

2024
Iowa AAU
District Qualifier
Track & Field Meet
June 8, 2024

Grand View University
Williams Stadium
1540 Walker Street
Des Moines, IA 50316



Marvin (Marv) Allen
Iowa District Sports Director
AAU Track & Field
(515) 252-0856
aaustarter@copper.net

Visit www.aauiaowa.org for latest information

In this guide . . .

How to Qualify for AAU Junior Olympics.....page 3

Event details at-a-glance.....page 4

Registration 4

Entry fee and deadline, age divisions & proof of age, event limits, and relay limits

Athletes and Coaches 6

Reporting for events, uniforms, use of spikes, waivers, awards, trainers, access, coach's meetings, and protest

Spectators 7

Food and drink, meet program, tents/canopies, gate admission, parking, restrooms, and inclement weather

Meet Officials 8

Coordinator/Meet Director, Head Referee, online entry support, Hy-Tek Data, Grand View University Head Track & Field Coach, and declaring challenges

FYI beginning on page 9

- **Waiver Submission Instructions (see page 9)**
- **Waiver Form (pages 10 – 11)**
- **Accommodations, local area restaurants, and Williams Stadium Complex Map (pages 12 – 14)**

How To Qualify: AAU Junior Olympic Games

<p>S T E P</p> <p>#1</p>	<p>District Qualifier Track & Field Qualifier Williams Stadium 1540 Walker St Des Moines, IA</p> <p>June 8, 2024</p>	<p>The top sixteen (16) finishers in each individual, relay and multi-event shall advance from the District Qualifier to the Regional Qualifier in the events that they actually competed and qualified at the District level; Districts may be granted a waiver from conducting a District qualifying meet by the AAU Track and Field Executive Committee if petitioned by the District Sport Director.</p>
<p>S T E P</p> <p>#2</p>	<p>Regional Championship Track & Field Meet</p> <p>TBD Track Stadium 123 Street Address Minneapolis, MN</p> <p>June 27 – 30, 2024</p> <p>Meet Director: Melvin Anderson 612-486-6730 manderson@trackminnesotaelite.com</p>	<p>Advancements from Regional Qualifiers to AAU Junior Olympic Games:</p> <ol style="list-style-type: none"> Running Events – The top six (6) athletes advance Field Events – The top six (6) athletes advance Relays – The top six (6) teams / athletes advance Multi-Events – the top four (4) teams / athletes advance
<p>S T E P</p> <p>#3</p>	<p>AAU Junior Olympics</p> <p>Multi-Events are July 26 – July 28, 2022</p> <p>Track & Field is July 29 – August 3, 2024</p> <p>North Carolina A&T University (Truist Stadium)</p> <p>1601 E. Market St. Greensboro, NC 27411</p>	<p>Congratulations, you made it!</p> <p>National Meet Website:</p> <p>https://aaujrogames.org/Track</p>

For more information about AAU Track and Field or how to qualify for the AAU Junior Olympic Games, contact Yolanda Freeman, AAU Track and Field Sport Manager at YFreeman@ausports.org or (407) 828-8326.

EVENT DETAILS & MEET INFORMATION

VENUE

DATE & TIMES:

Saturday, June 8, 2024

STADIUM opens at 7:00 a.m.

EVENT CHECK-IN (Track and Field) begins at 8:30 a.m.

COMPETITION begins at 9:00 a.m.

ALL EVENTS WILL RUN ON A ROLLING SCHEDULE.

TRACK EVENTS WILL RUN WITH TIMED FINALS.

LOCATION

Williams Stadium
1540 Walker St.
Des Moines, IA 50316

GOVERNANCE

The 2024 Iowa AAU District Qualifier will be conducted under the AAU code guidelines and follow competitive rules of the NGB as modified and outlined in the AAU Youth Athletics Handbook (available at www.aauathletics.org)

REGISTRATION

AAU MEMBERSHIP REQUIREMENTS & ATHLETE ELIGIBILITY

A current 2024 AAU membership number is necessary to register for this meet. AAU memberships can be obtained on-line at www.aausports.org. If you already have a 2024 AAU membership card from another AAU sport, you do not need to purchase another card.

