:00 AM on Saturday & Sunday. There is no time schedule for individual events. The meet will run on a rolling schedule. See the order of event later in this document.
- Event Calls:** It is the athletes' responsibility to hear the calls and report to the event venue on the first call for their division. Field event athletes should report directly to the field event venue, and track event athletes should report to the clerking area. The meet will not delay. There will be no rerun, or add for any athlete who is tardy to check-in. There will be absolutely no exceptions.
- Protest:** Protest must be submitted in writing to the Meet Director within 30 minutes after the infraction. The fee for protest is \$50, which will be returned if the protest is upheld. The board of appeals, which is appointed by the District Director, will render a decision.
- Timing:** Fully Automatic Timing (FAT) Services and Data Services, will be provided by Quentin Wilson.

Notes from AAU

- This event is licensed 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 Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- **Be Prepared:** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- **Note:** Any contacts listed within this flyer **MUST** have a current valid AAU Membership.



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Meet Location: **Randallstown High School**
Corner of Offutt Rd. & Winands Rd.
4000 Offutt Road
Randallstown, MD. 21133

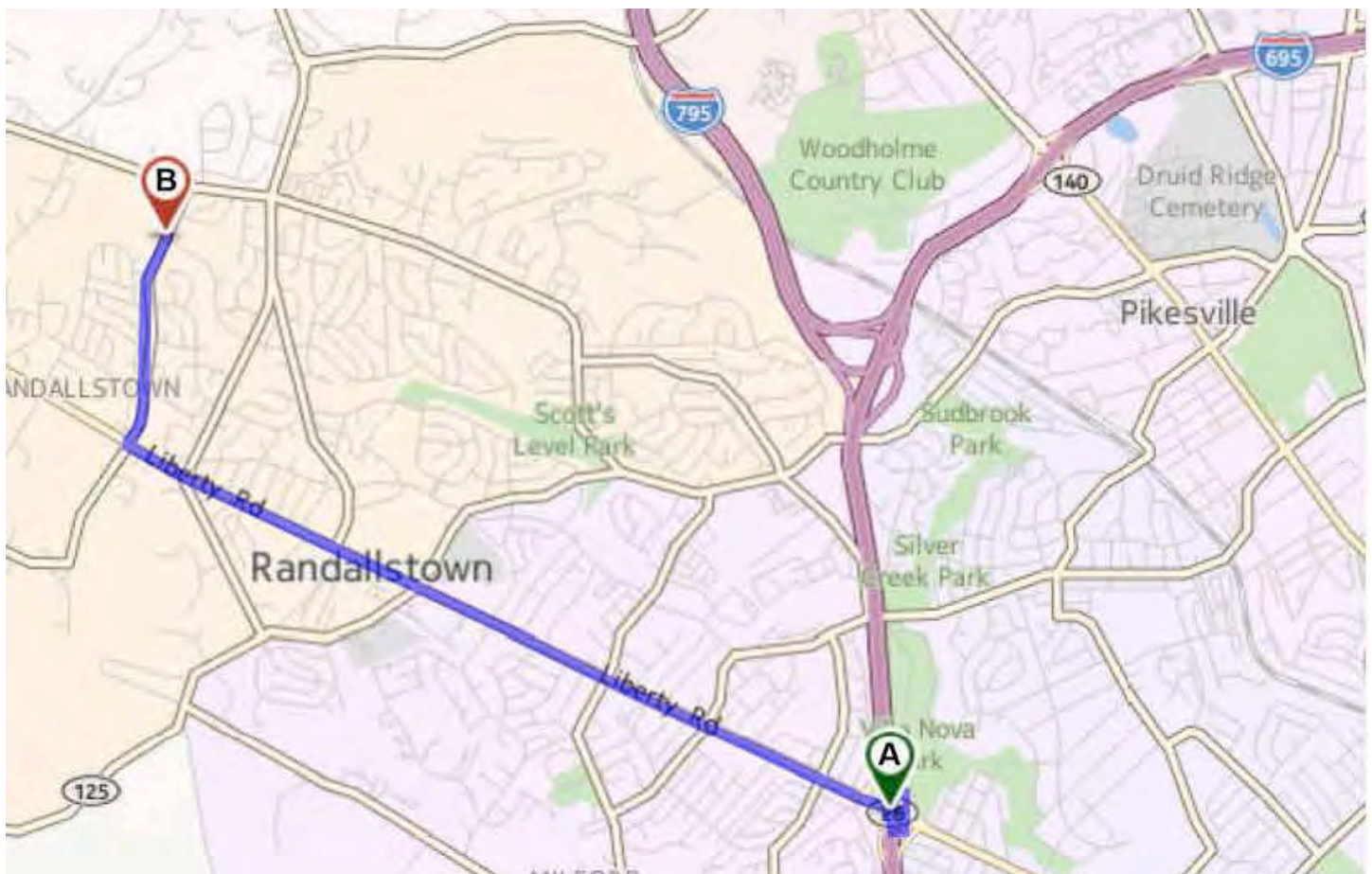
Direction:

