



2009 AAU Area 10 National Qualifying Track & Field & Multi-Event Meet

Hosted by the Hammond Track Club and Lake County Convention and Visitor's Bureau

Thu-Sun, July 16-19, 2009
Morton High School
6915 Grand Ave
Hammond, IN 46323

Sanction: Amateur Athletic Union (AAU)

Meet Directors:

Joe Mis
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AAU Area Coordinator



Fees:

Entry fee is \$25.00 for *each athlete*. No entry fee will be transferred or refunded. **Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2009 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online, no exceptions will be granted.**

Eligibility:

This meet is welcome open to any athlete that falls within the age divisions listed below and have competed in that particular event at their respective **District Qualifying Meet**. Athletes aged 13 (Sub-Youth) and older may enter in up to a maximum of 4 events including relays. Younger age brackets may only enter in 3 events including relays. **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.**

Detailed information is available on www.aauathletics.org

Age Divisions:

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The Young Mens/Womens division is open to any one who was born in or prior to 1992 and will not turn 19 years of age on the final day of the national meet.

Age Divisions	100	200	400	800	1500	3000	10000	30000	200000	800000	1000000	1000000	2000000	4000000	LJ	TJ	JT	DT	SP	HJ	PV	4x100	4x200	4x400	MU	
Primary (2001 & Younger)	X	X	X	X										X					X			X				
Sub-Bantam (2000)	X	X	X	X	X		X							X					X	X						X
Bantam (1999)	X	X	X	X	X		X							X					X	X		X	X			X
Sub-Midget (1998)	X	X	X	X	X	X	X		X					X				X	X	X						X
Midget (1997)	X	X	X	X	X	X	X		X					X				X	X	X		X	X	X	X	X
Sub-Youth (1996)	X	X	X	X	X	X		X		X		X		X	X	X	X	X	X	X	X					X
Youth (1995)	X	X	X	X	X	X		X		X		X		X	X	X	X	X	X	X	X	X	X	X	X	X
Intermediate (1993-94)	X	X	X	X	X	X		X	X		G	B		X	X	X	X	X	X	X	X	X	X	X	X	X
Young (1990*-92)	X	X	X	X	X	X		X	X		W	M		X	X	X	X	X	X	X	X	X	X	X	X	X

Entry Process:

Teams:

All teams and unattached athletes must utilize the Coach O online entry process via www.AAUAthletics.org and follow the national qualifying meet links. This will permit a very efficient registration process that is easy to use. Teams will have until 11pm CDT, Monday, July 6.to complete registration. Please note that you must pay for your entries with a credit card online or your entries will not be accepted.

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 your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving at the meet, if at all possible.

Check-In Requirements:

A packet will be provided for each team consisting of competition numbers, team roster, and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 7:00am on meet day. Be sure to bring birth certificates and AAU cards with when you pick up packets.

Awards:

In individual and relay events, medals will be presented for participants who finish 1st-4th place.

Officials:

Anyone desiring to officiate at this meet is encouraged to contact Marchan Adkins via email at Marchan@AdkinsTrak.com or Joe Mis at joetrack@aol.com. Your assistance is greatly appreciated.

Facility:

The track is an 8-lane all-weather surface. Only ¼” or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done by AdkinsTrak Timing using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

Refreshments:

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

Equipment:

Starting blocks, batons, and throwing implements will be provided by the meet management. There is no need to bring personal implements with you. Those that desire to utilize personal implements must obtain clearance from the meet official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

Admission:

A daily admission charge of \$6.00 will be assessed for everyone not competing in the meet. .

Hotels:

There are several good lodging facilities in the area. Listed below is detailed information on the primary hotels for the event.

Hotel	Location	Phone	Amenities	Rate
Amerihost Inn	Hammond, IN		Free Breakfast	\$119
Best Western Inn & Suites	Merrillville, IN			\$119.99-129.99
Comfort Inn	Hobart, IN			\$99.00
Comfort Suites	Merrillville, IN			\$129.00
Country Inn & Suites	Merrillville, IN			\$124.00-144.00
Lee's Inn & Suites	Merrillville, IN			\$89.00
Super 8 Motel	Hammond, IN			\$66.88

Please be sure to indicate that you are participating in the AAU Track & Field National Qualifying Meet when requesting rooms at these facilities.

Event Schedule

Thursday, July 16 – *Multi-Events*

NOTE: This will be a rolling schedule.

