

AAU YOUTH/OPEN/MASTERS TRACK & FIELD

2025 Annual Power House Athletics Showcase

May 10, 2025

Location: Evans High School 4949 Silver Star Road, Orlando, FL 32808

AGES: 6 & Under, 7-8, Individual Age Groups 9-14, 15-18, & **Open**. AWARDS: 1st-3rd Place only

Entries will be limited to 800 athletesField Events 3 Attempts**

ENTRY FEE: \$30 paid thru <http://www.coacho.com/> SPECTATOR ENTRY: \$12.00 (**UNDER 5 is Free**) **\$5 PARKING**

MEET SCHEDULE

06:30 Packet Pickup

07:00- Track Opens for Warmup

07:30- Coaches Meeting- Javelin **Throws Competition Begins for 13 and Older Only at 07:45 hours**

07:45- 4x800m Relay and High Jump Start, 1st Call for 3000m Run, Triple Jump, and Javelin for 13 & up

08:00- Track Closes and Events Begin on a Rolling Schedule as follows:

FIELD EVENTS (3 Attempts Only)

High Jump (Warmups Start at 0745)

Long Jump

Javelin (13-Masters) (Warmup Start at 0745)

Triple Jump (**MS Quals Only-B/G Combined Boys Pit**)

Discus (11 & Older)

Shot Put (13 & Older)

10:00 AM Field Events (Listen for Calls)

Turbo Javelin (12 & Under)

Shot Put (12 & Under)

ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION

RUNNING EVENTS

4x800m Relay (MS Qualification Only) **

3000m Run (**Combined Heats**)

100m/80m Hurdles (**Combined Heats**)

100m Dash (O/M, 6U to 17/18)

1500m Run (**Combined Heats**)

1500 Race Walk (**Combined Heats**)

200m Hurdles (**MS Qual- Combined Heats**)

200m Dash (O/M only at this time, others later)

400m Dash

4x100m Relay (**Parent/Coach after time permitting**)

55m Dash (6U, 7-8 Only)

800m Run (**Combined Heats**)

200m Dash (6U to 17/18)

4x400m Relay (**MS Quals Only**)

MS Qualifier 4x1, 4x4, and 4x8 Relay Teams, please contact Coach CJ at (407)883-9806 or powerhouseatf@gmail.com

FACILITY & EVENT SAFETY ADDENDUMS

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, 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 an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.** Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership

- 1) **THIS IS THE LAST CHANCE TO QUALIFY FOR MIDDLE SCHOOL STATES MEET TAKING PLACE AT IMG on 6/17. The Meet Director for Middle School States will be onsite.**
- 2) **The Entry Gate will be a Cashless Entry- QR Code for advance purchase is below.**
- 3) **Live Results can be found on <https://www.godspeedtiming.com/>**
- 4) **NO TENTS IN THE LOWER HALF OF THE STANDS. Tie/Weight them down and be courteous of others.**
- 5) All Athletes 8 years old and younger must be picked up from the Finish Line Area.
- 6) **All Long Jumpers 10 & under will jump from a 1 Meter Board for the safety of the athletes.**
- 7) Only Meet Personnel, Athletes, and essential Coaches with Band will be allowed in the competition area after warm up period ends.
- 8) Event Conflicts will be handled as follows: **Running Events take precedence over Field Events.** High Jump takes precedence over other Field Events. Officials can check athlete into another event by radio to speed up check in and competition.
- 9) Medals for Field Events awarded at the event. Medals for Running Events handed out at the Concession Stand 30 min after last heat of that event.
- 10) Blocks will be available for athletes 12 & Older Only. **Be ready when Starter is or lose the block. No coaches or parents allowed on the track to carry or set them up.**
- 11) **Personal Blocks allowed if you have someone to pick them up immediately or they become community use.**
- 12) **Middle School Qualifier Relays can combine age groups as long as they are all in Middle School.**
- 13) Throws Events, Long Jumps, & Running Event Check In (Clerking Area) are accessed under the Home Side bleachers.
- 14) 15-18 will run in a combined heat.

▪ **ENTRIES AND CHANGES**

- The deadline for entries will be 11:59pm on Wednesday 6/8/25. Entries will be \$30/Athlete. IF ANY late entries are accepted, the cost will be \$50/Athlete. Please make sure that your entries are accurate for gender, event, and marks. Only gender changes will be allowed to be made and they will cost \$30. No other changes will be made, athletes will just be turned away.

▪ **PROTEST**

- Protest Fee: A \$100 fee must be paid in cash to complete a protest. For Teams, the head coach only must go to the protest table at the concession stand, fill out the form, and pay the fee before the 30-minute protest period has expired for the event in question. For UNA Athletes, a parent or coach is allowed to make the Protest. If your protest is upheld in your favor, you will be refunded your protest fee. If your protest is denied, the fee will be forfeited to meet management.

Advanced Spectator Ticket Purchasing

<https://powerhouseatf.ticketleap.com/>