



AAU MARYLAND DISTRICT 2023 TRACK & FIELD CHAMPIONSHIP

- HOST CLUB:** BALTIMORE CITY TRACK & FIELD CLUB
- MEET DIRECTORS:** Mary K. Haynes (443) 691-0023 Jerry Molyneaux (443) 803-7552
mkh517track@gmail.com
- MEET REFEREES:** John Steiner (240) 422-7996 William Gerhold (301) 717-9245
- DATES:** Saturday, June 10th and Sunday, June 11th, 2023 8:30 a.m.
- LOCATION:** POLYTECHNIC INSTITUTE / WESTERN HIGH SCHOOL
1400 West Coldspring Lane / 4600 Falls Road 21209
- ENTRY FEE:** **\$25.00** per individual athlete. Online Entry (REGISTRATION) Only On Coach O.
- DEADLINE:** All Entries Must Be Completed On Coach O Prior To **11:59 p.m.** On **Sunday, June 4, 2023.**
- TEAM ENTRIES:** Team coaches entering multiple athletes are advised to enter all athletes at the same time. Once entered and paid for, the athletes are locked by Coach O.
- ELIGIBILITY:** This meet is open to any athlete that falls within the age divisions listed below. Individuals and club memberships can be obtained through the AAU National Website. (www.aausports.org) Each athlete ages **12 and younger** based on year of birth below many only enter in **3 events** including relays. **13 – 18 years** based on year of birth below may enter up to a maximum of **4 events** including relays. **19-90+ (OPEN & MASTERS)** may enter up to a maximum of **4 events**. RELAYS WILL NOT 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. **Please check your athletes' entries before submission.**
- AGE DIVISIONS:** Age Divisions are determined by year of birth. Listed below are the AAU AGE DIVISIONS:
8 & Under Girls / Boys (Born 2015 and later) Maximum 3 Events including relays
9 Year Old Girls / Boys (Born 2014) Maximum 3 Events including relays
10 Year Old Girls / Boys (Born 2013) Maximum 3 Events including relays
11 Year Old Girls / Boys (Born 2012) Maximum 3 Events including relays
12 Year Old Girls / Boys (Born 2011) Maximum 3 Events including relays
13 Year Old Girls / Boys (Born 2010) Maximum 4 Events including relays
14 Year old Girls / Boys (Born 2009) Maximum 4 Events including relays
15-16 Year Old Girls /Boys (Born 2008-2007) Maximum 4 Events including relays
17-18 Year Old Young Women / Young Men (2006-2005)4 Events including relays
19-29 OPEN, 30-90+ MASTERS Women / Men (2004 & Above) 4 Events
***Athletes who are still eighteen (18) years of age through the final day of the AAU National Junior Olympics Championship (Junior Olympic Games) (August 5, 2023) shall be eligible to compete in the 17-18 year old division.**



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ADMISSION:

There is a **\$5.00** gate fee person per day. All children 10 and under will be admitted free. **Cash Only** at the gate.

Coaches will receive One Free Pass for 4 athletes. Three Free Passes for 5 to 15 Athletes and 4 Free Passes for 16 or More athletes in their packets. Three Additional Coaches Bands per team can be purchases at Packet at Pick-up for \$10.00. Unattached athletes can purchase one Coach Band at Packet Pick for \$10.00.

All Registered Athletes with Competition Number will be admitted free. Athletes will use their BIB for entry. If the athlete's BIB is lost or damages, a Replacement Bib can be purchase for **\$10.00**.

PACKET PICK-UP

Packet will be available at the Track Entrance starting at 7:00 a.m. on Saturday, June 10th and Sunday, June 11th. **TEAM PACKETS SHOULD BE PICKED UP IN THEIR ENTIRETY ! ! !** We understand exceptions may occur, but please try to have **ONE** Team representative to pick up the packet and purchase any additional coaches' band; preferably the **HEAD COACH**.

COACHES:

There will be a Brief Coach's Meeting Around 7:30 a.m. Each Day.