Make membership corrections through Jackie Markham (407) 828-4074.

NOTE: Athletes and coaches must be registered members of their state's AAU District, which entails a \$15.00 annual fee for athletes and \$20.00 for coaches.

HOW TO REGISTER

All registrations will be conducted on-line. Additions and corrections can be made up to the entry deadline June 6, 2024 at 11:59 p.m. **NO CHANGES** can be accepted after the deadline. Please use the on-line location below to register.

- **Go to:** www.coacho.com
- **Click on:** Online Registration
- **Click on:** Enter a meet > Meets are listed by date > Find the **Iowa District Qualifier June 8, 2024**
- **Log in or Register**, if you have not already registered. **Search** for your team. If it has not already been created, the site walks you through how to create your team after the search.
- **If you are unattached (no team)** you must select UNATTACHED as YOUR TEAM NAME. Create your team rosters (girls and boys) including birthdates. Revisions to team rosters and events can be made online before the Registration deadline. Once registration closes all questions should be directed to Marv Allen – Meet Director at (515) 252-0856.

➡ **Registration opens FEB. 10, 2024**
www.coacho.com

ENTRY FEE

The entry fee is **\$30.00** per athlete. There is only one option for payment this year. Entry fees **MUST** be paid on-line with a credit card to complete the registration process.

ENTRY DEADLINE

All athletes must register on-line **NO LATER** than **11:59 pm, Thursday, June 6, 2024. ON-SITE REGISTRATIONS WILL NOT BE AVAILABLE AT THIS MEET.**

AGE DIVISIONS

Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls.

YEAR OF BIRTH determines the division in which the athletes must compete. Competing in the wrong division is grounds for disqualification.

DIVISION (Boys & Girls)	YEAR OF BIRTH	AGE ON 2024 BIRTHDAY
8 & under	2016 and after	8 or younger
9 years	2015	9
10 years	2014	10
11 years	2013	11
12 years	2012	12
13 years	2011	13
14 years	2010	14
15 & 16 years	2009 & 2008	15 & 16
17 & 18 years	2007 & 2006	17 & 18

NOTE: Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games National Championship shall be eligible to compete in the Young Men's or Young Women's age division.

PROOF OF AGE

Proof of age may be required at District, Regional Qualifier and National Championship events and whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A U.S. Military Government Identification Card
4. A valid (not expired) passport
5. A valid U.S. driver's license

NOTE: Other forms of documentation, including, but not limited to, letters from public or private schools and/or city and state Parks & Rec Department are not acceptable.

EVENT LIMITS

8 & under, 9, 10, 11 and 12 year olds: Maximum of **3** events.
13, 14, 15 & 16, and 17 & 18 year olds: Maximum of **4** events.

NOTE: Any athlete who participates in more than his/her age division's prescribed maximum number of events will be disqualified from this meet and **WILL NOT** be allowed to advance to the National meet in **ANY** event.

RELAY LIMITS

Participation of relay teams will be limited to those clubs which hold a current 2024 valid club membership in AAU.

Relay teams consist of four (4) members and can list up to four (4) alternates.

Relays are conducted in the 8 & under, 9 & 10, 11 & 12, 13 & 14, 15 & 16, 17 & 18 divisions **ONLY**. **The 9 & 10 year olds, 11 & 12 year olds, and 13 & 14 year olds may run in the same divisions ONLY IN THE RELAYS.**

NOTE: Each entry in a relay is considered one of each of these athlete's individual entries and counts toward the maximum number of events allowed.

ATHLETES AND COACHES

REPORTING FOR EVENTS

Coaches, parents, and athletes are fully responsible for athletes reporting to their events on time. This meet will be run on a **ROLLING** schedule. It is not the fault of the Meet Management if any athlete misses his/her event.

NO EXCUSES WILL BE ACCEPTED.

UNIFORMS

There is no specific uniform required except as follows:

1. All athletes must wear clothing that is clean and in the opinion of the officials, in good taste. A jersey (top) must be worn by all competitors.
2. Shoes or foot coverings must be worn by all competitors.
3. All members of a relay team must wear jerseys & shorts of the same color.
4. Speed suits & one piece uniforms are acceptable as long as the chest area is covered.

