



2024 AAU Maryland District Track & Field Championship



HOST CLUB:

Freedom Flyers

**MEET
DIRECTORS:**

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MEET REFEREE:

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DATES:

June 8th to June 9th, 2024 at 8:00 am

LOCATION:

ENTRY FEE:

\$30.00 per individual athlete. Online entry only at CoachO.com

DEADLINE:

All entries must be completed in CoachO prior to 11:59 pm on Sunday, June 2nd, 2022. Late registration will be available for \$15 extra until 11:59 pm on Tuesday, June 4th.

TEAM ENTRIES:

Team coaches entering multiple athletes are advised to enter all athletes at the same time. Once entered and paid, the athletes are locked by CoachO.

ELIGIBILITY:

This meet is open to any athlete that falls within the age divisions listed below. AAU individual and club memberships can be obtained through the AAU National Website www.aausports.org. Each athlete aged **13-18 years** may enter in up to a **maximum of 4 events** including relays. Athletes aged **12 and younger** based on year of birth below may only enter in **3 events** including relays. **19-90+ (OPEN & MASTERS)** may enter in up to a **maximum of 4 events**. RELAYS WILL NOT BE OFFERED TO THE OPEN & MASTERS AGE GROUP. *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.

8 & Under Girls/Boys (Born 2016 and later) Maximum 3 Events including relays

9 Year Old Girls/Boys (Born 2015) Maximum 3 Events including relays

10 Year Old Girls/Boys (Born 2014) Maximum 3 Events including relays

11 Year Old Girls/Boys (Born 2013) Maximum 3 Events including relays

12 year Old Girls/Boys (Born 2012) Maximum 3 Events including relays

13 Year Old Girls/Boys (Born 2011) Maximum 4 Events including relays

14 Year Old Girls/Boys (Born 2010) Maximum 4 Events including relays

15-16 Year Old Girls/Boys (Born 2008-2009) Maximum 4 Events including relays

17-18 Year Old Girls/Boys (Born 2006-2007) Maximum 4 Events including relays

19 -29 OPEN; 30 – 90+ MASTERS Women/Men (Born 2005 & Below)

***Athletes who are still eighteen (18) years of age through the final day of the AAU National Junior Olympics Championship (August 8th, 2022) shall be eligible to compete in the 17-18 year old division.**



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ADMISSION:

There will be a \$5 gate fee per person, per day. All Children 10 and under will be admitted free. Cash only at the gate or spectator tickets can be purchased online at CoachO via the "Spectator Tickets" link under the meet listing.

Coaches will receive **one free pass for 4 athletes**, **two free passes for 5 to 15 athletes** and **3 free passes for 16 or more athletes** in their packet. Three additional coach bands per team can be purchased at packet pickup for \$10. Unattached athletes can purchase one coach band at packet pickup for \$10

All registered athletes with a competition number will be admitted free. Athletes will use their bib for entry. If the athlete bib is lost or damaged, a replacement bib can be purchased for \$10.00.

PACKET PICKUP:

Packets will be available at the track entrance starting at 7:00 am on Saturday, June 8th and Sunday, June 9th at the front entrance of the track. **TEAM PACKETS SHOULD BE PICKED UP IN THEIR ENTIRETY.** We understand exceptions may need to occur, but please try to have ONE team representative pick up the packet and purchase additional coach bands.

COACHES:

There will be a brief coach meeting around 7:30 each morning.

Coach boxes will be setup on the infield and at EVERY field event. **YOU MUST HAVE A COACH BAND TO ACCESS THE COACH BOX!** Any coach that fails to follow the directions of officials, volunteers, or meet administration will not be allowed in any coach box. Absolutely no use of electronic recordings may be used/viewed by a coach to advise an athlete during competition. Failure to follow this rule will result in disqualification for the athlete.

ADVANCEMENT:

The top 16 athletes for youth ages who compete in the Maryland District Championship are eligible to compete in the AAU Region 3 Qualifier. Athletes must enter in the same events in the Region Qualifier as they competed in the District Qualifier.

AWARDS:

AAU District Championship medals will be awarded for 1st to 3rd places, AAU Sports For All Forever medal for 4th place, and ribbons for 5th through 8th place.

Athletes and/or coaches must pick up their awards by the conclusion of the meet. Any unclaimed awards will NOT be mailed. Awards will only be available after the 30 minute protest period has ended and the event has been marked "Official".

RELAYS:

Each Relay Team must represent a registered AAU Club. Unattached athletes cannot form a relay team. Relay teams advance through qualification NOT specific athletes attached to the relay. This means members of a relay team MAY change as needed at the regional or



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national meets. Athletes listed as relay alternates will have that relay event count towards their event limitation.

