

# 2013 AAU Indoor Track & Field National Championship

## Meet Information



Friday, Saturday and Sunday  
March 15-17, 2013

**Birmingham CrossPlex**

2331 Bessemer Road  
Birmingham, AL 35208

**2013 AAU Indoor National Track & Field Championship**  
**Friday, Saturday and Sunday**  
**March 15-17, 2013**

**Sanction: Amateur Athletic Union (AAU)**

**Location: Birmingham, CrossPlex Birmingham, Alabama**

**Rules: USA Track & Field Youth Athletics Rules and AAU Handbook**

**Meet Director:**

Robin Brown-Beamon

Phone: (786) 390-4879

Email: [rbeamon@ausports.org](mailto:rbeamon@ausports.org)

**Meet Administrator:**

Mavis Chubb

Phone: (678) 480-9992

Email: [gaaatrackandfield@yahoo.com](mailto:gaaatrackandfield@yahoo.com)

**Eligibility:**

This meet is open to any athlete that falls within the age divisions listed below. AAU Memberships can be obtained through the AAU National Website [www.ausports.org](http://www.ausports.org). Each Youth, Intermediate and Young athlete may enter in up to a maximum of 4 events including relays plus a multi-event. Primary, Bantam, & Midget age brackets may enter 3 events including relays plus a multi-event. ***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.***

**Age Divisions:**

Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.

**Age Division Limitations**

8 and Under Girls/Boys (Born 2005 and later)

Maximum 3 Events including relays

9 year old Girls/Boys (Born 2004)

Maximum 3 Events including relays

10 year old Girls/Boys (Born 2003)

Maximum 3 Events including relays

11 year old Girls/Boys (Born 2002)

Maximum 3 Events including relays

12 year old Girls/Boys (Born 2001)

Maximum 3 Events including relays

13 year old Girls/Boys (Born 2000)

Maximum 4 Events including relays

14 year old Girls/Boys (Born 1999)

Maximum 4 Events including relays

15-16 year old Girls/Boys (Born 1997.-1998)

Maximum 4 Events including relays

17-18-19 year old Women/Men (Born 1994\*-1996)

Maximum 4 Events including relays

***\*Athletes who are born in 1994 and will not turn 19 years of age during the meet are eligible to compete in the Young Women's/Men's Division)***

**Fees:**

Entry fee is \$40.00 for each athlete for track and field events and \$40.00 for each multi-event entry. *Entry fees are not refundable or transferrable. **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 2013 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online at [www.coacho.com](http://www.coacho.com).***

**Entry Process:**

All teams and unattached athletes must utilize the online entry process via [www.coacho.com](http://www.coacho.com). This will permit a very efficient registration process that is easy to use. Everyone will have until 6pm EST, Monday, March 11 to complete registration. Immediately after registering online, you will receive a receipt from the website which will produce a list of all athletes you've 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 any issues prior to arriving in Birmingham. ***Absolutely no entries will be accepted after March 11, 2013.***

**Packet Pickup:**

A packet will be provided for each team consisting of team roster and events entered. A team representative or parent of an unattached athlete will be responsible for picking up the packets. All teams are urged to pick-up packets on Thursday evening as the lines on Friday and Saturday may be long. Packets can be picked up at the track facility on Thursday, March 14, from Noon-7:00PM and on Friday and Saturday, March 15 and 16, beginning at 7:00AM. Be sure to bring birth certificates and 2013 AAU cards with you when you pick up packets.

**Awards:**

In individual events, AAU National Championship medals will be presented for participants who finish 1<sup>st</sup>-8<sup>th</sup> place. All four relay participants will receive awards for 1<sup>st</sup>-8<sup>th</sup> place finishes.

**Warm Up:**

All warm ups will be done on the warm up track.

**Facility:**

The Birmingham CrossPlex is an awesome \$46 million dollar indoor track and aquatics facility. The facility boasts an indoor 200-meter indoor hydraulically banked Mondo Super X track; eight-lane sprint track; four-lane warm-up track and double apparatus for all field events -- shot put, long jump, triple jump, pole vault, high jump. It also features a 54-foot jumbo screen with split-screen video/replay/scoring and seating for 4,000, plus spectators.

