



2007 CENTRAL AAU DISTRICT TRACK & FIELD CHAMPIONSHIP

Saturday, June 16 - Primary, Sub Bantam, Bantam, Sub Midget, Midget

Sunday, June 17 - Youth, Intermediate & Young Men/Women

Guilford High School
5620 Spring Creek Road, Rockford, IL 61114

Meet Director: Bob Pleticha, Phone (847) 741-5849 or Email: elginsharks@juno.com

Website: www.elginsharks.org

NO RACE DAY CHANGES!!!! NO ATHLETE ON TRACK WITHOUT A NUMBER!!!!

INFORMATION

AAU Membership: No athlete's entry will be accepted nor will the athlete be allowed to compete unless he/she is a current registered member of the AAU. All teams participating must also have a team membership. If you need to get individual and/or team memberships please contact: **Carolyn Lambert, Central AAU, Box 183, Clarendon Hills, IL 60514, 1-800-AAU-4USA or 630-789-9097 or FAX 630-789-9087** or on line www.ausports.org

Entry Fees: \$15 per athlete. No entry fee will be transferred or refunded. Entry will not be processed unless entry fee is paid by deadline.

Entry Process: All athletes/teams (including relay team members and alternates) must utilize the Coach O online entry process via www.Coacho.com and follow the online meet entry lnks. This will permit a very efficient registration process that is easy to use. Teams will have until 11pm CDT Monday, June 11 to complete registration.

Immediately after registering online, teams will receive a receipt from the website which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If you athletes do not appear on the confirmation, they are not registered for the meet. **Relay Team members** must also be registered.. Please take care of these issues prior to arriving at the meet.

Make a **copy** of this **Receipt** as well as **Relay Declaration Form(s)** and mail with a check made out to the Elgin Sharks Track Club 500 Laurel Street, Elgin, IL 60120 to be received no later than Thursday, June 14.

NOTE: You must also bring proof-of-age and AAU card to the meet.

Event Limits: Three (3) events including relay for Primary, Sub Bantam, Bantam, Sub Midget, Midget; four (4) events including relay for Youth, Intermediate & Young Men/Women. **NOTE: entry in a relay, either as a primary or an alternate member, will be considered an entry for the purpose of this rule. If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.**

Waiver/Medical Statement must be signed and brought to the meet and provided at packet pick up!

Packet Pick Up: Packets can be picked up starting at 6:30 AM Saturday, June 16 at the field.

Age Divisions: The program is divided into nine (9) divisions for boys and girls. The athlete's **year of birth** shall determine the division in which the athlete shall compete. **Note the breakdown of age divisions they are as follows:**

DIVISION	1000	2000	4000	8000	15000	30000	StC	RW	80H	100H	110H	200H	400H	LJ	TJ	SP	DT	JT	HJ	PV	4x100	4x400	4x800	
Primary (1999-later)	X	X	X	X										X		X								
Sub Bantam (1998)	X	X	X	X	X			X						X		X			X		X	X		
Bantam (1997)	X	X	X	X	X			X						X		X			X		X	X		
Sub Midget (1996)	X	X	X	X	X	X		X	X					X		X	X		X		X	X	X	
Midget (1995)	X	X	X	X	X	X		X	X					X		X	X		X		X	X	X	
Sub Youth (1994)	X	X	X	X	X	X		X		X		X		X	X	X	X	X	X	X	X	X	X	X
Youth (1993)	X	X	X	X	X	X		X		X		X		X	X	X	X	X	X	X	X	X	X	X
Intermediate Girls (1992-91)	X	X	X	X	X	X	X	X		X			X	X	X	X	X	X	X	X	X	X	X	X
Intermediate Boys (1992-91)	X	X	X	X	X	X	X	X			X		X	X	X	X	X	X	X	X	X	X	X	X
Young Women (1988*-90)	X	X	X	X	X	X	X	X		X			X	X	X	X	X	X	X	X	X	X	X	X
Young Men (1988*-90)	X	X	X	X	X	X	X	X			X		X	X	X	X	X	X	X	X	X	X	X	X

- Note there is no moving up in age division you must compete in your age division.
- Athletes who are still eighteen (18) years of age through the final day of the National track & Field Meet are eligible to compete in the Young Men's and Young Women's division (August 4, 2007)

RELAYS: Relays are still conducted as before in combined age division: 10 & under, 11 & 12, 13 & 14, 15 & 16 and 17 & 18.

Equipment: Please bring your own Shots, Discus, Poles (Pole Vault) and Javelins. Some starting blocks will be available.

Facilities: Eight (8) lane all weather track, ¼" spikes limit. Restrooms are available but no dressing facilities will be available. Refreshments available.

Admissions: \$5 a day or \$8 for two days. Children 5 and under FREE. Only those Coaches who present their **2007 AAU Coaches Membership** and Athletes will be admitted free.

Further Information: Evenings (847) 741-5849 Bob or Mary.