Coaches Not Parent(s) Boxes will be setup at Every Field Event. **YOU MUST HAVE A COACH BAND TO ACCESS THE COACH'S BOX ! !** Any coach that fails to follow the directions of officials, volunteers or meet administration will not be allowed in any coach's 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 Championship except those events that were waived.

AWARDS:

AAU District Championship medals will be awarded 1st through 8th place. The Standard 1st, 2nd and 3rd Medals (Gold, Silver & Bronze) and 4th through 8th will receive the AAU Sports For All Medals.

Unattached Athletes and Coaches or Other Designated Individual 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 minutes' protest period has ended and the event has been marked "Official"



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

SCHEDULE:

This is a **ROLLING SCHEDULE**. However, if weather delays occur, a new rolling schedule will occur with notification.

FACILITY:

Eight (8) Lane track. Two (2) Long Jump pits (Girls' pit is closest to the shot put area, Boys' pit is closest to the infield, One (1) Discus pit located outside the track near the first curve and One (1) Shot Put pit adjacent to the start of the 100 meter dash. Long jump will have a 4ft, 8ft and 12ft painted boards. Spikes must be ¼ inch or less and no Christmas tree allowed. There will be a **Spike Check** to ensure this rule is adhered to.

Port-A-Pots will be located in the following areas Two (2) by the Discus / Warm-up Area. Two (2) by the start of the 100 meter dash, Two (2) in the Check-In Area and Four (4) along the fenced area adjacent to the check-in area. Please let meet management if there is an issue that needs attention.

ABSOLUTELY NO PETS ARE ALLOWED ON SCHOOL PROPERTY ! ! ESPECIALLY THE STADIUM AREA ! This is a **School Rule** and will be **Strictly Enforced**.

Tents may be set-up on the grounds outside the stadium starting Friday, June 9th after 6:00 p.m. Outside the stadium area along the blue / fenced area. Tents or reserving of area inside the stadium will also be allowed at that time. **THERE ARE NO TENTS IN FRONT OF THE PRESS BOX OR THE FRONT SECTIONS OF THE BLEACHERS. ALL TENTS ARE TO BE PLACED IN THE TOP LEVEL OF THE BLEACHERS (from the top just Five (5) rows down AND THE OTHER DESIGNATED AREA. Please check the facility map included.**



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WAIVED EVENTS: The 2000m Steeplechase, Pole Vault and Javelin (Ages 13 – 18) are Waived to the Regional Qualifier and will count toward 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 waiver form located at aaawaivers@aausports.org. Waivers cannot be submitted sooner than April 22nd and must be received no later than June 3rd. Any requests submitted after June 4, 2023 will not be reviewed. The emailed waiver form must include documentation. Neither the District nor Regional meet directors or the Sport Director have any say in the waiver process. They cannot influence or make any decisions regarding waiver requests. **Athletes that receive a waiver still must register for the meet and enter valid seed times.**

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 ANOUNCED OR POSTED.** 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. **PROTEST CONCERNING JUDGEMENT CALLS WILL NOT BE ACCEPTED.**

TIMING: Fully Automatic Timing (FAT) will be provided. Finish Line photos, lap splits, Wind speed indicators (for running events) and protest period clock will be provided. Timing issues should be immediately brought to the attention of the timing company by a **COACH ONLY** !.

WEATHER: When lightning is detected in an 8 mile radius of the school, an announcement will Be made and when this announcement is heard All athletes, coaches and spectators **MUST** vacate the stadium and surrounding area and seek shelter. **THERE WILL BE NO ACCESS TO ANY SCHOOL BUILDING.** Once lightning has not been detected in the area for 30 minutes, there will be an announcement to notify everyone it is safe to return. The meet will resume with the rolling schedule approximately 10 minutes after the announcement.

In the event of an extreme weather delay, events may be moved to the following day or cancelled at the discretion of the meet director. In the event of cancellation, **ALL** athletes affected will automatically advance to the Regional Meet. The meet will end no later than approximately 6:00 p.m. 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 races (including hurdles, 4 X100 and 4 X 400), athletes ages 15-16 and 17-18 are Required to use starting blocks. To expedite the meet, no blocks will be allowed for athletes 14 and under in the 400m or Semi-Final of the 100 and 200m. Athletes ages 13 – 14 may use blocks in the 100m, 200m Final.