Order of Events/Age Division (*NOTE: First event will start at 9:00 am sharp*)

Decathlon - Intermediate Boys -Young Men (Day 1)
.....100 meters, LJ, SP, HJ, 400 meters
Heptathlon - Intermediate Girls – Young Women (Day 1)
.....100 m Hurdles, HJ, SP, 200
Pentathlon - Sub Midget Girls & Midget Girls (Finals)
.....80 m Hurdles, SP, HJ, LJ, 800 meters
Pentathlon – Sub Midget Boys & Midget Boys (Finals)
.....80 m Hurdles, SP, HJ, LJ, 1500
Pentathlon – Sub Youth Girls – Youth Girls (Finals)
.....100 m Hurdles, SP, HJ, LJ, 800 meters
Pentathlon – Sub Youth Boys – Youth Boys (Finals)
.....100 m Hurdles, SP, HJ, LJ, 1500 meters

Friday, July 17 – *Multi, Racewalk, Track & Field Events*

NOTE: This will be a rolling schedule.

Order of Events/Age Division (*NOTE: First event will start at 9:00 am sharp*)

Decathlon - Intermediate Boys – Young Men (Finals)
.....110 m Hurdles, Discus, PV, Jav, 1500 meters
Heptathlon – Intermediate Girls - Young Women (Finals)
.....LJ, Jav, 800 meters
Triathlon - Sub Bantam Girls, Bantam Girls (Finals)
.....HJ, SP, 200
Triathlon - Sub Bantam Boys & Bantam Boys (Finals)
.....HJ, SP, 400
2000 Meter Steeplechase Starting at 9:30 am (Finals)
IG, YW, IB, YM
1500 Meter Racewalk Starting at 3:00 pm (Finals)
.....SBG, SBB, BG, BB, SMG, SMB, MG, MB
3000 Meter Racewalk Starting at 3:30 pm (Finals)
.....SYG, SYB, YG, YB, IG, IB, YW, YM
3000 Meter Run Starting at 4:15 pm (Finals)
.....SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

Saturday, July 18 – Track & Field Events

Running Events - (NOTE: First event will start at 8:00 am sharp)

4 x 800 Meter Relay –

MG, MG, YG, YB, IG, IB, YW, YM

100 Meter Dash Prelims – (Will not start until 9:00am)

All age groups starting with PG (top 8 times to finals)

100 Meter Dash Finals

All age groups starting with PG (top 8 times from Prelims)

800 Meter Run Timed Finals

All age groups starting with PG (Timed Finals)

200 Meter Dash Finals

All Age groups starting with PG – (Timed Finals)

4 x 100 Meter Relay

PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

Field Events - (NOTE: First event will start at 8:00 am sharp)

Long Jump (Pit 1)

SYB, IB, SYG, IG, SBB, SMG

Long Jump (Pit 2)

YB, YM, YG, YW, BB, MG

High Jump (Pit 1)

IB, YB, SYB, YM, IG, YG, SYG, YW

High Jump (Pit 2)

SBG, BG, SMG, MG, SBB, BB, SMB, MB

Shot Put (Ring 1)

SYG, YG, YW, IG, SYB, YB, MG, SMG, BG

Shot Put (Ring 2)

YM, IB, MB, SMB, BB, SBB, PB, SBG, PG

Javelin Throw (Field Outside Stadium)

IB, YM, SYB, YB, IG, YW, SYG, YG

Sunday, July 19 – Track & Field Events

Running Events - (NOTE: First event will start at 8:00 am sharp)

1500 Meter Run Finals (Age groups may be combined by gender)

SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

80 Meter Hurdles Finals

SMG, SMB, MG, MB

100 Meter Hurdles Finals

SYB, YB, IG, YW, SYG, YG

110 Meter Hurdles Finals

IB, YM

400 Meter Dash Finals

All age groups starting with PG – (Timed Finals)

200 Meter Hurdles Finals

SYG, SYB, YG, YB

400 Meter Hurdles Finals

IB, YM, IG, YW

4 x 400 Meter Relay Finals

BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

Field Events - (NOTE: First event will start at 8:00 am sharp)

Long Jump (Pit 1)

MB, SMB, BG, SBG, PG, PB

Discus (Discus Ring)

YW, IG, SYG, YG, SMB, MB, SMG, MG, YM, IB, SYB, YB

Triple Jump (Pit 2)

SYG, YG, IG, YW, SYB, YB, IB, YM

Pole Vault (PV Pit)

SYG, YG, IG, YW, SYB, YB, IB, YM