



**SUB YOUTH-YOUNG MEN/WOMEN
2010 Ozark District Qualifier
AAU Track & Field**

- Meet Site: Saturday – June 19/ Sunday – June 20, 2010
McCluer High School Track
1896 South New Florissant Road, Florissant, MO 63031
- Entry Fees: \$15 per athlete. All entry fees must be paid on-line at www.coacho.com by using a credit card by midnight on Thursday, June 17.
- Club Entries: A club representative must register athletes on-line at www.coacho.com by **midnight on Thursday, June 17**. Unattached athletes must also register at this site. Current AAU numbers and hometown must be entered.
- Age Divisions: Sub Youth- 1997, Youth 1996, Intermediate 1994-1995, Young Men/Young Women- 1992-1993. Athletes who are still 18 as of August 7, 2010 may compete in this meet. Athletes division will be determined by their age as of December 31, 2010.
- Number of Events: Age groups Sub Youth- Young Men/Women 4 events
- Relay events are counted as one of the limiting events
 - Athletes may only enter those events listed for their age division as indicated by their year of birth.
- Relay Teams: Only currently registered Ozark AAU Clubs may field a relay team
- Awards: 1st through 3rd place- medals / 4th through 6th place- ribbons
- Concessions: There will be a full service concession stand open during the meet.
- Meet Director: Lisa Nelson 314-303-0286
Sports.all@hotmail.com
- Site manager: Ozark District, Lisa Nelson
- Regional Qualifiers: Athletes from all divisions who receive a fair mark in any event will qualify for the AAU National Qualifier meets. Dates and locations can be obtained on www.coacho.com. Area 11 National Qualifier meets will be held June 24-27 in Tulsa, Oklahoma or July 1-4 in Joplin, Missouri. Registration is through www.coacho.com Athletes can participate in any National Qualifier Meet, however, athletes can only participate in only one National Qualifier Meet.

- This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

There will be no entries permitted after the posted deadline date of June 17th by midnight.



2010 Ozark District Qualifier SubYouth – Young Men/Women AAU Track & Field

Sub Youth- 1997

100 M Hurdles (G-30"/B-33")
100 M Dash
200 M Dash
400 M Dash
800 M Run
1500 M Run
3000 M Run
3000 M Racewalk
200 M Hurdles (30")
Pole Vault
Javelin (600g)
Triple Jump
Long Jump
High Jump
Shot Put (G-6lb/B-4kg)
Discus (1kg)

Youth- 1996

100 M Hurdles (G-30"/B-33")
100 M Dash
200 M Dash
400 M Dash
800 M Run
1500 M Run
3000 M Run
3000 M Racewalk
200 M Hurdles (30")
Pole Vault
Javelin (600g)
Triple Jump
Long Jump
High Jump
Shot Put (G-6lb/B-4kg)
Discus (1kg)
4 x 100 Relay
4 x 400 Relay
4 x 800 Relay

Intermediate- 1994-95

100/110 M Hurdles (G-33"/B-39")
100 M Dash
200 M Dash
400 M Dash
800 M Run
1500 M Run
3000 M Run
3000 M Racewalk
400 M Hurdles (G-30"/B-36")
Pole Vault
Javelin (G-600g/B-800g)
Triple Jump
Long Jump
High Jump
Shot Put (G-4kg/B-12lb)
Discus (G-1kg/B-1.6kg)
4 x 100 Relay
4 x 400 Relay
4 x 800 Relay

Young Men/Young Women 1992-93 (Athletes still 18 as of August 7, 2010 may participate)

100/110 M Hurdles (G-33"/B-39")
100 M Dash
200 M Dash
400 M Dash
800 M Run
1500 M Run
3000 M Run
3000 M Racewalk
400 M Hurdles (G-30"/B-36")
Pole Vault
Javelin (G-600g/B-800g)
Triple Jump
Long Jump
High Jump
Shot Put (G-4kg/B-12lb)
Discus (G-1kg/B-1.6kg)
4 x 100 Relay
4 x 400 Relay
4 x 800 Relay

Note: Relays - Sub Youth can run in the Youth relays.