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 the Finals but **does not show will not advance to Regionals**. In the event of a weather-related schedule change, the 100m and 200 m Finals may be cancelled to allow for other events to be rescheduled.

All Hurdle events (100m, 200m, 400m) and the 4 X 100m Relay will be run in lanes, with up to 8 athletes per heat. The 4 X 400m Relay will run with a three-turn stagger. The 800m and 4 X 800m Relay will be run with a one turn stagger, and up to 16 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 to as early as 7:30 a.m. if the meet administration determines that heat will be an issue. Additionally, these events will run oldest to youngest, followed by open/ master athletes in an effort to complete more events during the cooler morning hours.

Warmups should be done on the. 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.

AAU NOTES:

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





AAU MARYLAND DISTRICT
2023 TRACK & FIELD CHAMPIONSHIP

ORDER OF TRACK EVENTS
ROLLING SCHEDULE (BOTH DAYS)

SATURDAY, JUNE 10TH - 8:30 A.M. START

SHORT HURDLES

80M Hurdles (11-12 Girls and Boys 30 inches)	Semi-finals
100M Hurdles (13-14 Girls 30 inches)	Semi-finals
100M Hurdles (13-14 Boys 33 inches)	Semi-finals
100M Hurdles (15-18 Girls 33 inches)	Semi-finals
110M Hurdles (15-18 Boys 39 inches)	Semi-finals
1500 Meter Run (All Divisions)	Youngest to Oldest followed by Open/Masters – FINAL
200 Meter Dash (All Divisions)	Semi-finals
4 X 100 Meter Relay (All Divisions)	FINALS
200M Hurdles (13-14 Girls and Boys)	FINALS
400M Hurdles (15-18 Girls and Boys)	FINALS
400 Meter Dash (All Divisions)	FINALS
100 Meter dash (All Divisions)	Semi-finals
4 X 800 Meter Relay (11-18)	FINALS

SUNDAY, JUNE 11TH - 8:30 A.M. START

3000 Meter Run (11-Masters), Youngest to Oldest followed by Open/Masters	– FINAL
80M Hurdles (11-12 Girls And Boys)	– FINAL
100M Hurdles (13-14 Girls)	– FINAL
100M Hurdles (13-14 Boys)	– FINAL
100M Hurdles (15-18 Girls)	– FINAL
110M Hurdles (15-18 Boys)	– FINAL
1500 Meter Race Walk (9-12)	– FINAL
3000 Meter Race Walk (13-Masters)	– FINAL
200 Meter Dash (All Divisions)	– FINAL
800 Meter Run (All Divisions)	– FINAL
100 Meter Dash (All Divisions)	– FINAL
4 X 400 Meter Relay (9-18)	– FINAL

ANY EVENT THAT IS A SEMI WITH 8 OR LESS WILL BE RUN AS A FINAL



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ORDER OF FIELD EVENTS

SATURDAY, JUNE 10TH - 8:00 A.M. START

High Jump (13-Masters, Girls and Boys); Youngest to Oldest then Open / Masters – FINAL

Long Jump (8-18 then Open/Masters) (Girls and Boys, Simultaneous, Youngest to Oldest - FINAL

Shot Put (All Divisions, Girls and Boys, Oldest To Youngest Then Open / Masters – FINAL

SUNDAY, JUNE 11TH - 8:00 A.M. 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) then Open / Masters – FINAL

Triple Jump (13-18 Girls and Boys, Youngest to Oldest Then Open / Masters – FINALS

- In the throws and long jump each competitor will have (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, 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 a AAU Rule and must be followed.
- No “RUN BACKS” allowed for Long Jump, Triple Jump or Turbo Javelin during competition or warmups. Athletes will be immediately disqualified for failure to follow this rule.
- Athletes **must bring their own implements** and **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.