**WARNING: Only ¼” or smaller pyramid spikes are allowed. Spikes will be checked upon entering the track area, in the clerking area and at the start line.**

Fully Automatic Timing & results will be used with Finishlynx Cameras interfaced with Hy-Tek Meet Manager.

No 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 will be provided by the meet management. There is no need to bring any with you. Those that desire to utilize personal implements must obtain clearance from the event 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 charge of \$5.00 admission will be assessed for everyone not competing in the meet. Teams will be given one coaches passes for every 10 competitors participating in the meet up to a maximum of 5.

**Host Hotel:**

**The DoubleTree by Hilton at Birmingham located at 808 South 20<sup>th</sup> Street (Downtown Birmingham) (205) 933-5000** will serve as the host hotel for the meet. This property is located approximately 10-15 minutes from the CrossPlex. Please be sure to indicate that you are participating in the AAU Birmingham Track & Field Invitational.

**2013 AAU Indoor National Track & Field Championship**  
**Friday, Saturday and Sunday \*\*\* March 15-17, 2013**  
**Friday Event Schedule**

**Friday, March 15**

**Multi-Events/Racewalk**

**NOTE: This will be a rolling schedule. Facility is open for practice from 10:00-11:00am**

**Order of Events/Age Division (NOTE: All events begin at 12:00pm unless otherwise specified)**

Pentathlon - 15-16 year old Girls & 17-18-19 year old Men (Finals)

.....55 m Hurdles (39”), LJ, SP, HJ, 1000 meters

Pentathlon – 15-16 year old Girls & 17-18-19 year old Women (Finals)

.....55m Hurdles (33”), HJ, SP, .LJ, 800 meters

Pentathlon – 13 year old Boys & 14 year old Boys (Finals)

.....55m Hurdles (33”), LJ, SP, HJ, 1000 meters

Pentathlon – 13 year old Girls & 14 year old Girls (Finals)

.....55m Hurdles (30”), HJ, SP, LJ, 800 meters

Pentathlon – 11 year old Boys & 12 year old Boys (Finals)

.....55m Hurdles (30”), LJ, SP, HJ, 1000 meters

Pentathlon – 11 year old Girls & 12 year old Girls (Finals)

.....55m Hurdles (30”), HJ, SP, LJ, 800 meters

Triathlon - 9 year old Girls, 10 year old Girls (Finals)

.....HJ, SP, 200

Triathlon – 9 year old Boys & 10 year old Boys (Finals)

.....HJ, SP, 400

1500 Meter Racewalk **Starting at 2:00 pm (Finals)**

.....9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B

3000 Meter Racewalk **Starting at 2:30 pm (Finals)**

.....13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18-19W,  
17-18-19YM

**Friday, March 15 (Night Session) Racewalk & Field Events**

Pole Vault (PV Pit).....13G, 14G, 15-16G, 17-18-19W, 13B, 14B, 15-16B, 17-18-19M

Triple Jump (Pit 1) .....13G, 14G, 15-16, 17-18-19W, 13B, 14B, 15-16B, 17-18-19M

**5:00 3000 Meter Run Finals**

.....11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18-19W, 17-18-19M

**6:30 200 Meter Dash Prelims .....All Age groups starting with 8&UG – (Top 8 to Finals)**

***2013 AAU Indoor National Track & Field Championship  
Friday, Saturday and Sunday \*\*\* March 15-17, 2013  
Saturday Event Schedule***