SPIKES

Any shoes containing spikes must have 1/8" or 1/4" pyramid spikes. Needle type spikes are prohibited. Athletes will not be allowed to compete with spikes that do not comply.

WAIVERS

Athletes scheduled to take a college entrance exam (ACT/SAT) will be waived to National Qualifier upon receipt of proper documentation by **May 25, 2024**. Email proper documentation to: aauwaivers@aausports.org. Please do not send waiver request to any other e-mail address.

See special information sheet at back of packet for more info.

AWARDS

First through third place winners in each division will be awarded AAU medals.

TRAINER

A certified trainer will be **on-site all day**.

ACCESS TO TRACK AND INFIELD

Only the Meet Director, meet workers and competing athletes will be allowed on the field. Any unauthorized individuals on the Track, or in the field, will result in a disqualification of their athlete or team. **THIS RULE WILL BE STRICTLY ENFORCED.**

COACHES MEETING

A coaches' meeting will be held Saturday at **8:15 a.m.** on the 50-yard line.

PROTEST

Protests relating to matters which develop during the conduct of the meet must be made to the Referee in writing. Protests should be filed immediately; but in any case, not more than 30 minutes after the results have been announced. A **\$50.00** cash deposit must accompany the protest. The Referee shall follow the 2024 AAU Athletics Handbook and the 2024 USATF Rulebook in rendering his decision. When the Referee renders his decision, there is still the right to appeal to the Jury of Appeals. The decision of the Jury of Appeals is final.

IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.

SPECTATORS

FOOD AND DRINK

There will be concessions available. Medium-sized ice chests may be brought in fruit, water, and sports drinks. No glass containers are permitted. Fast food meals are not allowed in the stadium.

MEET PROGRAM

A Meet Program (if available) will be sold at the meet.

TENTS &

Tents and canopies will be permitted **ONLY** in the designated grass areas outside of the Track fence.

CANOPIES

GATE ADMISSIONS

Athletes & Coaches: **FREE** with proof of valid 2024 AAU Membership.
Adults: **\$5.00**
Students & Senior Citizens: **\$2.00**
5 & Under: **FREE**

PARKING

Ample parking is located adjacent to the track.

RESTROOMS

Stadium restroom facilities are located within the track complex.

INCLEMENT WEATHER

The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather and resuming when weather permits. The format of the meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and the Games Committee. We will **not** have indoor access in case of lightning, storm or any other adverse weather. Immediately go to your cars.

In the event the meet is delayed due to lightning, the Meet Director will make an updated announcement every 20 minutes until the meet is resumed.

MEET OFFICIALS

**COORDINATOR &
MEET DIRECTOR**

Marvin (Marv) Allen
Iowa District Sports Director
AAU Track & Field
(515) 252-0856
aaustarter@cooper.net

HEAD REFEREE

Cortez Nichols
Xcaliburs2003@yahoo.com

**ONLINE ENTRY
SUPPORT**

Bill Haynes
support@coacho.com

**HY-TEK DATA
Email
Results website**

Brett Carney
AmesAllAmerican@gmail.com
www.AATiming.com

**GRAND VIEW UNIV.
HEAD TRACK &
FIELD COACH**

Miradieu Joseph
mjoseph@grandview.edu

**AAU Membership
Contact**

Jackie Markham
(407) 828-4074
Jackie@aausports.org
NOTE: Get your membership card early

Coach O Registration

BillHaynesSupport@coacho.com

CHALLENGES:

Any person wishing to challenge the Final Results must do so via email to Brett Carney. His email is AmesAllAmerican@gmail.com within 4 hours after the competition ends. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding Rules of Competition will follow the AAU Athletics Handbook.

