

AAU YOUTH/OPEN/MASTERS TRACK & FIELD

2024 Annual Power House Athletics Showcase

May 4, 2024

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

AGES: 6 & Under, 7-8, 9 through 14 Individual Age Groups, 15-16, 17-18, & **Open**. AWARDS: 1st, 2nd, & 3rd Place only

Entries will be limited to 800 athletesField Events 3 Attempts**

ENTRY FEE: **\$27** paid thru <http://www.coacho.com/> SPECTATOR ENTRY: **\$12.00** (UNDER 5 is Free) ****\$5 PARKING****

MEET SCHEDULE (Updated)

06:30 Packet Pickup

07:00- Track Opens for Warmup

07:30- Coaches Meeting- Javelin **Throws Competition Begins for 13 and Older Only at 07:45 hours**

07:45- 4x800m Relay and High Jump Start, 1st Call for 3000m Run, Triple Jump, and Javelin for 13 & up

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

FIELD EVENTS (3 Attempts Only) (Listed Times Approx)

Triple Jump (MS Quals Only-B/G Combined Boys Pit)

Long Jump (Oldest to youngest)

Javelin (13-Masters) (Warmup Start at 0745)

High Jump (Warmups Start at 0745)

Shot Put (12 & Under)

Discus (11 & Older)

Turbo Javelin (12 & Under)

Shot Put (13 & Older)

RUNNING EVENTS

4x800m Relay (MS Qualification Only) **

3000m Run (Combined Heats)

100m/80m Hurdles (Combined Heats)

100m Dash (O/M, 6U to 17/18)

1500m Run (Combined Heats)

1500 Race Walk (Combined Heats)

200m Hurdles (MS Qual- Combined Heats)

200m Dash (O/M only at this time)

400m Dash

4x100m Relay

55m Dash (6U, 7-8 Only)

800m Run (Combined Heats)

200m Dash (6U to 17/18)

4x400m Relay

ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION

MS Qualifier 4x1, 4x4, and 4x8 Relay Teams, please contact Coach CJ at (407)883-9806 or powerhouseatf@gmail.com

FACILITY & EVENT SAFETY ADDENDUMS

- 1) **THIS IS THE LAST CHANCE TO QUALIFY FOR MIDDLE SCHOOL STATES MEET TAKING PLACE AT IMG on 6/13. The Meet Director for Middle School States will be onsite.**
- 2) **The Entry Gate will be a Cashless Entry- QR Code for advance purchase is below. Payment link is: <http://powerhouseatf.ticketleap.com/annual-power-house-athletics-showcase/>**
- 3) **Live Results can be found on <https://www.godspeedtiming.com/>**
- 4) The closest hospital is Orlando Health located at 9401 Turkey Lake Road (3.4 miles less than 10 min)
- 5) **NO TENTS IN THE LOWER HALF OF THE STANDS. Tie/Weight them down and be courteous of others.**
- 6) All Athletes 8 years old and younger must be picked up from the Finish Line Area.
- 7) **All Long Jumpers 10 & under will jump from a 1 Meter Board for the safety of the athletes.**
- 8) Only Meet Personnel, Athletes, and essential Coaches with Band will be allowed in the competition area after warm up period ends.
- 9) 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.**
- 10) **There is a Master/National Level Official at each event location**
- 11) 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.
- 12) 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.**
- 13) **Personal Blocks allowed if you have someone to pick them up immediately or they become community use.**
- 14) **Middle School Qualifier Relays can combine age groups as long as they are all in Middle School.**
- 15) Throws Events, Long Jumps, & Running Event Check In (Clerking Area) are accessed under the Home Side bleachers.
- 16) 15-18 will run in a combined heat. Masters/Open Athletes may be included for competition.

ENTRIES AND CHANGES

- **The deadline for entries will be 11:59pm on Thursday 6/4/23. Entries will be \$27/Athlete. IF ANY late entries are accepted, the cost will be \$75/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.**

