



2023 AAU VIRGINIA NORTHERN DISTRICT QUALIFIER

GENERAL INFORMATION

LOCATION:

Highland Springs High School
200 S. Airport Dr.
Highland Springs, VA 23075

DATE: Saturday, June 11, 2023.

Meet Director

Deon and Maya Moore, 757-690-1405
aauvatrack@gmail.com

Meet Management

William Moore, 757-593-6985
aauvatrack@gmail.com

OFFICIALS: All events will be staffed by USATF certified officials and volunteers

ENTRY FEE: Is \$25 per individual athlete competing in Track & Field.

Notice: You must register for either the Northern District Qualifier or the Southern District Qualifier. **Do not register for both, or your entry will be reverted to the Southern DQ and will forfeit all duplicate entry fees.**

SPECTATOR ADMISSION FEE:

There will be a \$15.00 gate fee charge per person. All Children 4 and under will be admitted free.

COACHES PASS:

Teams with 7 -10 athletes will receive three (3) complimentary passes per team.

Teams with 11 – 18 athletes will receive four (4) complimentary passes per team.

Teams with 19 or more athletes will receive a maximum of five (5) complimentary passes per team.

PACKET PICKUP: Packets can be picked up on Friday June 9, 2023, from 6:00PM to 8:00PM at Highland Springs High School.

Packets also can be picked up on Saturday June 10, 2023, starting at 7:00AM. It is highly encouraged that a team or unattached athlete representative pick up packets on Friday 6:00pm – 8:00pm to avoid long lines on Sunday.

Licensed, Registration and Declaration Information:

- This event is licensed 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 Youth Athlete membership must be obtained before the competition begins
- BE PREPARED! Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed
- Participants can visit the AAU website www.aausports.org to purchase AAU Memberships.

ADVANCEMENT and QUALIFICATION PROCEDURES:

The top sixteen (16) finishers in each individual event and relay shall advance from the District Qualifier to the Regional 5 Championship. Competitors shall only advance from the District Qualifier into the Regional Championship in the events that they competed and qualified in at the district level.

*For athletes who must attend graduation during the dates of the District Qualifier, **entries must be submitted AND paid online prior to the deadline (June 5, 2023, 11:59PM)**. Please email aauvatrack@gmail.com to notify of any graduation conflicts.

2023 Age Divisions

5-6 years	2016-2017
7-8 years	2015-2016
9 years	2014
10 years	2013
11 years	2012
12 years	2011
13 years	2010
14 years	2009
15-16 years	2007-2008
17-18 years	2005-2006

****Athletes must not turn 19 before the final day of the National Championships. (8/5/23)**

ELIGIBILITY/AAU MEMBERSHIP:

Competition is open to all Boys and Girls who have a valid/current AAU registration card. AAU membership maybe obtained online at www.aausports.org. The AAU membership fee is not included in the AAU Area 4 National Qualifier entry fee and membership must be obtained prior to participation in this meet.

PROOF OF AGE:

Proof of age may be required at District, National Qualifier, and National Championship events and must be provided whenever required and/or challenged.

ACCEPTABLE FORMS OF AGE VERIFICATION INCLUDE:

1. Original birth certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A valid (not expired) passport
5. A valid US driver's license

MEET ENTRY:

Each athlete/team competing in this meet must complete the entry process on www.CoachO.com

POLE VAULT, STEEPLECHASE, MULTI EVENTS and JAVELIN WILL NOT BE CONTESTED.

You must complete registration for the District Qualifier and payment online to be advanced to Region, 5 National Qualifier on June 22 – 25, 2023.

All members of relay teams, including alternates, who have not entered an individual event, must pay a \$25.00 entry fee. Payments will only be accepted online at www.coacho.com. Entry Fee must be paid online at the time of registration.

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Visa and Master Card accepted online.

