



2019 AAU CT. DISTRICT TRACK AND FIELD CHAMPIONSHIPS

- 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 event. Please allow 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.**

Date: Sunday June 09, 2019 - 10:00am

Site: Bowen Field HillHouse High School 480 Sherman Parkway New Haven, CT 06511

Host Team: New Haven Age Group Athletic Club

Meet Director: Major Ruth, Phone: 203-430-9456, Email: entrustmajor@hotmail.com

Entry Information: \$20.00 PER ATHLETE. REGISTRATION IS PRE-ENTRY ONLY. REGISTRATION WILL BE ONLINE ONLY <http://www.coacho.com> . Click on "Help" box for more detailed instructions on how to register and submit your entry. AAU registration number is necessary for online registration. REGISTRATION DEADLINE IS Wednesday June 05th 11:59PM NO CHANGES WILL BE MADE AFTER the DEADLINE!

THERE WILL BE NO REFUNDS OR TRANSFERS

Multi Events, Pole Vault, Javelin and Steeple Chase will not be contested at this meet.

Submit relays online.

*******Important information to CT. High School Athletes:**

Due to CIAC High School rules regarding competition, Connecticut High School Athletes who are in the middle of their H.S season can't run in this meet. These athletes must seek a waiver from the National AAU office. Here is a link to the Track Waiver criteria and Form: <http://image.ausports.org/dnn/athletics/2019/19AT-WaiverCriteria.pdf>

Spectator Fee \$5 – (Children under 10years free)

AWARDS: Medal awards for the 1st thru 3rd place.

PACKET PICK UP: Sunday June 09th, 8:30 am at the packet pick up table at **the track**

MISC.: No dressing rooms on site. Competitors must supply own implements. ¼ inch spikes will be aggressively enforced.

Order of Events

Field Events START – 10:00am

LONG JUMP -13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(M,W), 8-under (B,G) 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G)

TRIPLE JUMP -13(B) 13(G) 14(B) 15-16(B,G) 17-18(B,G) Contested following the long jump

HIGH JUMP - 9(B) 9(B) 10(B) 10(G) 11(B) , 11(G) 12(B) 12(G) 13(B) 13(G) 14(B) 14(B) 15-16(B,G) 17-18(B,G)

SHOT PUT - 8-under (B,G) 9(B) 9(G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G)

TURBO JAV (8 – 12 year old) **JAVLIN** (13- 18) - Only contested at the regional Track Events

DISCUS 11(B) 11(G) 12(B) 12 (G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G)

Running Events START - 10:30 am

4 X 800 RELAY – 11(B) 11(G) 12(B) 12(G) 13(B) 13 (G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) FINAL

3000M WALK - 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18 (B,G) FINAL

1500M WALK - 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) FINAL

4 X 100M RELAY - 10(B) 10 (G) 12 (B) 12(G) 14(B) 14 (G) 15-16(B,G) 17-18 (B,G)FINAL

3000M RUN – 11(B) 11(G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18 (B,G)FINAL

200M HURDLES – 13(B) 13(G) 14(B) 14(G) 5x30 FINAL

400M HURDLES - 15-16 (B,G) 17-18(B,G)

100M - 8-under(B,G), 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) 13(B) 13 (G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) SEMI

400M - 8-under(B,G) 9(B) 9(G) 10(B) 10 (G) 11(B) 12(B) 12 (G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) FINAL

1500M - 9(B) 9(G) 10(B) 10(G) 11(B) 11 (G) 12(B) 12(G) 13(B) 13(G) 14(B) 14 (G) 15-16 (B,G) 17-18(B,G) FINAL -

80M HURDLES 11(B) 11(G) 12(B) 12(G) 8 X 30 FINAL

100M HURDLES 13(B) 13(G) 14(B) 14(G) 15-16 (G) 17-18(G) FINAL

110M HURDLES 15-16 (B) 17-18(B) FINAL

100M DASH 8-under(B,G) 9(B) 9 (G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) FINAL

800M 8-under (B,G) 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) 13(B) 13(G) 14(B) 14(G) 15-16 (B,G) 17-18(B,G) FINAL

200M 8-under 9(B) 9 (G) 10(B) 10(G) 11(B) 11(G) 12(B) 12 (G) 13(B) 13(G) 14(B) 14 (G) 15-16 (B) 17-18 (G)FINAL

4 X 400M RELAY 10(B) 10(G) 12(B) 12 (G)14 (B) 14 (G) 15-16(B,G) 17-18(B,G) FINAL

Meet can start one hour early or late. Meet Management has no responsibility in scheduling to allow an athlete to do multiple events. That is clearly a Coach, Parent and Athlete decision.

*There are no separate fees for relays. All relay participants must be a registered athlete, in this meet.