

AAU YOUTH/OPEN/MASTERS TRACK & FIELD
Central Florida Pre-Season Classic

January 28, 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, 15-18 Years Old is High School Division, Open/Masters. AAU Rules Apply. AWARDS: 1st, 2nd, & 3rd Place only

ENTRY FEE: \$20 paid thru <http://www.coacho.com/> SPECTATOR ENTRY: \$10.00 (UNDER 5 is Free)
High School Division Only- \$10 Discount Rate

8 & under events- 60m, 100m, 200m, 400m, Long Jump, Turbo Javelin, and Shot Put.

MEET SCHEDULE

06:45 Packet Pickup

07:00- Track Opens for Warmup

07:45- Coaches Meeting, Track Closes/1st Call for 3000m Run, Long Jump, Javelin Throw, & High Jump

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

FIELD EVENTS (3 Attempts, No Finals except HJ)

Long Jump (Reverse Order)

High Jump

Shot Put (BYOS)

Javelin (Reverse Order) (BYOJ)

Discus (BYOD)

Turbo Javelin

*ATHLETES MUST PROVIDE OWN

IMPLEMENTS FOR COMPETITION*

RUNNING EVENTS

3000m Run (Combined Heat)

80/100/110M Hurdle (Rev Order)*

100M Dash (Open/Masters, 8U to 15-18)

200M Dash (Open/Masters)

400M Dash (8U to 15-18)

1500m Run (Combined Heat)

1500m Race Walk (Combined Heat)

60m Dash (6U-8U, HS, Open/Masters Only)

800m Run (Combined Heat)

200m Dash (6U to Oldest)

MS/HS 4x400 Relay (Combined Heat)

OPEN/MASTER will be in the 1st HEAT for the sprint events and may be combined with the 15-18 to consolidate heats, enhance competition, and help prepare Open/Masters for Indoor & World Championship in March & June.

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

Field Rules

1. Only athletes competing & meet personnel allowed in the competition area after warm up ends.
2. No PARENTS/SPECTATORS in the Clerking Area. Coaches in the Clerking area must be assisting clerks.

Facility Map



J- Javelin D-Discus S- Shot Put B- Boys Long Jump G- Girls Long Jump HJ-High Jump