Awards: Individuals: 1st through 6th - Medals Relay Teams: 1st through 6th - Medals

Advancement: Individuals/Relay Teams - the top eight (8) finishers in each event and each age division qualify from the District Championship to the Regional Championship in Bloomington, Illinois on July 14th and 15th with the multi events on July 12th & 13th. The top four (4) from Regionals qualify to the AAU Junior Olympic Games in Knoxville, Tennessee July 25 – August 4, 2007.



**2007 AAU Central District Championship
Guilford High School**

Athlete: _____ Date of Birth: _____

Team: _____

WAIVER: I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release AAU, Central AAU, Rockford School District, The Rockford Park District, The Elgin Sharks Track Club and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photo/records of these events. I grant permission for emergency medical treatment for my son/daughter by competent medical personnel on the indicated date.

List allergies and current medications, if any _____

Parent/Guardian Signature: _____

Date: _____



CENTRAL AAU DISTRICT CHAMPIONSHIP

Guilford High School, Rockford, IL

June 16 & 17, 2007

ORDER OF EVENTS

Youngest to Oldest - Girls First

Note: *Finals will be run in Prelim time slots if eight (8) or fewer athletes report to the clerk at check in.

Saturday, June 16

Key: TF =Timed Final
 PG=Primary Girls BB=Bantam Boys
 PB=Primary Boys SMG=Sub Midget Girls
 SBG=Sub Bantam Girls SMB=Sub Midget Boys
 SBB=Sub Bantam Boys MG=Midget Girls
 BG=Bantam Girls MB=Midget Boys

Sunday, June 17

F = Final
 SYG=Sub Youth Girls IG=Intermediate Girls
 SYB=Sub Youth Boys IB=Intermediate Boys
 YG=Youth Girls YW=Young Women
 YB=Youth Boys YM=Young Men

7:30am, RUNNING EVENTS BEGIN

7:30 3000 F MG, MB

 8:30 100 TF All Divisions
 80H TF MG, MB-30"
 4x800 F SMG, SMB, MG, MB
 4x100 F All except PG & PB
 800 F All Divisions

ATOM & SHRIMP RACE

400 F All Divisions
 1500 F All except PG & PB
 200 F All Divisions
 4x400 F All except PG & PB

9:00am, FIELD EVENTS BEGIN

HJ	<u>LJ(Boys)</u>	<u>LJ(Girls)</u>	<u>SP (6 lb)</u>
SBG	PB	PG	PG
SBB	SBB	SBG	PB
BG	BB	BG	SBG
BB	SMB	SMG	SBB
SMG	MB	MG	BG
SMB			BB
MG			SMG
MB	<u>DT (Follows SP)</u>		SMB
MG (1k)		MG	
MB (1k)		MB	

7:30am, RUNNING EVENTS BEGIN

7:30 3000 F All Divisions
 8:00 1500RW F All Divisions
 3000RW F All Divisions
 8:30 100 TF All Divisions
 100H TF YG-30", YB, IG, YW-33"
 110H TF IB, YM-39"
 4x800 F All Divisions
 4x100 F All Divisions
 800 F All Divisions
 400 F All Divisions
 200H F YG, YB-30"
 400H F IG, YW-30", IB, YM-36"
 1500 F All Divisions
 200 F All Divisions
 StC IB, YM (will be passed on to Regionals)
 IG, YW
 4x400 F All Divisions

9:00am, FIELD EVENTS BEGIN

<u>LJ (Girls)</u>	<u>TJ(Follows LJ)</u>	<u>HJ</u>
YG	YG	YG
IG	IG	YB
YW	YW	IG
	YB	YW
<u>LJ (Boys)</u>	IB	IB
YB	YM	YM
IB		<u>PV (All Divisions)</u>
YM		SYG, SYB, IG, IB, YW, YM

<u>SP</u>	<u>DT(Follows SP)</u>	<u>JT(Follows DT)</u>
YG (6 lb)	YM (1.6 kg)	YM (800 grams)
IG (4 k)	IB (1.6 kg)	IB (800 grams)
YW (4 k)	YB (1 kg)	YB (600 grams)
YB (4 k)	YW (1 kg)	YW (600 grams)
IB (12 lb)	IG (1 kg)	IG (600 grams)
YM (12 lb)	YG (1 kg)	YG (600 grams)

SUNDAY ALL RACEWALKS

2007 CENTRAL AAU DISTRICT CHAMPIONSHIP RELAY DECLARATION FORM



1. Participation of relay teams shall be limited to those clubs which hold current valid membership prior to the Association Championship. Relay team members must be members of the club they represent and of the same age division and gender.
2. Relay teams shall consist of four (4) members plus up to four (4) alternate members, for a maximum 8 total from the same club, to be declared at the time of entry into each meet. Once the entry has been forwarded to the National Director, no changes may be made for those names submitted.
3. Clubs must qualify teams in the Association and Regional meets in order to qualify for the National Championships.
4. All participating team members must wear jerseys (tops) of the same color. At a National Championship, all participants shall wear the same color shorts as well.
5. After a relay team has started in a competition, only two athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes from the same club, declared for that event. The composition of the team and the order of running must be declared before the start of each round of the competition. Once an athlete, who has started in a previous round, has been replaced by a substitute, that athlete may not return to the team in that meet.
6. **Throwing the baton following the finish of any relay will cause the relay team to be automatically disqualified from the event.**

