

# AAU Region 14 CHAMPIONSHIP



Hosted by YFDS's Track Minnesota Elite

June 27<sup>th</sup> – 30<sup>th</sup>, 2024

## Mounds View High School

4570 Victoria Street North, Shoreview MN 55126



### **Qualification:**

Finish in top 16 at local AAU District Meet. Time and marks from District Qualifier will be used for seeding.

### **Qualifiers advance to:**

A.A.U. Junior Olympic Games  
July 28<sup>th</sup> – August 3<sup>rd</sup>, 2024  
North Carolina A&T, Greensboro, NC

## EVENT DETAILS & MEET INFORMATION

Meet Directors: Dawn Johnson [dlbj42@gmail.com](mailto:dlbj42@gmail.com)  
Melvin Anderson [info@yfdeterminedtosucceed.org](mailto:info@yfdeterminedtosucceed.org)

Online Entry Question or Issues [support@coacho.com](mailto:support@coacho.com)

Track & Field: Check-in 8:30 am: Saturday, June 29<sup>th</sup>; Check-in 8:00 am: Sunday, June 30<sup>th</sup>

Javelin: Check-in 11:00 am: Friday, June 28<sup>th</sup>, Ages 13 – 18

Multi-Events: Check-in 10:00 am: Thursday, June 27<sup>th</sup>  
Check-in 9:30 am: Friday, June 28<sup>th</sup>

Location: **TBD**

Meet Sanction: The 2024 AAU Region 14 National Qualifier will be governed under the code guidelines and follow competitive rules as outlined in the AAU Youth Athletics Handbook.

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## REGISTRATION

Membership: A valid 2024 AAU membership is required to participate. Visit [www.aauathletics.com](http://www.aauathletics.com) to purchase a current membership. AAU memberships cannot be purchased at the event facility.

Entry Fee: The entry fee is \$30.00 per athlete. All fees are non-transferable and non-refundable.

Entry Deadline: Registration must be paid by credit card online at [www.coacho.com](http://www.coacho.com). Entries must be submitted **NO LATER than MIDNIGHT, Tuesday, June 26<sup>th</sup>, 2024**. **There will be a \$15.00 surcharge for each registration received after June 25<sup>th</sup>.**

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Age Divisions: Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls. YEAR OF BIRTH determines the division in which the athletes must compete. Competing in the wrong age division is grounds for disqualification.

Division	Year of Birth	Age in 2024
8 & under	2016 & After	8 or younger
9 year old	2015	9
10 year old	2014	10
11 year old	2013	11
12 year old	2012	12
13 year old	2011	13
14 year old	2010	14
15-16 year olds	2009-2008	15 or 16
17-18 year olds	2007-2006	17 or 18

**Note:** Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games shall be eligible to compete in the Young Men's or Young Women's age division.

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**Proof of Age:** Proof of age may be required at District, Regional Qualifier and National Championship events and whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. U.S. Military Government Identification Card
3. A valid passport
4. A valid U.S. driver's license.

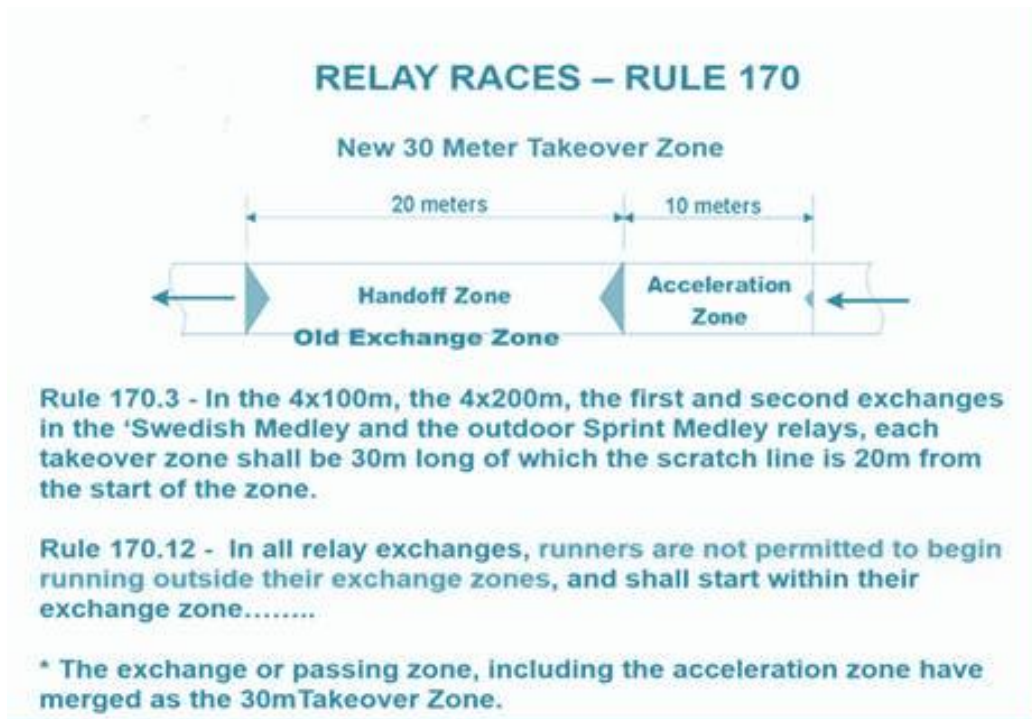
**Event Limits:** 8 & under, 9, 10, 11 and 12-year olds: Maximum of 3 events.  
13, 14, 15 & 16 and 17 & 18 year olds: Maximum of 4 events.