From North: **I-95 south to I-695 west towards Towson, Baltimore Beltway.**

From South: **I-95 north to I-695 west towards Towson, Baltimore Beltway.**

From West: **I-70 east to I-695 west towards Towson, Baltimore Beltway.**

I-695 to exit 18 Liberty Road west, towards Randallstown. Go 5 miles west on Liberty Road to Offutt Road, and turn right on Offutt. Go 1 mile to the school. School is on the left, just before intersection of Offutt Rd. & Winands Rd.





2016 AAU Maryland District Track & Field Championship



Site Layout



Track

Shot Put

Parking

School



Track

Discus

High Jump

Long Jump 1

Turbo Javelin

Long Jump 2



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Order of Track Events Saturday June 11, 2016

Event	Divisions	Round	Notes
Combined Events	Triathlon (9-10), Pentathlon (11-14), Heptathlon (15-18G), Decathlon (15-18B)	Waived	
2000 m Steeplechase	15-16G, 17-18G, 15-16B, 17-18B	Waived	must supply advancement mark
3000 m Run	11G,11B,12G,12B,13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B, 19-22W,19-22M	Timed Final	18 per heat, waterfall start, may combine
100 m Dash	All Divisions	Semi-Final	fastest 8 to final, 2 heat final
200 m Hurdles	13G,13B,14G,14B	Timed Final	5 hurdles @ 30"
400 m Hurdles	15-16G,17-18G,19-22W	Timed Final	10 hurdles @ 30"
400 m Hurdles	15-16B,17-18B,19-22M	Timed Final	10 hurdles @ 36"
1500 m Race-Walk	9G,9B,10G,10B,11G,11B,12G,12B	Timed Final	18 per heat, waterfall start, may combine
800 m Run	All Divisions	Timed Final	1 turn stagger, 12 per heat
200 m Dash	All Divisions	Semi-Final	fastest 8 to final, 2 heat final
4x800 m Relay	11-12G,11-12B,13-14G,13-14B,15-16G,15-16B,17-18G,17-18B	Timed Final	1 turn stagger, may combine
4x100 m Relay	8UG,8UB,9-10G,9-10B,11-12G,11-12B,13-14G,13-14B,15-16G,15-16B, 17-18G,17-18B,19-22W,19-22M	Timed Final	Lanes, may combine

Order of Track Events Sunday June 12, 2016

Event	Divisions	Round	Notes
3000 m Race-Walk	13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B,19-22W,19-22M	Timed Final	18 per heat, waterfall start, may combine
400 m Dash	All Divisions	Timed Final	Lanes
100 m Dash	All Divisions	Final	Lanes, 2 heat final
1500 m Run	9G,9B,10G,10B,11G,11B,12G,12B,13G,13B,14G,14B,15-16G,15-16B, 17-18G,17-18B,19-22W,19-22M	Timed Final	18 per heat, waterfall start
80 m Hurdles	11G,11B,12G,12B	Timed Final	8 hurdles @ 30", 7.5 m spacing
100 m Hurdles	13G,14G	Timed Final	10 hurdles @ 30", 8.0 m spacing
100 m Hurdles	13B,14B,15-16G,17-18G	Timed Final	10 hurdles @ 33", 8.5 m spacing
110 m Hurdles	15-16B,17-18B	Timed Final	10 hurdles @ 39", 9.14 m spacing
200 m Dash	All Divisions	Final	Lanes, 2 heat final
4x400 m Relay	9-10G,9-10B,11-12G,11-12B,13-14G,13-14B,15-16G,15-16B,17-18G,17-18B, 19-22W,19-22M	Timed Final	3 turn stagger, may combine