ENTRY DEADLINE:

REGISTRATION WILL OPEN ON MAY 1, 2023, AND CLOSE ON JUNE 5, 2023, 11:59 PM, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE DEADLINE. NO EXCEPTIONS.

CHALLENGE:

Virginia AAU Championship results will be posted within 4 hours after the conclusion of the meet. Any challenges to posted results must be emailed to support@coacho.com within 24 hours of the posting. Challenges will not be accepted for review after the 24 hours challenge period has expired.

AAU Regional 5 Championship Declaration & Registration:

Those athletes that qualify for the AAU Regional 5 Championship must declare and register for the meet at www.aauathletics.org before June 18, 2023. No entries will be accepted after 11:59pm (EST). Do not jeopardize your athlete's chance of competing in the AAU Regional 5 Championship by not completing registration process.

PROTESTS:

Protests concerning status or eligibility of any competitor must be made to AAU Youth Athletics Committee prior to commencement of meet, or Referee during meet. Protests relating to matters which develop during conduct of meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result posting. Protests MUST be filed on official protest forms and presented to Protest Table accompanied by a cash deposit of \$75.00. The Referee shall consider all available official evidence. Once Referee renders his/her decision, protester may request an appeal to the Jury of Appeals. The jury's decision is final. If protest is denied, cash deposit will be forfeited. **JURY OF APPEALS WILL NOT ACCEPT PROTESTS CONCERNING JUDGMENT CALLS.**

ATHLETES, COACHES AND VENUE INFORMATION

TENTS:

NO TENTS ALLOWED IN STAND ON THE HOME SIDE OF STADIUM!!

BIB NUMBERS:

Competitor bib numbers will be issued at athlete/team check-in. All athletes will be required to wear bib numbers on the front of their competition singlet at all times of competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the registration table/tent. **ATHLETES MUST WEAR THE BIB NUMBER ASSIGNED TO THEM OR RISK DISQUALIFICATION.**

THROWING IMPLEMENTS:

Athletes are responsible for providing their own implements for use during competition. However, personal implements must be checked in prior to competition. Implement check-in will occur near the field event area.

ATHLETE WARM-UP:

There will be a designated area for athlete warm up. The track will open one hour prior to first running event.

ATHLETE CHECK-IN:

It is athletes' responsibility to hear calls and report to event venue on first call for their division. Field event athletes should report directly to field event venue. Track event athletes should report to clerk of the course area.

RELAY EVENTS:

There is no additional entry fee for relay events as long as following criteria is met:

- 1) All competitors as well as alternates have registered and paid the individual entry fee of \$25.00.
- 2) The relay team represents a current 2023 AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards.
- 4) Athletes listed as relay alternates (Up to 4) will have relay event count towards their event limitation.

RUNNING EVENT RULES:

All events will run as a final. Combining heats/divisions is at the discretion of Meet Director.

FIELD EVENT RULES:

Each competitor will have a total of three (3) attempts for throws and horizontal jumps. There are no prelims and finals in field events. Athletes who must leave for another event must check out with Field Event Official. These athletes may also request to take attempts in succession. In vertical jumps, within a division, once the bar moves Up, it will not move down for any reason. If excused during a round, the athlete must return prior to conclusion of that round or forfeit remaining attempts.

AWARDS:

AAU Sports for All Medals are awarded to the top three (3) finishers in each event and division. Awards can be picked Up at awards tent approximately 30 minutes after conclusion of each event. Medals will not be mailed to the athlete's home or held for pick up after the close of the meet. It is the responsibility of athlete, coach, or parent to pick up awards before leaving the meet.

FOOD/DRINK/COOLERS:

Concessions are available. NO GRILLS, DEEP FRYERS OR OTHER COOKING APPARATUS ALLOWED outside the appointed concession area. Team/Athlete coolers will be allowed, however, NO GLASS CONTAINERS are permitted. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

EVENT SCHEDULES:

Final Meet Schedule will be posted after entries close. Event order will not change, however start times may differ based on number of entries. Age groups of same gender may be combined in distance races/walks. Event Schedules will be available at registration.

