

AAU Youth Track and Field

5th Annual Central Florida Spring Opener

February 25, 2023

Location: Dr. Phillips High School 6500 Turkey Lake Rd. Orlando, FL 32819

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 Rules in effect. AWARDS: 1st, 2nd, & 3rd Place only

ENTRY FEE: \$28 paid thru <http://www.coacho.com/> SPECTATOR ENTRY: \$12.00 (**UNDER 5 is Free**)

ADDITIONAL INFO: **6 & under** athletes limited to the 55m, 100m & Long Jump only. **Field Events (except High Jump) 3 Attempts Only- NO FINALS** ****ATHLETES ARE RESPONSIBLE FOR PROVIDING THEIR OWN IMPLEMENTS FOR COMPETITION. ****

4x100, 4x400, & 4x800 Relays can be used for Middle School State Qualifiers (Contact Meet Director in advance)

MEET SCHEDULE

06:45 Packet Pickup

07:00- Track Opens for Warmup

07:45- Track Closes/Coaches Meeting/4x800 MR Starts/1st Call for 3000m Run

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

FIELD EVENTS (3 Attempts Only Except HJ)

Long Jump

Turbo Javelin

High Jump

Javelin

Shot Put

Discus (Reverse Order)

****Athletes Must Provide Own Implements for Throw Events****

RUNNING EVENTS

4x800m (Middle School Qualifier)

3000m Run

80/100/110 Hurdles

100m Dash (Open, 6U to oldest)

1500m Run (Combined Heats)

4x100m Relay (Middle School Qualifier)

400m Dash

55m Dash (6U-8U & Open Athletes Only)

200m Hurdles

800m Run

200m Dash

4x400m Relay (Middle School Qualifier)

All Field Event Competition (EXCEPT HIGH JUMP) will be contested with 3 Attempts Only- NO FINALS

FOR MORE INFORMATION: Coach Waite at (352)530-8557 or email: erwaite@yahoo.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.

- Thank you all for your support and please dress appropriately for the weather
- The closest hospital is Orlando Health Dr Phillips located at 9401 Turkey Lake Road (3.4 miles less than 10 min)
- NO TENTS IN THE STANDS except on Top Row
- We will follow the schedule.
- Please pay attention to the calls. Running Events take precedence over Field Events.
- **There is a Master/National Level Official at each event location**
- Medals for Field Events awarded at the event. Medals for Events handed out at the Concession Stand 30 min after last heat
- **Starting Blocks reserved for 12 & older only**
- **Personal Blocks allowed if you have someone to pick them up immediately**
- **Middle School Qualifier Relays can combine age groups as long as they are all in Middle School.**
- Throws Events, Long Jumps, & Running Event Check In (Clerking Area) are accessed under the Home Side bleachers.