



# Missouri Valley District Qualifier

Track & Field  
June 11 & 12, 2021



## Missouri District Qualifier

Grandview High School  
2300 High Grove Road  
Grandview, MO. 64030

**UPDATED**



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## General Information

|                                    |   |
|------------------------------------|---|
| <b>DATE</b>                        | Track and Field Events: Friday, June 11 & Saturday, June 12,<br>2021 Gate will open at 7am on Saturday and 7am on Sunday<br><b>ALL EVENTS WILL RUN ON A ROLLING SCHEDULE.</b>   |
| <b>GOVERNANCE</b>                  | The AAU Missouri Valley District Qualifier Track & Field will be conducted under the AAU code guidelines and follow competitive rules of the NGB as modified and outlined in the AAU Youth Athletics Handbook (available at <a href="http://www.aauathletics.org">www.aauathletics.org</a> )<br><br>This event is sanctioned by the Amateur Athletic Union of the US, Inc.  |
| <b>AAU MEMBERSHIP REQUIREMENTS</b> | 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.<br><b>Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.</b> Participants are encouraged to visit the AAU web site <a href="http://www.aausports.org">www.aausports.org</a> to obtain their membership.<br><b>Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.</b> |
| <b>ATHLETE ELIGIBILITY</b>         | All athletes age appropriate are eligible to compete in this meet.  |
| <b>HOW TO ENTER</b>                | All registrations will be conducted on-line at <a href="http://www.coacho.com">www.coacho.com</a> . Registration will close at <b>11:59PM CST on Wednesday, June 9, 2021</b> . Additions and corrections can be made until the entry deadline. <b>NO CHANGES</b> will be accepted after the deadline.   |
| <b>ENTRY FEE</b>                   | The entry fee is <b>\$20.00</b> per athlete. Entry fees <b>MUST</b> be paid on-line with a credit card to complete the registration process.  |
| <b>ENTRY DEADLINE</b>              | All athletes must register on-line <b>NO LATER</b> than <b>11:59PM CST, Wednesday, June 9 2021</b> . <b>ON-SITE &amp; LATE REGISTRATIONS ARE NOT AVAILABLE AT THIS MEET.</b>  |
| <b>AGE DIVISIONS</b>               | Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls. <b>YEAR OF BIRTH</b> determines the division in which the athlete must compete. Competing in the wrong division is grounds for disqualification.<br><br><b>NOTE:</b> Athletes who are eighteen (18) years of age through August 4, 2021 shall be eligible to compete in the Young Men's or Young Women's age division.  |
| <b>PROOF OF AGE</b>                | Proof of age may be required at AAU Missouri Valley District Qualifier whenever required and/or challenged.<br><br>Acceptable forms of age verification include:<br><ol style="list-style-type: none"><li>1. Original birth certificate</li><li>2. A notarized original birth certificate from the appropriate issuing authority</li><li>3. A US Military Government Identification Card</li><li>4. A valid (not expired) passport</li><li>5. A valid US driver's license</li></ol><br><b>NOTE:</b> Other forms of documentation, including, but not limited to, letters from public or private schools and/or city and state Parks & Rec Departments are not acceptable.   |

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**EVENT LIMITS**

8 and under, 9, 10,11, and 12: Maximum of **3** events  
13, 14, 15-16, 17-18 Men/Women: Maximum of **4** events

**NOTE:** Any athlete who participates in more than his/ her age division's prescribed maximum number of events will be disqualified from this meet. Relays will count toward the maximum number of events allowed for athletes.

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**RELAY LIMITS**

Relay teams consist of four (4) members and may list up to four (4) alternates. All Relay Team members must be registered participants in the Meet. Relays alternates will count toward the maximum number of events allowed for athletes.

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 back. At the AAU District Qualifier, all relay team participants shall wear shorts of the color, or, in the case of one piece uniforms, the bottoms of team uniforms should be of the same color. **THIS RULE WILL BE STRICTLY ENFORCED..**

Relays are conducted in the 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-18 Men/Women divisions **ONLY**. The 9 year old divisions may run in the 10 year old divisions, the 11 year old divisions may run in the 12 year old divisions, and the 13 year old divisions may run in the 14 year old divisions only in the relays.

**NOTE:** Each entry in a relay is considered one of each of these athlete's individual entries and counts toward the maximum number of events allowed.

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**TENTS & CANOPIES**

Tents and canopies will be permitted in designated areas in the bleachers and outside of the track facility.

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**FOOD AND DRINK**

There will be concessions available. Medium-sized coolers may be brought into the Stadium. No glass containers or alcohol are permitted.

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**GATE ADMISSIONS**

Athletes: **Wristbands provided with entry and must be worn at all times for FREE entry into the Meet.**

Coaches: AAU Cards

Ages 6- Adults: **\$5.00**

5 & Under: **FREE**

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**PARKING**

Parking in designated areas for Officials & Handicapped. Special Bus Parking available.