“Sports for All, Forever”



2022 AAU Track & Field Waiver Submission

To apply for a waiver you must:

1. Download the waiver request form.
2. Open the waiver request in Microsoft WORD and fill in all of the requested information. Failure to provide all of the requested information will only delay the review process,
3. **Educational Waivers** – Any athlete scheduled to take a college entrance exam SAT **(on June 8, 2024)** or ACT **(on June 8, 2024)** will be waived into the Regional Qualifier by the **AAU Waivers Committee** in conjunction with the National Sports Chairman, upon receipt of proper documentation. Documentation and the request in writing must be received no sooner than April 22nd and no later than June 1, 2024. Requests submitted after **June 1, 2024** will NOT be reviewed. The **AAU Waivers Committee** in conjunction with the National Sports Chairman will have sole responsibility of all decisions regarding waivers and/or advancement from the District Qualifier to a Regional Qualifier.
4. The AAU Track & Field Committee National Sports Chairman will have sole responsibility of all decisions regarding waivers and/or advancement from the Regional Qualifier into the AAU Junior Olympic Games.
5. In any District Qualifier, Regional Qualifier, or any National Championship, when making an exception to add an athlete after the entry deadline, that athlete forfeits their right to seeding.
6. Email aaawaivers@aausports.org. Place the athletes name in the Subject Line and attach the following documents:
 - Completed Waiver Request Form
 - If you are applying for a participation exemption because you will be participating in SAT/ACT testing, attach a scanned copy of your SAT/ACT registration document.
7. Waiver requests will only be accepted by the Head Coach or Club Contact or the parent of an athlete.
8. Waiver submission does NOT guarantee approval.
9. **There are NO injury waivers.**

IMPORTANT

The Waiver Form can be submitted from
April 21, 2024 through June 1, 2024 (deadline).

2024 AAU Junior Olympic Regional Qualifier Waiver Request

Athlete's Name _____

GENDER Male Female (please place an X in the appropriate box)

Date of Birth _____ (Month, Day, Year)

Athletes who turn 19 on or before the last day of competition for the JO games are not eligible to compete.

AAU membership ID _____

AAU Club Name _____

(Leave blank if you are an unattached athlete)

AAU Club ID _____

(Leave blank if you are an unattached athlete)

What is your Home District? _____

Hometown address _____

City _____ State _____ Zip Code _____

MEET INFORMATION

What is the name of the meet you want to waived through? _____

Location of meet to be waived through _____ District Qualifier # _____

What is the name of the meet you want to enter? _____

Location of Meet you would like to enter _____ Regional Qualifier _____

2024 AAU Junior Olympic Regional Qualifier Waiver Request

EVENTS

Put a seed or mark "NM" for each event the athlete will compete in. (Example: 200m dash: 26.5)
Athletes 12 and under may only enter 3 events; athletes 13 – 18 years old may only enter 4 events.

Sprint

100 m dash:	200m dash:	400m dash:
-------------	------------	------------

Hurdles

80m hurdles:	100m hurdles:	110m hurdles:
200m hurdles	400m hurdles	

Distance

800m run:	1500m run:	3000m run:
-----------	------------	------------

Race Walk

1500m walk:	3000m walk:	
-------------	-------------	--

Field

Long jump:	Triple jump:	High jump:
Shot put:	Discus throw:	Javelin throw:
Pole valut:		

REASON

Why are you requesting this waiver?

NOTE: There are **NO** injury waivers. Submission of a waiver request **does not** guarantee approval.

Name of person requesting waiver _____

E-mail address of person requesting waiver _____

Coach's Name: _____

Coach's Email Address: _____

Parent's Name: _____

Parent's Email Address: _____

ACCOMODATIONS

Special arrangements for accommodations have been made at:

Holiday Inn – Mercy Campus
1050 6th Avenue
Des Moines, IA 50314
ReservationDesk.com: 833-456-0803