SCHEDULE:

Final schedule to be released no later than 5:00 pm on Thursday, June 7th. No event will start earlier than 15 minutes before the listed time. **THIS IS NOT A ROLLING SCHEDULE!** However, if a weather delay occurs, a new rolling schedule will be posted on the live.Athletic.net meet page.

FACILITY:

Eight (8) lane track, two (2) long jump pits (girls pit is closest to the high jump, boys pit is closest to the shotput), one (1) discus pit located outside the track near the start of the 200m, and one (1) shot put pit. Long jump will have 4ft, 8ft, and 12ft painted boards. Spikes must be ¼ inch or less and no christmas tree spikes allowed.

Restrooms are located in the track entrance building. Please immediately alert the meet director or custodial staff if there is an issue that needs attention.

ABSOLUTELY NO PETS ARE ALLOWED ON SCHOOL PROPERTY! This is a school rule and will be strictly enforced.

Tents may be setup on the grounds outside the stadium starting Friday, June 7th **AFTER** 5:00 pm. No tents or team reservations are allowed in the stadium stands on Friday night. Any tents setup prior to that time or in the stands on Friday will be removed. No tents (or tent frames) are allowed to remain in the stands overnight on Saturday.

Concessions will be available near the track entrance starting around 9 am both days.

The location of all important areas are highlighted on the interactive map located here: <https://tinyurl.com/2p96tpuh>

WAIVED EVENTS:

The 2000m Steeplechase, Pole Vault, Javelin (age 13 to 18), and Triple Jump are waived to the Regional Qualifier, and will count towards the event limitation. The Multi-Events will not be competed at this meet. Multi-Events will not count towards the limitation.

Athletes that have an **ACADEMIC** conflict must complete the wavier form located here <https://s3.amazonaws.com/image.aausports.org/dnn/athletics/Waivers/AAUTF-Waiver-Submission.pdf>. Email completed forms and supporting documentation prior to the start of the first day of district competition to auwaivers@ausports.org. Neither the District nor Regional meet directors have any say in the waiver process. They cannot influence or make any decisions regarding wavier requests. **Athletes that receive a wavier still must register for the meet and enter valid seed times.**



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EVENT CALLS:

It is the athletes' responsibility to report for their event on the first call. Field event athletes should report directly to the field event venue, and track event athletes should report to the clerking area.

PROTESTS:

Protests concerning the status or eligibility of any competitor must be made to the Meet Director prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters, which develop during the conduct of the meet, must be filed in writing with the Meet Director accompanied by a cash deposit of \$50.00 no more than 30 minutes after the result has been announced. The Meet Referee shall consider all available official evidence. The Meet Referee's decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

TIMING:

Fully Automatic Timing (FAT) will be provided. Finish line photos, lap splits, windspeed indicators (for running events), and protest period clock will be provided. Timing issues should be immediately brought to the attention of the timing company located in the press box.

WEATHER:

The High School is equipped with a lightning alarm system. When lightning is detected in an 8 mile radius of the school, a horn sounds for 15 seconds and a beacon flashes. All athletes, coaches, and spectators **MUST** vacate the stadium and surrounding area and seek shelter. **THERE WILL BE NO ACCESS TO ANY SCHOOL BUILDING** and the track entrance is not considered an acceptable shelter. Once lightning has not been detected in the area for 30 minutes, there will be three, 5-second horn alerts to notify everyone it is safe to return.

The meet will resume with a rolling schedule approximately 10 minutes after the "all clear" alarm. You may follow the status of the High School Lightning Alarm via this link: <https://tinyurl.com/4c49e3dt>. Additional meet related updates will be provided on the main page of the timing results website.

In the event of an extreme weather delay, events may be moved to the following day or cancelled at the discretion of the meet directors. In the event of cancellation, **ALL** athletes affected will automatically advance to the Regional Meet. The meet will end no later than 8:00 pm on both days.

MEET NOTES:

Track events will be girls first followed by boys of the same age group.

For all events 400m and shorter (including hurdles, 4x100, and 4x400), athletes aged 15-16 and 17-18 are required to use starting blocks. Blocks will be supplied by the meet. **NO PERSONAL BLOCKS ARE ALLOWED.** To expedite the meet, no blocks will be allowed for athletes aged 14 and under in the 400m or Semi-Finals of the 100m and 200m. Athletes aged 13/14 may use blocks in the 100m/200m Final.