- All Track Events begin at 8:00 AM on Saturday and Sunday.
- For all events 400 m and shorter athletes in 15-16, 17-18, and 19-22 division must use starting blocks that are supplied by the meet.
- 100 m Dash and 200 m Dash, events each have two rounds, Semi-Final and Final, with a 2 heat final. The 8 fastest times from the Semi-Final will advance to the final and the 4 fastest in the 2nd heat. If there are 8 or less entries in the Semi-Final, then all entries will be passed to the final. All other events will be run as a timed final.
- All Hurdle events. 100 m Dash, 200 m Dash, 400 m Dash, 200 m Hurdles, 400 m Hurdles, and 4x100 m Relay will be run in lanes, with up to 6 athletes per heat. The 4x400 m Relay will be run with a three turn stagger and up to 6 athletes per heat. The 800 m Run and 4x800 m Relay will be run with a one turn stagger, and up to 12 athletes per heat, with the extra 6 being filled by doubling up the lanes, starting from the outside (lane 6)). All other events will run from a waterfall start, with the 1500 m Run having a maximum of 12 athletes, and the 3000 m Run, 1500 m Race Walk, and 3000 m Race Walk events having a maximum of 18 athletes per heat. Divisions may be combined for longer races where it is reasonable.



2016 AAU Maryland District Track & Field Championship



Field Events

Saturday June 11, 2016

Event	Division Order										
Shot Put	8UG-8UB 4 lb.	9G-9B 6 lb.	10G-10B 6 lb.	11G-11B 6 lb.	12B-12B 6 lb.	13-14G 6 lb.	13-14B 4 kg	15-16 G 4 kg	15-16B 12 lb.	17-18G 19-22W 4 kg	17-18B 19-22M 16 lb.
Discus	COMPETED SUNDAY										
Turbo Javelin	12G-12B 400 g	11G-11B 400 g	10G-10B 400 g	9G-9B 400 g	8UG-8UB 300 g	Javelin after Turbo Javelin					
Javelin	Turbo Javelin before Javelin					15-16B 800 g 17-18B 800 g 19-22M 800 g	15-16G 600 g 17-18G 600 g 19-22W 600 g	13-14G 600 g 13-14B 600 g			
High Jump	17-18G	17-18B	15-16G	15-16B	14G	14B	13G	13B	19-22W	19-22M	
Long Jump	8UG Pit 1	8UB Pit 2	9G Pit 1	9B Pit 2	10G Pit 1	10B Pit 2	11G Pit 1	11B Pit 2	12G Pit 1	12B Pit 2	
Triple Jump	COMPETED SUNDAY										
Pole Vault	WAIVED (must supply advancement mark)										

Sunday June 12, 2016

Event	Division Order										
Shot Put	COMPETED SATURDAY										
Discus	11G-11B 1.0 kg	12G-12B 1.0 kg	13G-13B 1.0 kg	15-16G 1.0 kg	15-16B 1.6 kg	17-18G 1.0 kg	17-18B 1.6 kg				
Turbo Javelin	COMPETED SATURDAY										
Javelin	COMPETED SATURDAY										
High Jump	12G	12B	11G	11B	10G	10B	9G	9B			
Long Jump	13G Pit 2	13B Pit 2	14G Pit 2	14B Pit 2	15-16G Pit 2	15-16B Pit 2	17-18G Pit 2	17-18B Pit 2	19-22W Pit 2	19-22M Pit 2	
Triple Jump	19-22W Pit 1	19-22M Pit 1	17-18G Pit 1	17-18B Pit 1	15-16G Pit 1	15-16B Pit 1	14G Pit 1	14B Pit 1	13G Pit 1	13B Pit 1	
Pole Vault	WAIVED (must supply advancement mark)										

- All Field Events begin at 8:00 AM on Saturday and Sunday.
- Divisions will compete in the order shown in the table above, from left to right. When one division finishes, then the next division will be called. Athletes must check-in on the first call.
- In the throws and the horizontal jumps, each competitor will have four attempts.
- Throwing events implement specifications for each division are shown in the table.
- In the High Jump, within a division, the bar will not move down for any reason except a tie for first place. Pole Vault athletes must certify their weight and pole specifications prior to the competition.
- Athletes who must leave for another event must check-out with the Event Official. If requested by the athlete, they may take attempts in succession. If excused during a round the athlete must return prior to the conclusion of that round or forfeit remaining attempt.