

Athletes & Coaches

REPORTING FOR EVENTS

Coaches, parents, and athletes are fully responsible for athletes reporting to their events on time. This meet will be run on a rolling schedule. It is not the fault of the Meet Management if any athlete misses his/her event.

Personal electronics (iPod's, cell phones, etc. are NOT permitted in the competition areas.)

NO EXCUSES WILL BE ACCEPTED.

UNIFORMS

There is no specific uniform required except as follows:

- In all events, competitors must wear clothing that is clean, designed and worn so as not to be objectionable.
 - The clothing must be made of a material that is not transparent even if wet
 - Bare midriffs are not If the uniform is of a two-piece design (top and bottom), the top must either be tucked into the waistband or cover the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff.
 - Athlete's tops must be of the same color front and back.
 - All participating relay team members must wear jersey's/tops of the same color, front and At Regional Qualifier and National Championships, all team participants shall wear shorts of the color, or, in the case of one piece uniforms, the bottoms of relay team uniforms should be of the same color.
 - A competitor must wear footwear on both feet
 - The competitors must not wear clothing that could impede the view of the judges, except in cross country, when the weather is cold.
-

BIBS

Each athlete will be provided a Bib Number and wristband which are required for competition and admission. The replacement fee for lost/damaged bibs or wristbands is \$10.00 each.

T-SHIRTS

2018 AAU Qualifying Meet T-Shirts will be on sale.

SPIKES

Only 1/4" spikes are allowed. Needle type spikes are prohibited. Athletes will not be allowed to compete with spikes that do not comply.

AWARDS

First through Third place finishers in each division and event will be awarded AAU Medals. Fourth through Sixth place finishers will be awarded ribbons.

Medals may be picked up 30 minutes after the results have been posted at the Awards Table.

Coaches or parents are required to pick up all medals/ribbons for U8 – 12 years age divisions. 13 years–17-18 years may pick up their own medals. Relay medals must be picked up as a team, individual relay medals will not be distributed.

ADVANCEMENT TO AAU NATIONALS

The top Six (6) in Running Events, top (6) in Field Events & top (6) in Relays, and the top Four (4) in Multi Events division at the RQM Track & Field & Multi Event.

Meet qualify to advance directly to the AAU Junior Olympic Games. (Updated 10/20/16)

Junior Olympic Games to be held at:

Drake University
Drake Stadium
2719 Forest Ave

Des Moines, IA 50311

Qualifiers for the 2018 AAU Junior Olympic Games in Des Moines, IA. You must declare and register for the meet online through www.coacho.com. Multi-Events July 28-29 & T & F Competition July 30-August 4, 2018.

Registration deadline is 11:59PM EST on July 17, 2018. Do not jeopardize your athlete's chance of competing by not completing this step before the AAU Junior Olympic Games.

TRAINER

A certified trainer(s) will be on site all day Thursday, Friday, Saturday, and Sunday for treatment of injuries and First Aid.

ACCESS TO TRACK AND INFIELD

Only the Meet Director, meet workers, and competing athletes will be allowed on the field. Any unauthorized individuals on the track, or in the field, may result in a disqualification of their athlete or team or ejection of the unauthorized individual from the Meet.

*** THIS RULE WILL BE STRICTLY ENFORCED.

They are annoying about this. Take it seriously.

WARM-UP AREA

Athletes may warm-up outside of the Stadium. No warm-ups will be allowed on the track.

COACHES MEETING

A Coaches' meeting will be held after the 3000M Run on Saturday. The location for the meeting will be announced.

PROTESTS

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 posted. A **\$75.00** cash deposit must accompany the protest. The Referee shall follow the current AAU Athletics Handbook and the current USATF Rulebook in rendering his/her decision. When the Referee renders a decision, there is still the right to appeal to the Jury of Appeals. The decision of the Jury of Appeals is final.

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

IMPLEMENTS

All Shot Put and Discus implements to be used in competition will be either pooled from the competitors or provided by Meet Management.

WEIGH-IN

Multi-Events: Javelins must be tagged for identification and checked in one hour prior to competition. All other implements will be pooled for competition.

Track & Field: All meet implements must be checked in at the Field Event check in area at the track between **7:00AM – 11:00AM** on **Saturday, June 23, 2018** and **7:00AM – 9:00AM** on **Sunday, June 24, 2018**. All implements will be brought to the competition site approximately one hour prior to the event.

MULTI EVENT ELIGIBILITY & EVENTS

Decathlon: 17-18 *Men & 15-16 Boys*

100M Dash, Long Jump, Shot Put, High Jump, 400M, 110M Hurdles, Discus, Pole Vault, Javelin, 1500M Run

Heptathlon: 17-18 *Women & 15-16 Girls*

100M Hurdles, High Jump, Shot Put, 200M, Long Jump, Javelin, 800M

Pentathlon: 11 year *Girls, 12 year Girls*

80M Hurdles, High Jump, Shot Put, Long Jump, 800M Run

Pentathlon: 11 year *Boys, 12 year Boys*

80M Hurdles, Long Jump, Shot Put, High Jump, 1500M Run

Pentathlon: 13 year *Girls, 14 year Girls*

100M Hurdles, High Jump, Shot Put, Long Jump, 800M Run

Pentathlon: 13 year *Boys, 14 year Boys*

100M Hurdles, Long Jump, Shot Put, High Jump, 1500M Run

Triathlon: 9 year *Boys, 10 year Boys*

Shot Put, High Jump, 400M

Triathlon: 9 year *Girls, 10 year Girls*

Shot Put, High Jump, 200M Dash

COACHES EDUCATION

The AAU National Office is happy to announce to its members, FREE Coaches Education for all **AAU Non-Athletes**. This exciting program is MANDATORY for all AAU Non-Athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on “Join Now” to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete the course prior to competition.

FALSE STARTS

Except in combined events, any competitor(s) responsible for the false start shall be disqualified. For U8, **9 years, 10 years, 11 years, 12 years, 13 years and 14 years** age divisions, no penalty shall be imposed for the first false start but the starter shall disqualify the offender for the second false start. False starts are called on individuals, not the field. In the 15-16 years, **17-18 years** the athlete shall be disqualified upon the first false start.
