

AAU Youth Track and Field

2024 Annual Central Florida Spring Opener

February 24, 2024

Location: The First Academy 2667 Bruton Blvd. Orlando, FL 32805

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: \$27 paid thru <http://www.coacho.com/> SPECTATOR- \$12.00 (**UNDER 5 Free**) Parking - \$5 (Cash Only)

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. ****

MEET SCHEDULE

06:45 Packet Pickup

07:00- Track Opens for Warmup

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

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

FIELD EVENTS (3 Attempts Only Except HJ)

Long Jump

Javelin (13 years old and Older)

High Jump

Turbo Javelin

Discus (Reverse Order)

Shot Put (Youngest to Oldest)

Triple Jump (**Middle School Qualifier Only**)

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

RUNNING EVENTS

3000m Run

110/100/80m Hurdles

100m Dash (Open, 6U to oldest)

1500m Run (Combined Heats)

400m Dash

4x100m Relay

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

200m Hurdles (**Middle School Qualifier Only**)

800m Run

200m Dash

4x400m Relay (**Middle School Qualifier Only**)

Live Results can be found on <https://www.godspeedtiming.com/>. Middle School Relays- please contact the Meet Director in advance. 4x4 Relays will be clerked on the track. A relay card will need to be submitted for any relays that include multiple age groups on the same team for Middle School Qualification. They will be handed out during the Coaches Meeting. **The Triple Jump, 200m Hurdles, and 4x400m Relays are open to Middle School Athletes ONLY attempting to qualify for FLYRA Middle School States Outdoor Championships the and the events are being contested as a single event regardless of age or grade.**

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 and coaches 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.

▪ **The Entry Gate will be a Cashless Entry- QR Code for advance purchase is below.**

- **Live Results can be found on <https://www.godspeedtiming.com/>**
- The closest hospital is Orlando Health located at 92 Kuhn St. Orlando, FL 32806 (less than 10 min)
- **NO TENTS IN THE STANDS except in the upper half of the stands. Tie them down and be courteous of others.**
- 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. Athletes 15 & older must use blocks for the sprint events 100-400m.**
- **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.
- 15-18 will run in a combined heat.

▪ **ENTRIES AND CHANGES**

- The deadline for entries will be 11:59pm on Thursday 2/22/23. 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.**

Advance Spectator Ticket Purchasing



<https://powerhouseatf.ticketleap.com/>