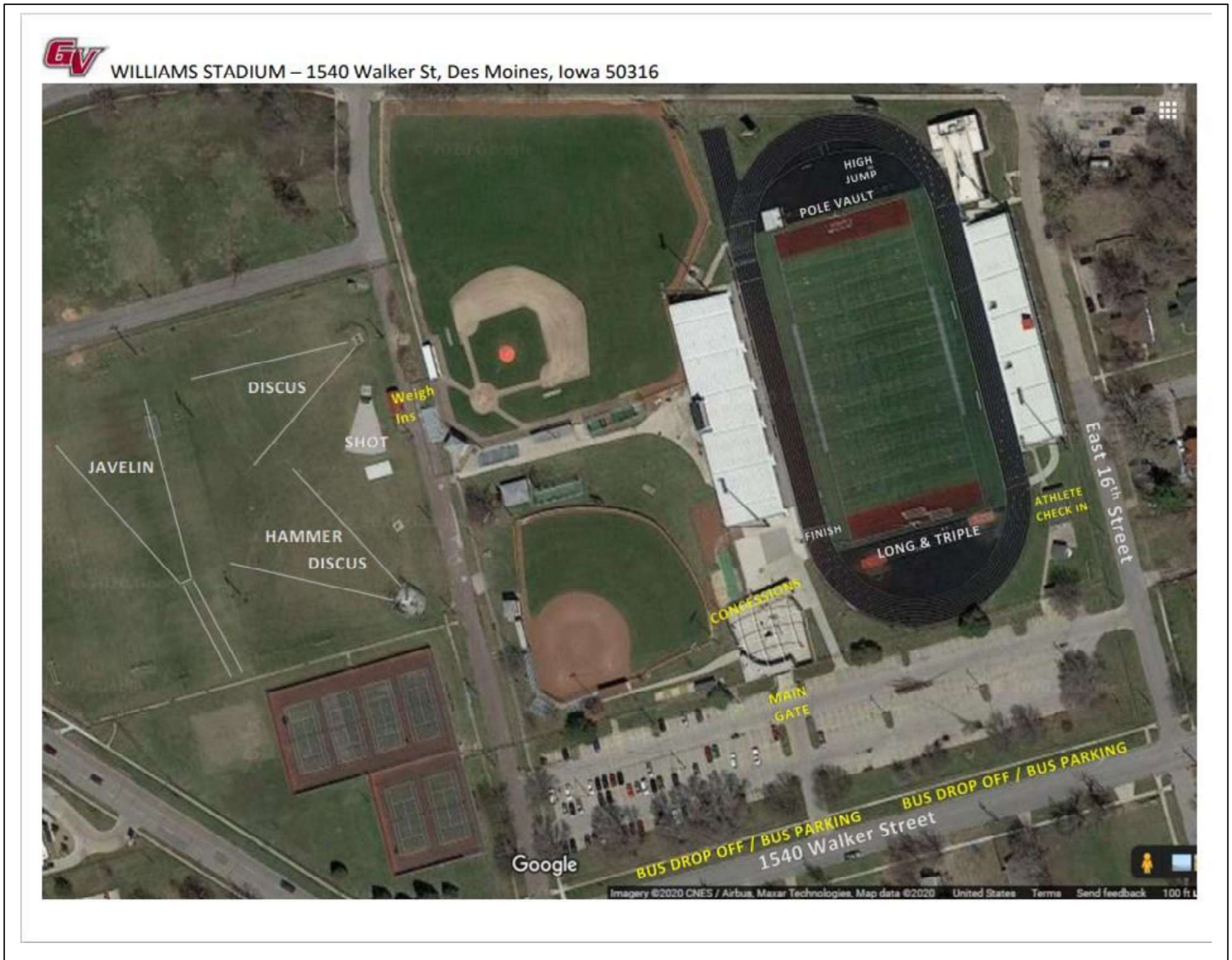
Follow this link to book your specially-priced accommodations: [AAU hotel Booking Link](#)

URL

<https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en®ionCode=1&hotelCode=dsmdw&checkInDate=11&checkInMonthYear=052021&checkOutDate=12&checkOutMonthYear=052021&PMID=99801505&GPC=au2&cn=no&viewfullsite=true>

Williams Stadium Complex

1540 Walker St
Des Moines, IA 50316





SCHEDULE OF EVENTS: Saturday, JUNE 8, 2024

Events will be run as **TIMED FINALS** according to the schedule below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

TRACK EVENTS (Racewalk @ 9:00 am, Running Events @ 9:30 am)

