

AAU YOUTH/OPEN/MASTERS TRACK & FIELD

Memorial Day Bash in Central Florida

Saturday, May 24, 2025

Location: Evans High School 4949 Silver Star Road, Orlando, FL 32818

AGE GROUPS: 6 & Under, 7-8 Years Old, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old, and **Open**. AAU Youth Rules in effect. AWARDS: 1st, 2nd, & 3rd Place only

800 Athletes MaxENTRY FEE: \$30 paid thru <http://www.coacho.com/>**

SPECTATOR ENTRY: \$12.00 online (UNDER 5 is Free) PARKING: \$5.00 Cash Collected by the School

6 & under events- 60-200m Dash, 4x1 Relay, LJ, SP, & Turbo Jav. Field Events (except HJ) Get 3 Attempts

MEET SCHEDULE

07:00 Packet Pickup for those who don't pick up at the track the day prior (Time TBD)

07:15- Track Opens for Warmup

08:15- Coaches Meeting-

08:15- 1st Call for 3000m Run, Long & High Jump, Javelin, and Shot Put for 8 & Under

08:30- Events Begin on a Rolling Schedule as follows:

FIELD EVENTS(3 Attempts Only)

ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION

Long Jump (**Oldest to Youngest**)*****

Javelin (13-Masters)- Starts at 08:30

Discus (Youngest (11-12) to Oldest)

Shot Put (12 & Under)

High Jump

10:00 AM Field Events (After 100m Dash)

Turbo Javelin (12 & Under)

Shot Put (13 & Older)

ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION

1:00 PM Field Events

Triple Jump (Just Added)

FOR MORE INFORMATION: Coach CJ at (407)883-9806 or via email at: powerhouseatf@gmail.com

RUNNING EVENTS

3000m Run (**Combined Heats**)

110m/100m/80m Hurdles (Combined Heats)

100M Dash (6U to oldest)

1500m Run (**Combined Heats**)

1500 Race Walk (Just Added)

400m Dash

4x100m Relay

60m Dash (6U-8U & Open/Master Athletes Only)

400m Hurdles (15-18)/200m Hurdles (13-14)

800m Run (**Combined Heats**)

Coach/Parent Relay (**Time Permitting- Min 1 Female**)

200m Dash

4x400m Relay (**9U & Older Only**)

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

FACILITY & EVENT SAFETY ADDENDUMS

- 1) The Entry Gate will be a Cashless Entry- QR Code for advance purchase is below.
- 2) Live Results can be found on <https://www.godspeedtiming.com/>
- 3) **NO TENTS IN THE LOWER HALF OF THE STANDS. Tie/Weight them down and be courteous of others.**
- 4) All Athletes 8 years old and younger must be picked up from the Finish Line Area.
- 5) **All Long Jumpers 10 & under will jump from a 1 Meter Board for the safety of the athletes.**
- 6) Only Meet Personnel, Athletes, and essential Coaches with Band will be allowed in the competition area after warm up period ends.
- 7) 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.
- 8) **There is an Official with Master/National Level Experience at each event location.**
- 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) Throws Events, Long Jumps, & Running Event Check In (Clerking Area) are accessed under the Home Side bleachers.
- 13) 15-18 will run in a combined heat.

▪ **ENTRIES AND CHANGES**

- Entries will be \$30/Athlete until the deadline. 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/>

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