DISTANCE: 4X _____ SEX: _____ DIVISION: _____

AAU CLUB NAME: _____ AAU CLUB NUMBER: _____

COACH: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

MEMBERS:

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

I certify that all listed athletes comply with the rules and are in compliance with their age division. I am aware that to be properly entered, **each must file an individual entry form and specify their entry for this relay event.** I also understand that if they are not entered on an individual entry form, they will not be allowed to participate. To compete in the relay, each must be listed on the Relay Declaration Form. I certify that no alterations will be made to this form.

SIGNATURE: _____



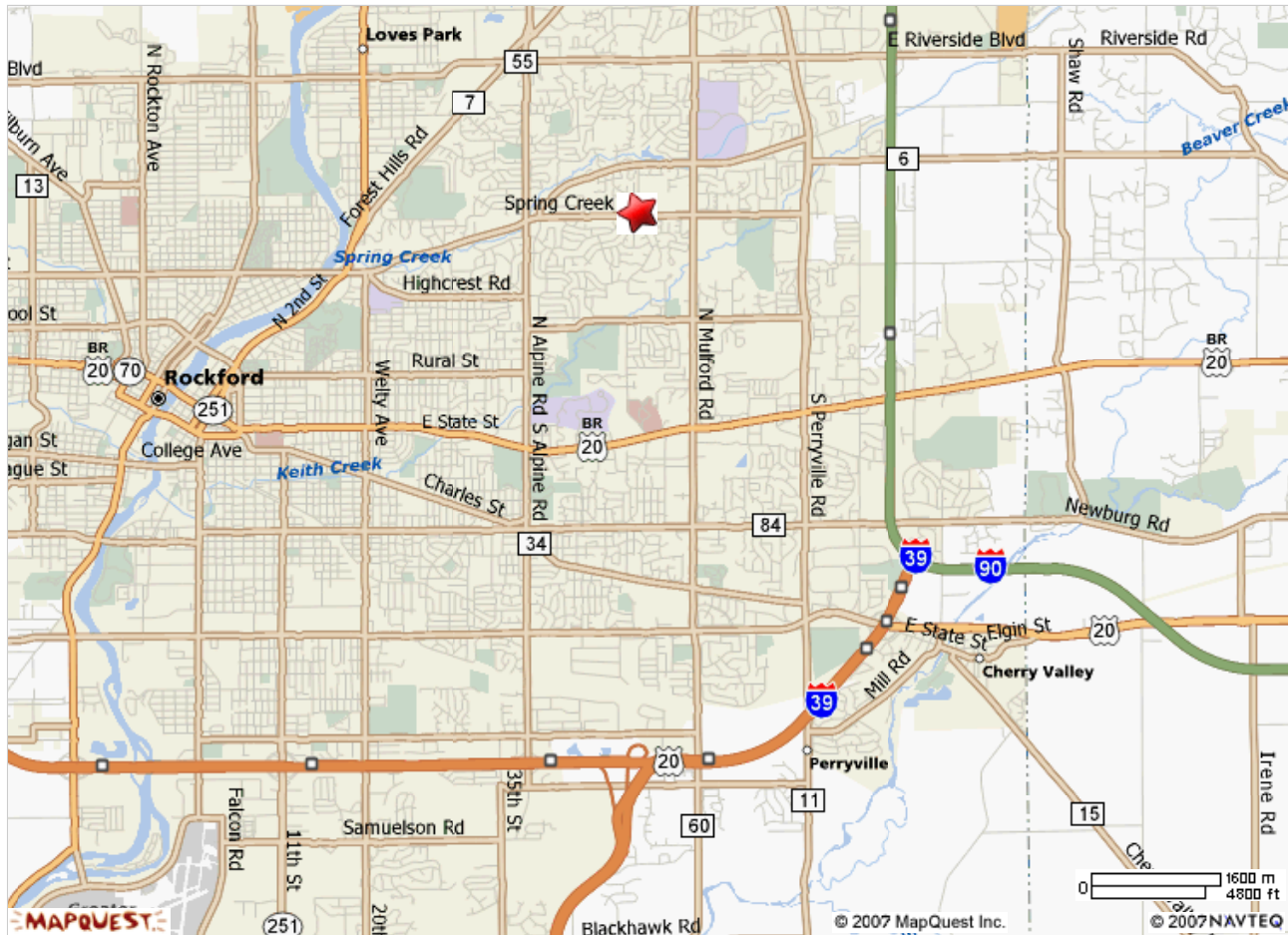
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★ **5620 Spring Creek Rd**
Rockford, IL 61114-6442, US



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