9:00 AM	3000M RACEWALK	13 Year Old Boys & Girls	14 Year Old Boys & Girls	15&16 Boys & Girls	17&18 Men & Women		
	1500M RACEWALK	9 Year Old Boys & Girls	10 Year Old Boys & Girls	11 Year Old Boys & Girls	12 Year Old Boys & Girls		
9:30 AM	400M DASH	ALL AGE GROUPS REPORT					
	3000M RUN	11 Year Old Boys & Girls	12 Year Old Boys & Girls	13 Year Old Boys & Girls	14 Year Old Boys & Girls	15&16 Boys & Girls	17&18 Men & Women
	80M HURDLES (8 – 30" ALL)	11 Year Old Boys & Girls	12 Year Old Boys & Girls				
	100M HURDLES (G 10 – 30") (B 10 – 33")	13 Year Old Boys & Girls	14 Year Old Boys & Girls	15 & 16 Girls	17 & 18 Young Women		
	110M HURDLES (B 10 – 39")	15 & 16 Boys	17 & 18 Men				
	4x800M RELAY	11 & 12 Year Old Boys & Girls	13 & 14 Year Old Boys & Girls	15 & 16 Boys & Girls	17 & 18 Men & Women		
BREAK	100M DASH	ALL AGE GROUPS REPORT					
	200m DASH	ALL AGE GROUPS REPORT					
	1500M RUN	ALL AGE GROUPS REPORT					
	200M HURDLES (5 – 30" ALL)	13 Year Old Boys & Girls	14 Year Old Boys & Girls				
	400M HURDLES (G 10 – 30") (B 10 – 36")	15 & 16 Boys & Girls	17 & 18 Men & Women				
	4x100M Relay	8 & Under Boys & Girls	9 & 10 Year Old Boys & Girls	11 & 12 Boys & Girls	13 & 14 Boys & Girls	15 & 16 Boys & Girls	17 & 18 Men & Women
	800M Run	ALL AGE GROUPS REPORT					
	4x400M Relay	9 & 10 Year Old Boys & Girls	11 & 12 Year Old Boys & Girls	13 & 14 Boys & Girls	15 & 16 Boys & Girls	17 & 18 Men & Women	

SCHEDULE OF EVENTS: Saturday, JUNE 8, 2024

Events will be contested according to the schedule below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

FIELD EVENTS (Begin @ 9:00 am – Check-in at Field Events)

9:00 AM	SHOT PUT (4LBS)	8 & Under Boys & Girls	10 Year Old Boys & Girls	11 Year Old Boys & Girls	12 Year Old Boys & Girls	13 Year Old Girls	14 Year Old Girls
	SHOT PUT (6LBS)	9 Year Old Boys & Girls	14 Year Old Boys	15 & 16 Girls	17 & 18 Young Women		
	SHOT PUT (4KG)	13 Year Old Boys	17 & 18 Men				
	SHOT PUT (12LBS)	15 & 16 Boys	12 Year Old Boys & Girls	13 Year Old Boys & Girls	14 Year Old Boys & Girls	15 & 16 Girls	17 & 18 Young Women
9:00 AM	DISCUS (1.0 KG)	11 Year Old Boys & Girls	17 & 18 Men				
	DISCUS (1.6KG)	15 & 16 Boys					
9:00 AM	LONG JUMP	ALL AGE GROUPS REPORT					
1:00 PM	TRIPLE JUMP	13 Year Old Boys & Girls	14 Year Old Boys & Girls	15 & 16 Boys & Girls	17 & 18 Men & Women		
9:00 AM	HIGH JUMP	ALL AGE GROUPS REPORT (Except 8 & Under Boys & Girls)					
9:00 AM	TURBO JAVELIN (300G)	8 & Under Boys & Girls					
11:00 AM	JAVELIN (600G)	13 Year Old Boys & Girls	14 Year Old Boys & Girls	15 & 16 Girls	17 & 18 Young Women		
	JAVELIN (800G)	15 & 16 Boys	17 & 18 Men				
9:00 AM	TURBO JAVELIN (400G)	9 Year Old Boys & Girls	10 Year Old Boys & Girls	11 Year Old Boys & Girls	12 Year Old Boys & Girls		