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The 100m dash and 200m dash events each have two rounds, Semi-Final and Final. The top 2 from each heat plus the next fastest times, for **a total of 16, will advance to the finals** on Sunday. Any athlete that advances to Finals but does not show, will not advance to regionals. In the event of a weather-related schedule change, the 100m and 200m Finals may be cancelled to allow for other events to be rescheduled.

All Hurdle events, 100m, 200m, 400m, and 4x100m relay will be run in lanes, with up to 8 athletes per heat. The 4x400m relay will be run with a three-turn stagger. The 800m and 4x800m relay will be run with a one turn stagger, and up to 16 athletes per heat, with the extra 8 being filled by doubling up the lanes, starting from the outside (lane 8). All other events will run from a waterfall start. Divisions may be combined for longer races where it is reasonable.

The 1500m and 3000m events may be moved as early as 7:30 am if the meet administration determines that heat will be an issue. Additionally, these events will run oldest to youngest, followed by open/masters athletes in an effort to complete more events during the cooler morning hours.

Warmups should be done on the 300m grass warmup track located over the top of the hill, behind the javelin throwing area. No athletes should be on the track or infield at any time unless they are participating in an event.

VOLUNTEERS:

Every participating team must provide at least one meet volunteer. Volunteers will receive free entry to the meet, and all-day volunteers will be provided lunch. Head officials will receive a moisture wicking meet shirt. Please specify the size desired on the volunteer sign up.

AAU NOTE:

This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership is not included as part of the entry fee to the event. AAU Athlete membership must be obtained before an athlete can be registered for the meet.



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Order of Track Events

Saturday, June 8th – 8:00 Start

- *1500m Run (All Divisions, **Oldest to youngest** followed by Open/Masters) – Final
- 200m Dash (All Divisions) – Semi-Final
- 4x100m Relay (All Divisions) - Final
- 200m Hurdles (13-14 Girls and Boys) – Final
- 400m Hurdles (15-18 Girls and Boys) – Final
- 400m Dash (All Divisions) – Final
- 100m Dash (All Divisions) – Semi-Final
- 4x800m Relay (11-18) – Final

Sunday, June 9th – 8:00 Start

- *3000m Run (11-Masters, **Oldest to Youngest** followed by Open/Masters) – Final
- 80m Hurdle (11-12 Girls and Boys 30 inches) – Final
- 100m Hurdle (13-14 Girls 30 inches) – Final
- 100m Hurdle (13-14 Boys 33 inches) – Final
- 100m Hurdles (15-18 Girls 33 inches) – Final
- 110m Hurdles (15-18 Boys 39 inches) – Final
- 1500m Race Walk (9-12) – Final
- 3000m Race Walk (13-Masters) – Final
- 200m Dash (All Divisions) – Final
- 800m Run (All Divisions) – Final
- 100m Dash (All Divisions) – Final
- 4x400m Relay (9-18) – Final

* **The 1500m and 3000m events may be moved to as early as 7:30 am** if the meet administration determines that heat will be an issue. Additionally, these events will run oldest to youngest, followed by open/masters athletes in an effort to complete more events during the cooler morning hours. All other events will run youngest to oldest.



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Order of Field Events

Saturday, June 11th – 9:15 Start

High Jump (13-Masters, Girls and Boys, Youngest to Oldest) – Final
Long Jump (8-12, Girls and Boys simultaneous, Youngest to Oldest) – Final
Shot put (All Divisions, Girls and Boys, Oldest to Youngest) – Final

Sunday, June 12th – 9:15 Start

Turbo Javelin (8 & Under Girls and Boys 300g, 9-12 Girls and Boys 400g, Youngest to Oldest) – Final
Discus (11-18, Girls and Boys, Oldest to Youngest) – Final
High Jump (9-12 Girls and Boys, Youngest to Oldest) – Final
Long Jump (13 -18 Girls and Boys, Youngest to Oldest) – Final

- In the throws and long jump, each competitor will have four (4) attempts. There will NOT be finals!
- Field event gender and age divisions may be combined depending on the number of entries.
- All field events, except long jump, will be girls first followed by boys of the same age group.
- As a reminder, ALL long jump athletes, regardless of age, must jump from a “board”. This is an AAU rule and must be followed!
- No “run backs” allowed for long jump or turbo javelin during competition or warmups. Athletes will be immediately disqualified for failure follow this rule.
- Implements will be provided by the host club. Athletes that intend to use their own implements must have them approved by the Meet Referee 60 minutes prior to the start of their event. NO EXCEPTIONS! To have an implement inspected, report to the bullpen and ask for the Meet Referee.
- Athletes who must leave for another event must check-out with the Event Official. If excused during a round, the athlete must return prior to the conclusion of that round or forfeit remaining attempts.

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.