**Relay Teams:** Relay teams consist of four (4) members and can list up to four (4) alternates.

Relays are conducted in the 8 & under, 9 & 10, 11 & 12, 13 & 14, 15 & 16, 17 & 18 divisions **ONLY**. These ages may run in the same division **ONLY IN THE RELAYS**. An entry in a relay is considered one of each athlete's individual entries.

**- Competition Rule: Relay Races:** (This rule has been adopted by AAU Track & Field)

4x100m exchange zone shall be 30m long, of which the scratch line is 30m from the start of the zone.



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## ATHLETES AND COACHES

**Check-in:** A packet will be provided for each team containing competition numbers, athlete wristbands, any applicable coach's wristbands, and a team roster. A team representative will be responsible for picking up the packets. Packets can be picked up at the track 1 hour prior to the start of the meet. Athletes must wear their issued wristbands for the entire competition. Lost bib numbers or wristbands will be replaced at a cost of \$5.00 per incident.

- Awards/ Advancement:** AAU Medals will be awarded to places first (1<sup>st</sup>) through third (3<sup>rd</sup>) for individual and relay events. Top five (5) track and field athletes and relay teams, and top three (3) multi-event athletes, will advance to the AAU Jr. Olympic Games. Athletes aged 13-18 entered into the javelin as well as the multi-events will have the option to use multi-event marks for individual performances. Steeplechase entrants will be automatically advanced.
- Equipment:** Starting blocks, shot puts and turbo javelins will be provided by meet management. All other field event athletes should bring their own personal implements. Personal implements must obtain clearance prior to use and will not be released until the end of the competition for that age group. Batons will not be provided.
- Facility:** **The track at Hart Park Stadium** is an 8-lane all-weather surface. **Only** pyramid spikes measuring ¼" or smaller will be allowed on the track. Any violation of this rule will result in disqualification. **All throwing events will be held in the Softball area with the exception of the shot put.**
- Waivers:** Athletes scheduled to take a college entrance exam (ACT/SAT) will be waived to the National Qualifier upon receipt of proper documentation by **Friday, June 1<sup>st</sup>, 2024**. Email proper documentation to [aaawaivers@aausports.org](mailto:aaawaivers@aausports.org) and not to the meet director/coordinator.
- Trainer:** A certified trainer will be on site for each day of the meet.
- Access to Track:** Access to the track and infield will be reserved strictly for the Meet Director, designated coaches, meet workers, and competing athletes. Any parents or unauthorized individuals on the track or in the field, will result in a disqualification of their athlete or team. **THIS RULE WILL BE STRICTLY ENFORCED** and is required to keep the meet running smoothly and without incident.
- Coaches Meeting:** A coaches' meeting will be held on **Saturday at 8:25 am** in the clerking area.
- Protest:** Protests relating to matters which develop during the conduct of the meet must be made to the Referee in writing. Protests should be filed immediately, but in any case, not more than 30 minutes after the results have been announced. A **\$100.00** cash deposit must accompany the protest. When the Referee renders his/her decision, an appeal must be made to the Jury of Appeals. The decision of the Jury of Appeals will be final.

**IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.**

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## SPECTATORS

- Admissions:**
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|-------------|-------------------------------|
| Spectators: | <b>\$10.00 Per Day</b>        |
| Coaches:    | <b>Free (Up to 5 Coaches)</b> |
| 5 & under:  | <b>Free</b>                   |
- One (1) Coach's band will be provided for every 20 athletes entered (no limits). Anyone without a wristband will be required to pay admissions. Replacement coach's bands. will be \$7.00.  
**No Pets Allowed**
- Tents:** Tents and canopies will be allowed in designated areas. Umbrellas are allowed in the stands, however, please be courteous to other spectators behind you. **Umbrellas should not obstruct views.** Violators will be asked to remove their umbrellas.
- Food and Drink:** A full service concessions stand will be available at the meet as well as a hospitality area for meet staff and officials. No outside fast food will be permitted inside the gates. Small drink coolers will be allowed for spectators. Team coolers will be allowed with a coach present. **Only** water will be allowed in the track and field areas.
- Inclement Weather:** The Meet Director has the option of delaying or temporarily suspending the meet in the event of inclement weather, and resuming when weather permits. The format of the meet may be adjusted after a weather delay if deemed appropriate by the Meet Director and the Meet Committee. Everyone will be required to exit the stadium in the event of lightening or severe weather conditions. It will be your responsibility to remain in the area in preparation for the continuation of the meet. Meet personnel will **NOT** be held responsible for a missed event.

## SCHEDULE OF EVENTS: MULTI-EVENTS THURSDAY 6/27/24

ALL EVENTS WILL BE RUN ON A ROLLING SCHEDULE. CHECK-IN ½ HOUR BEFORE EVENT.

10:30 am	Heptathlon 15/16 Girls Day 1	10-33" 100M Hurdles	High Jump 4'7"	Shot Put 4 kg	200M	
10:40 am	Heptathlon 17/18 Women Day 1	10-33" 100M Hurdles	High Jump 4'9"	Shot Put 4 kg	200M	
11:00 am	Decathlon 15/16 Boys Day1	100M	Long Jump	Shot Put 12 lbs.	High Jump 5'3"	400M
11:10 am	Decathlon 17/18 Men Day 1	100M	Long Jump	Shot Put 12 lbs.	High Jump 5'7"	400M
1:30 pm	Pentathlon 13/14 Girls Finals	10-30" 100M Hurdles	Shot Put 6 lbs.	High Jump 4'3"	Long Jump	800M
2:00 pm	Pentathlon 13/14 Boys Finals	10-30" 100M Hurdles	Shot Put 4 kg	High Jump 4'9"	Long Jump	1500M

## SCHEDULE OF EVENTS: MULTI-EVENTS FRIDAY 6/28/24

**Non Multi- Events Javelin for 13 – 18yrs will be competed Friday at 11:30**

10:00 am	Decathlon 15/16 Boys Day 2	10-39" 110M Hurdles	Discus 1.6 kg	Pole Vault 10'8"	Javelin 800g	1500M
10:10 am	Decathlon 17/18 Men Day 2	10-39" 110M Hurdles	Discus 1.6 kg	Pole Vault 12'6"	Javelin 800g	1500M
10:30 am	Triathlon 9/10 G&B Finals	Shot Put 6 lbs.	High Jump 3'1"	400M Boys	200M Girls	
11:00 am	Heptathlon 15/16 Girls Day 2	Long Jump	Javelin 600g	800M		
11:05 am	Heptathlon 17/18 Women Day 2	Long Jump	Javelin 600g	800M	<b>*Non Multis -Javelin (11:30 am) 13-14 B&amp;G 600 g 15-16 G 600 g 17-18 W 600 g 15-16 B 800 g 17-18 M 800 g</b>	
11:00 am	Pentathlon 11/12 Girls Finals	8-30" 80M Hurdles	High Jump 3'11"	Shot Put 6 lbs.	Long Jump	800M
11:30 am	Pentathlon 11/12 Boys Finals	8-30" 80M Hurdles	High Jump 3'11"	Shot Put 6 lbs.	Long Jump	1500M
	2000M Steeplechase	The steeplechase <b>Will Not</b> be contested.				

**SCHEDULE OF EVENTS: TRACK EVENTS SATURDAY 6/29/24**

ALL EVENTS WILL BE RUN ON A ROLLING SCHEDULE. CHECK-IN ½ HOUR BEFORE EVENT.

<b>8:30 am</b>	<b>3000M Run</b>	11/12 G&B	13/14 G&B	15/16 G&B	17/18 Women/Men		
<b>9:30 am</b>	<b>Hurdle Prelims (8 or fewer run as finals)</b>	80M Hurdles 11/12 G&B 8-30"	100M Hurdles 13/14 Girls 10-30"	100M Hurdles 13/14 Boys 10-33"	100M Hurdles 15/16 Girls 10-33"	100M Hurdles 17/18 Women 10-33"	110M Hurdles 15/16 B 17/18 M 10-39"
<b>10:45 am</b>	<b>100M Prelims</b>	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
<b>12:15 pm</b>	<b>800M Finals</b>	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
<b>1:30 pm</b>	<b>200M Prelims</b>	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
<b>3:30 pm</b>	<b>4x100 Finals</b>	8 & Under G&B	9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M
<b>4:15 pm</b>	<b>4x400 Finals</b>		9/10 B&G	11/12 B&G	13/14 B&G	15/16 B&G	17/18 W&M