All races will be timed finals except the 100 meter dash.



2010 Ozark AAU Sub Youth-Young Men/Women
District Qualifier
Athlete Entry Worksheet

Please print all information and return to your coach by _____.

Name (First, Last) _____

AAU Number _____

Date of Birth (MM/DD/YY) _____ Sex _____

Age Group _____

Please enter me in the following events:

Event #1 _____

Event #2 _____

Event #3 _____

Event #4 _____

(This form is for team internal purposes only. All entries must be completed on www.coacho.com **No Exceptions**)



**Sub Youth-Young Men/Young Women
2010 OZARK DISTRICT QUALIFIER
AAU TRACK & FIELD
SCHEDULE OF EVENTS**

SATURDAY TRACK EVENTS:

	<u>EVENT</u>	<u>AGE DIVISION</u>
8:00 a.m.	3000M Run - Finals	SY,Y,I,YW/YM
	400 M – Finals	SY,Y,I,YW/YM
	100MH - Final	SYG,YG,SYB,YB,IG,YW
	110MH - Final	IB,YM
	100M Prelims	SY,Y,I,YW/YM
	4 x 800 Relay- Finals	Y,I,YW/YM
	200 M Finals	SY,Y,I,YW/YM

SATURDAY FIELD EVENTS:

	<u>EVENT</u>	<u>AGE DIVISION GIRLS/WOMEN</u>
9:00 a.m.	Javelin	YW,IG,YG,SYG
	Triple Jump Pit #1	SYG,YG, IG,YW
	Long Jump Pit #2	IG,YW,YG,SYG
	High Jump	YW,YG,SYG,IG
10:00 a.m.	Shot Put	SYG,YG,YW,IG
11:00 a.m.	Discus	IG,YW,SYG,YG

SUNDAY TRACK EVENTS:

	<u>EVENT</u>	<u>AGE DIVISION</u>
8:00 a.m.	100M Dash - Finals	SY,Y,I,YW/YM
	1500M Run- Finals	SY,Y, I,YW/YM
	200M Hurdles - Finals	SYG,YG,SYB,YB
	400M Hurdles - Finals	IG,YW,IB,YM
	4 x 100 Relay- Finals	Y,I,YW/YM
	800M- Final	SY,Y,I,YW/YM
	3000 Racewalk	SY,Y,I,YW/YM
	4x400M Relay -Finals	Y,I,YW/YM

Awards ceremony will take place at approximately noon on Sunday between events.

SUNDAY FIELD EVENTS:

	<u>EVENT</u>	<u>AGE DIVISION BOYS/MEN</u>
9:00 a.m.	Javelin	YM,IB,YB, SYB
	Triple Jump Pit #1	SYB,YB,IB,YM
	Long Jump Pit #2	IB,YM,SYB,YB
	High Jump	YM,SYB,YB,IB
	Pole Vault	Girls and Boys/SYG, YG, IG, YW, SYB, YB, IB, YM
10:00 a.m.	Shot Put	SYB,YB,YM,IB
11:00 a.m.	Discus	IB,YM,YB,SYB

All events unless otherwise noted will contest the girls first and then the boys.

All Track and Field events will run continually from their initial start time. Athletes are reminded that track events take precedence over field events, however athletes should not check out until 10 min. prior to their race. Athletes gone longer than 15 min. without notifying the field event official will forfeit their remaining jumps/throws.



All field events will have 4 attempts. There will be no finals. High jump and Pole Vault are excluded from this rule.

All events except the 100 meter dash are finals.

*** Athletes born in 1992 who do not turn nineteen (19) years of age until after August 7th, 2010, shall be eligible to compete in the Young Men's and Young Women's division.**