**Saturday, March 16**

***Track & Field Events***

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

**NOTE: This will be a rolling schedule**

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

**All age groups starting with 8&UG**

**55 Meter Hurdles Prelims (top 8 times to finals)**

11G, 11B, 12G, 12B, 13G, 14G, 13B, 14B, 15-16G, 17-18-19W, 15-16B, 17-18-19M

**55 Meter Dash Prelims –**

**All age groups starting with 8&UG (top 8 times to finals)**

**800 Meter Run Timed Finals**

**All age groups starting with 8&UG-12B (Timed Finals)**

**400 Meter Dash Finals**

**All age groups starting with 13G-17-18-19M (Timed Finals)**

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

**Long Jump (Pit 1)**

13B, 15-16B, 13G, 15-16G, 9B, 11G

**Long Jump (Pit 2)**

14B, 17-18-19M, 14G, 17-18-19W, 10B, 12G

**High Jump (Pit 1)**

11B, 12B, 14B, 13B, 14G, 13G

**High Jump (Pit 2)**

9G, 10G, 11G, 12G, 9B, 10B

**Shot Put (Ring 1)**

13G, 14G, 17-18-19W, 15-16G, 13B, 14B, 12G, 11G, 10G

**Shot Put (Ring 2)**

17-18-19M, 15-16B, 12B, 11B, 10B, 9B, 8&UB, 9G, 8&UG

***2013 AAU Indoor National Track & Field Championship  
Friday, Saturday and Sunday \*\*\* March 15-17, 2013  
Sunday Event Schedule***

**Sunday, March 17**

***Track & Field Events***

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

**NOTE: This will be a rolling schedule**

**200 Meter Dash Finals**

**All age groups starting with 8&UG (top 8 times from Prelims)**

**400 Meter Dash Finals**

**8&UG-12B (Timed Finals)**

**55 Meter Hurdles Finals**

**11G, 11B, 12G, 12B, 13G, 14G, 13B, 14B, 15-16G, 17-18-19W, 15-16B, 17-18-19M**

**55 Meter Dash Finals**

**All age groups starting with 8&U (top 8 times from Prelims)**

**800 Meter Run Timed Finals**

**13G-17-18-19M (Timed Finals)**

**4 x 400 Meter Relay Finals**

**10G, 10B, 12G, 12B, 14G, 14B, 15-16G, 15-16B, 17-18-19W, 17-18-19M**

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

**High Jump (Pit 1)**

**15-16B, 17-18-19M, 15-16G, 17-18-19W**

**Long Jump (Pit 1)**

**12B, 11B, 10G, 9G, 8 &UG, 8&UB**

**Driving Directions  
to the  
Birmingham CrossPlex  
2331 Bessemer Road  
Birmingham, AL 35208**

***From Atlanta, Georgia***

Merge onto I-75 S/I-85 S toward Macon/Montgomery. (go 0.89 miles) Merge onto I-20 W via EXIT 247 toward Birmingham (Crossing into Alabama). (go 150.93 miles) Merge onto 20th Street Ensley/AL-269 N via EXIT 120 toward Ensley. (go 0.34 miles) Turn left onto Ensley Ave. - Kfc is on the right - If you reach Avenue P you've gone about 0.1 miles too far (go 1.12 miles)

Turn left onto Bessemer Rd/US-11/AL-5/AL-7. - Bessemer Rd is just past Warrior Rd - Kangaroo Express in Five Points West Shopping Ctr is on the left - If you are on Avenue W and reach 47th St Ensley you've gone about 0.1 miles too far (go 0.14 miles)

2331 BESSEMER RD is on the right. - Your destination is just past Avenue X - If you are on US-11 and reach Lomb Ave you've gone about 0.3 miles too far (go 0 miles)

***From Nashville, Tennessee***

Merge onto I-65 S/I-40 E via the ramp on the left toward Knoxville/Huntsville. (go 0.94 miles) Merge onto I-65 S via EXIT 210 toward Huntsville (Crossing into Alabama). (go 188.63 miles) Merge onto I-20 W/I-59 S via EXIT 261B toward Tuscaloosa. (go 3.47 miles) Merge onto 20th Street Ensley/AL-269 N via EXIT 120 toward Ensley. (go 0.34 miles) Turn left onto Ensley Ave. - Kfc is on the right - If you reach Avenue P you've gone about 0.1 miles too far (go 1.12 miles)

Turn left onto Bessemer Rd/US-11/AL-5/AL-7. - Bessemer Rd is just past Warrior Rd - Kangaroo Express in Five Points West Shopping Ctr is on the left - If you are on Avenue W and reach 47th St Ensley you've gone about 0.1 miles too far (go 0.14 miles)

2331 BESSEMER RD is on the right. - Your destination is just past Avenue X - If you are on US-11 and reach Lomb Ave you've gone about 0.3 miles too far (go 0 miles)

For Directions from other areas please use your favorite search engine  
ie.. [www.mapquest.com](http://www.mapquest.com), [www.randmcnally.com](http://www.randmcnally.com) or google