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**RESTROOMS**

Stadium restroom facilities are located throughout the track and near the main entrance.

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**INCLEMENT WEATHER**

The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather and resuming when weather permits. The format of the meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and the

Games Committee.

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**Package Pick Up**

**Package Pick Up for Missouri Valley District Qualifier Track & Field events will be Friday, June 11 at 4pm & Saturday, June 12, 7AM at the stadium.**

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# Athletes and 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 allowed. 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.
- In the spirit of competition and fairness of sportsmanship no cheating will be tolerated. Any illegal substitution, bib changes or age manipulation to deceive the meet Officials will be cause for disqualification of the athlete/ relay team or entire track club.
- Athletes/ Teams/ Clubs caught cheating will be asked to leave the meet promptly and forfeit all rights to the track and field competition.
- A competitor must wear footwear on both feet.
- The competitors must not wear clothing that could impede the view of the judges.
- Jewelry may not be worn in the competition area.

## CONTESTED EVENTS

**2000m Steeplechase, Javelin and Pole Vault are events that will automatically advance to the national Qualifier**

## 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 (1<sup>st</sup>) through Third (3<sup>rd</sup>) place finishers in each division and event will be awarded medals.

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 for 8 and under – 12 year old age divisions. 13 – 18 Men/Women may pick up their own medals. Relay medals must be picked up as a team or Coach.**

## TRAINER

A certified trainer(s) will be on site Saturday 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.**

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**WARM-UP AREA**

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

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**COACHES MEETING**

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

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**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 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.**

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**IMPLEMENTS**

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

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**WEIGH-IN**

Track & Field: All meet implements must be checked in at the registration area at the track between **7:00AM – 11:00AM**.

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**FALSE STARTS**

Except in combined events, any competitor(s) responsible for the false start shall be disqualified. For **8 and under, 9, 10, 11, 12, 13 and 14** 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 Men/Women, 17-18 Men/Women** age divisions the athlete shall be disqualified upon the first false start.

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# SCHEDULE OF EVENTS: RUNNING & FIELD EVENTS

**Friday June 11, 2021**

All Field Events will begin at **8:00 AM** and be on a rolling schedule. *For example: Long Jump Pit #1 will start with 8 and under Girls followed by 10 year old Girls, 12 year old Girls.* Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Triple Jump, Shot Put, and Discus will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws



Time: 5:00 PM

| Event          | Girls           |                 |                 |          |                 |                 |          |             |             |                 | Boys            |                 |          |                 |                 |          |                 |                 |  |  |
|----------------|-----------------|-----------------|-----------------|----------|-----------------|-----------------|----------|-------------|-------------|-----------------|-----------------|-----------------|----------|-----------------|-----------------|----------|-----------------|-----------------|--|--|
|                | 8-Under         | 9 years         | 10 years        | 11 years | 12 years        | 13 years        | 14 years | 15-16 years | 17-18 years | 8-Under         | 9 years         | 10 years        | 11 years | 12 years        | 13 years        | 14 years | 15-16 years     | 17-18 years     |  |  |
| 1500 Race Walk |                 | x               | x               |          | x               | x               |          |             |             |                 |                 |                 |          |                 |                 |          |                 |                 |  |  |
| 3000 Race Walk |                 |                 |                 |          |                 |                 |          | x           | x           |                 |                 |                 |          |                 |                 |          | x               | x               |  |  |
| 400M Dash      | x               | x               | x               |          | x               | x               |          |             |             | x               | x               |                 |          |                 |                 |          | x               | x               |  |  |
| Triple Jump 1  |                 |                 |                 |          |                 |                 |          |             |             | 1 <sup>st</sup> | 2 <sup>nd</sup> |                 |          |                 |                 |          |                 |                 |  |  |
| Triple Jump 2  |                 |                 |                 |          |                 |                 |          |             |             |                 |                 |                 |          |                 |                 |          | 1 <sup>st</sup> | 2 <sup>nd</sup> |  |  |
| Turbo Javelin  | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> |          | 4 <sup>th</sup> | 5 <sup>th</sup> |          |             |             | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> |          | 4 <sup>th</sup> | 5 <sup>th</sup> |          |                 |                 |  |  |

# SCHEDULE OF EVENTS: FIELD EVENTS

**Saturday June 12, 2021**

All Field Events will begin at **8:00 AM** and be on a rolling schedule. *For example: Long Jump Pit #1 will start with 8 and under Girls followed by 10 year old Girls, 12 year old Girls.* Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Triple Jump, Shot Put, and Discus will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws. \*