VENDING:

Concessions and various vendors (commemorative t-shirts, photographer, etc.) will be on site.

WEATHER:

Average high temperature in Henrico, VA during the months of June is in the mid to high 90's. Be prepared for extremely hot temperatures.

INCLEMENT WEATHER:

Meet Director has the option of temporarily delaying/halting or suspending the meet in the event of inclement weather and/or resuming when weather permits. Format of meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and Games Committee.

MEDICAL/SECURITY:

Emergency Medical personnel are on call. Athletic trainers will be available for athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition. Athletic Trainers are only available in case of injury.

SECURITY:

Security will be present.

FLUIDS:

Meet management will provide water in certain competition areas for competing athletes. It is strongly encouraged that athletes, teams, coaches, and parents bring plenty of water with them.

RESULTS:

Live results will be posted online at finallaptiminggroup.com and athletic.live.net.

Final Results will be available online at www.aauathletics.org

RULES AND REGULATION:

Only competing athletes and meet officials will be permitted inside the fence surrounding the track. Violations of this rule by coaches, parents, and non-competitors may result in disqualification from the meet.

Abusive language and /or improper behavior will not be tolerated and will result in disqualification from the meet.

NO SMOKING or ALCOHOLIC BEVERAGES PERMITTED AT VENUE SITE OR PARKING AREAS.

CLERKING AREA IS OFF LIMITS TO: COACHES, PARENTS GRANDPARENTS, RELATIVES and SPECTATORS! ONLY ATHLETES ARE PERMITTED TO ENTER THE CLERKING AREA, AND ATHLETES MUST BE RACE-READY BEFORE ENTERING.

<u>SPECIAL NOTE:</u> All running/field events are FINALS. Age groups maybe combined in any event at the discretion of the Meet Management. (Final Meet Schedule will be Posted on 6/8/2022).	
<i>(Running Events 8:00am (Youngest to Oldest, Girls followed by Boys)</i>	
3000rw (F)	Age 13,14,15-16,17-18
1500rw (F)	Age 9,10, 11, 12
200m (F)	All Ages
3000m (F)	Age 13,14,15-16,17-18
100m (F)	All Ages
50m (F)	Age 5-6
400m (F)	All Ages
1500m (F)	All Ages
80m Hurdle (F)	Age 11,12
100m Hurdle (F)	Age 13,14, 15-16, 17-18
110m Hurdle (F)	Age 15-16, 17-18 (Boys)
200m Hurdle (F)	Age 13, 14
400m Hurdle (F)	Age 15-16, 17-18
4x100R (F)	All Ages
800m (F)	All Ages
<i>FIELD EVENTS 8:30am</i>	
Shot Put, 3 Attempts No Finals	All Ages (Oldest to Youngest Girls followed by Boys)
Long Jump, 3 Attempts No Finals	All Ages (Youngest to Oldest Girls Pit #1, Boys Pit #2)
High Jump (F)	Age 9 thru 17-18 (Youngest to Oldest Girls followed by Boys)
Discus, 3 Attempts No Finals	Age 11 thru 17-18 (Oldest to Youngest Boys followed by Girls)
Softball throw, 3 Attempts No Finals	Age 5-6
Turbo Javelin, 3 Attempts No Finals	Age 7-8, 9,10,11,12 (Oldest to Youngest Girls followed by Boys)
<p>4x400, or 4x800-Relays (Will Not Be Contested at DQ)</p> <p>Multi Events (Will Not Be Contested at DQ)</p> <p>Pole Vault (Will Not Be Contested at DQ)</p> <p>Javelin (Will Not Be Contested at DQ)</p> <p>Steeplechase (Will Not Be Contested at DQ)</p>	
You must complete registration online to be advanced to Region 5 National Qualifier on June 22 – 25, 2023.	