**SCHEDULE OF EVENTS: FIELD EVENTS SATURDAY 6/29/24**

	<b>High Jump</b>	<b>Long Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>
<b>9:15 am</b>	11/12 Girls 3'11"	13/14 Girls & Boys 4 Jumps	17/18 Women 4 kg Men 12 lbs.	15/16 Girls 1.0 kg Boys 1.6 kg	
<b>10:30 am</b>	13/14 Girls 4'3"	15/16 Women/Men Prelims & Finals	15/16 Girls 4 kg Boys 12 lbs.	17/18 Women 1.0 kg Men 1.6 kg	
<b>12:00 pm</b>	15/16 Girls 4'7"	11/12 Girls & Boys 4 Jumps	13 Girls 6 lbs. Boys 4 kg	11 Girls & Boys 1.0 kg	
<b>1:30 pm</b>	9/10 Girls 3'1"	17/18 Women/Men Prelims & Finals	14 Girls 6lbs. Boys 4 kg	12 Girls/Boys 1.0 kg	Turbo Javelin 9/10 Girls/Boys 400 g
<b>2:45 pm</b>	17/18 Women 4'9"		11 Girls 6 lbs. Boys 6 lbs.	13 Girls/Boys 1 kg	
<b>3:00 pm</b>			12 Girls 6lbs. Boys 6lbs.	14 Girls/Boys 1.0 kg	Turbo Javelin 8 & Under Girls/Boys 300 g

## SCHEDULE OF EVENTS: TRACK EVENTS SUNDAY 6/30/24

ALL EVENTS WILL BE RUN ON A ROLLING SCHEDULE. CHECK-IN ½ HOUR BEFORE EVENT.

8:30 am	1500M Racewalk	9/10 G&B	11/12 G&B				
8:30 am	3000M Racewalk	11/12 G&B Run	13/14 G&B Run/Walk	15/16 G&B Run/Walk	17/18 W&M Run/Walk		
9:00 am	1500M run	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M	
10:15 am	80/100/110 Meter hurdle finals	11/12 G&B 8-30" 80H	13/14 G 10-30" B 10-33" 100H	15/16 G 10-33" 100H	17/18 W 10-33" 100H	15/16 B 10-39" 110H	17/18 M 10-39" 110H
11:15 am	100M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
12:15 pm	400M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
2:45 pm	200/400M Hurdles	13/14 G&B 5-30" 200H	15/16 G 10-30" 400H	17/18 W 10-30" 400H	15/16 B 10-36" 400H	17/18 M 10-36" 400H	
3:15 pm	200M Finals	8 & Under G&B	9/10 G&B	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M
4:15 pm	4 X 800M Finals	11/12 G&B	13/14 G&B	15/16 G&B	17/18 W&M		

## SCHEDULE OF EVENTS: FIELD EVENTS SUNDAY 6/30/24

	Long Jump	Triple Jump	Shot Put	Pole Vault	*Javelin	High Jump
9:00 am	8 & under G&B 4 Jumps		9 G&B 6 lbs.		11/12 G&B Turbo 400 g	17/18 Men 5'7"
10:00 am	9/10 G&B 4 Jumps		8 G&B 4 lbs.	15/16 B-10'8" 17/18 Men-12'6"		15/16 Boys 5'3"
11:00 am		15/16 G&B	10 G&B 6 lbs.			13/14 Boys 4'9"
12:30 pm		13/14 G&B				11/12 Boys 3'11"
2:00 pm		17/18 Women/Men				9/10 Boys 3'3"



## ACCOMODATIONS



### Host Hotel:

### Minneapolis Marriott Northwest *4.5 Stars*

7025 Northland Dr N.

Brooklyn Park, MN 55428

All Rooms Are Suites (Sleeps 4 to 6)

\$154.00/night + Tax (Free Breakfast for up to 4 only per room)

10 miles from the track

[Reserve Link](#)

### Additional Hotels



### Country Inn & Suites By Raddison *4.1 Stars*

2550 Freeway Blvd, Brooklyn

Center, MN 55430

All Rooms Are Suites (Sleeps 4 to 6)

\$139.00/night + Tax (Free Breakfast for up to 4 per room)

8 miles from the track

[Reserve Link](#)



## Mounds View Stadium

### Bus Parking:

There will be a designated parking area for coach buses (TBD)