Time: 8:00 AM

| Event       | Girls           |                 |                 |                 |                 |                 |                 |                 |                 |                 | Boys            |                 |                 |                 |                 |                 |                 |                 |  |  |
|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|--|--|
|             | 8-Under         | 9 years         | 10 years        | 11 years        | 12 years        | 13 years        | 14 years        | 15-16 years     | 17-18 years     | 8-Under         | 9 years         | 10 years        | 11 years        | 12 years        | 13 years        | 14 years        | 15-16 years     | 17-18 years     |  |  |
| Long Jump 1 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |  |
| Long Jump 2 |                 |                 |                 |                 |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> |                 |                 |                 |                 |  |  |
| Long Jump 3 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> |  |  |
| High Jump 1 |                 | 8 <sup>th</sup> | 7 <sup>th</sup> | 6 <sup>th</sup> | 5 <sup>th</sup> | 4 <sup>th</sup> | 3 <sup>rd</sup> | 2 <sup>nd</sup> | 1 <sup>st</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |  |
| High Jump 2 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 | 8 <sup>th</sup> | 7 <sup>th</sup> | 6 <sup>th</sup> | 5 <sup>th</sup> | 4 <sup>th</sup> | 3 <sup>rd</sup> | 2 <sup>nd</sup> | 1 <sup>st</sup> |  |  |
| Shot Put 1  | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |  |
| Shot Put 2  |                 |                 |                 |                 |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> |  |  |
| Discus 1    |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |  |  |

# SCHEDULE OF EVENTS: TRACK EVENTS

## Saturday June 12, 2021

All Running Events will be contested as Timed Finals.



|         |  | Girls   |         |          |  |          |          |  |          |          |  | Boys        |             |         |         |          |  |          |          |  |          |          |  |             |             |
|---------|--|---------|---------|----------|--|----------|----------|--|----------|----------|--|-------------|-------------|---------|---------|----------|--|----------|----------|--|----------|----------|--|-------------|-------------|
|         |  | 8-Under | 9 years | 10 years |  | 11 years | 12 years |  | 13 years | 14 years |  | 15-16 years | 17-18 years | 8-Under | 9 years | 10 years |  | 11 years | 12 years |  | 13 years | 14 years |  | 15-16 years | 17-18 years |
| Time    | Event  |         |         |          |  |          |          |  |          |          |  |             |             |         |         |          |  |          |          |  |          |          |  |             |             |
| 8:30 AM | <b>3000M Run</b><br>(Age Groups may be combined by gender) |         |         |          |  | X        | X        |  | X        | X        |  | X           | X           |         |         |          |  | X        | X        |  | X        | X        |  | X           | X           |
|         | <b>80M Hurdles</b>   |         |         |          |  | X        | X        |  |          |          |  |             |             | X       | X       |          |  |          |          |  |          |          |  |             |             |
|         | <b>100M Hurdles</b>  |         |         |          |  |          |          |  | X        | X        |  | X           | X           |         |         |          |  |          |          |  | X        | X        |  |             |             |
|         | <b>110M Hurdles</b>  |         |         |          |  |          |          |  |          |          |  |             |             |         |         |          |  |          |          |  |          |          |  | X           | X           |
|         | <b>4x800M Relay</b>  |         |         |          |  |          | X        |  |          | X        |  | X           | X           |         |         |          |  |          | X        |  |          | X        |  | X           | X           |
|         | <b>100M Dash</b>   | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           |
|         | <b>4x100 M Relay</b>                                       |         |         | X        |  |          | X        |  |          | X        |  | X           | X           |         |         | X        |  |          | X        |  |          | X        |  | X           | X           |



# SCHEDULE OF EVENTS: TRACK EVENTS

**Saturday June 12, 2021**

All Running Events will be contested as Timed Finals.



|      |               | Girls   |         |          |  |          |          |  |          |          |  |             | Boys        |         |         |          |  |          |          |  |          |          |  |             |             |  |
|------|---------------|---------|---------|----------|--|----------|----------|--|----------|----------|--|-------------|-------------|---------|---------|----------|--|----------|----------|--|----------|----------|--|-------------|-------------|--|
|      |               | 8-Under | 9 years | 10 years |  | 11 years | 12 years |  | 13 years | 14 years |  | 15-16 years | 17-18 years | 8-Under | 9 years | 10 years |  | 11 years | 12 years |  | 13 years | 14 years |  | 15-16 years | 17-18 years |  |
| Time | Event         |         |         |          |  |          |          |  |          |          |  |             |             |         |         |          |  |          |          |  |          |          |  |             |             |  |
|      | 1500M Run     | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           |  |
|      | 200M Hurdles  |         |         |          |  |          |          |  | X        | X        |  |             |             |         |         |          |  |          |          |  | X        | X        |  |             |             |  |
|      | 400M Hurdles  |         |         |          |  |          |          |  |          |          |  | X           | X           |         |         |          |  |          |          |  |          |          |  | X           | X           |  |
|      | 800M Run      | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           |  |
|      | 200M Dash     | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           | X       | X       | X        |  | X        | X        |  | X        | X        |  | X           | X           |  |
|      | 4x400 M Relay |         |         | X        |  |          | X        |  |          | X        |  | X           | X           |         |         | X        |  |          | X        |  |          | X        |  | X           | X           |  |