



2023 AAU Regional Qualifier Meet

Region 15
Multi-Events/June 22 & 23, 2023
Track & Field/June 23-25, 2023

Jefferson City High School
Adkins Stadium
609 Union Street, Jefferson City, MO 65101



For Questions: Contact Meet Director, Vince Bingham 636-638-5325

GENERAL INFORMATION

DATES

Multi-Events: Thursday, June 22 and Friday, June 23, 2023
3000M Run, Race Walk (1500/3000): Steeple Chase
Friday, June 23, 2023

All Javelin/Turbo Javelin, Triple Jump, and Pole Vault:
Friday, June 23, 2023

All other Track & Field Events: Saturday, June 24 & Sunday
June 25, 2023

GOVERNANCE

The Region 15 2023 AAU Regional Qualifier Meet will be conducted under the AAU code guidelines and follow competitive rules of the NGB (USA Track & Field) as modified and outlined in the AAU Youth Athletics Handbook (available at www.aauathletics.org). This event is sanctioned by the Amateur Athletic Union of the US, Inc.

AAU MEMBERSHIP REQUIREMENTS

A current 2023 AAU membership number is necessary to register for this meet. AAU membership fee is not included in the entry fee for this Meet. AAU membership can be obtained on-line at www.aausports.org. AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website. If you already have a 2023 AAU membership card from another AAU sport, you do not need to purchase another card. All entrants must be prepared to show their AAU cards and Birth Certificate.

ATHLETE ELIGIBILITY

Athletes are advanced to the Region 15 Qualifier from the Ozark District Qualifier Meet.

HOW TO ENTER & ENTRY DEADLINES

All registrations will be conducted on-line at www.coacho.com. On-line registration will close at **11:59PM CST on Sunday, June 18, 2023** for Multi Events and Track & Field events. **NO ONSITE REGISTRATION IS AVAILABLE.** A limited number of late registrations may be accepted by calling the number on the cover page of this meet flyer; a \$45 late fee will be assessed for registrations after the above described close of on-line registration.

ENTRY FEE

The registration fee is \$30.00 per athlete for the Multi-Events. Entry fee for the Track & Field Meet is a separate \$30.00. All Entry fees MUST be paid on-line with a credit card to complete the registration process.

CHANGES TO ENTRIES

TO CORRECT MISTAKES BEFORE THE DEADLINE: Log back into Coach O using your account information and make revisions.

TO CORRECT MISTAKES AFTER THE DEADLINE, BUT BEFORE 1ST DAY OF PACKET PICK-UP: 1) Send the change to ozarkaathletics@gmail.com with "ATTN: Change Request" in the subject line 2) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be made at no charge. 3) All changes related to individual's events and relay teams will be allowed with a \$10 fee per change. 4) Be prepared at packet pick-up to pay \$10 cash for each change made after the deadline.

TO CORRECT MISTAKES AT PACKET PICK-UP: (absolute last opportunity)

1) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be allowed for a processing and inconvenience fee of \$5 per athlete. 2) All changes related to an athlete's individual events and/or relay teams will be allowed for a fee of \$20 per change. This must be done the day before the actual competition. 3) All payments must be made in cash.

**CHECK-IN/
PACKET PICK UP**

Packet Pick Up for:

Multi-Events/Javelin/Turbo/Triple Jump/ Pole
Vault/Racewalks/3000M Run, Steeple Chase

At the Packet Pick Up Gate at the Stadium

Thursday, June 22 & Friday, June 23

One hour before competition

All other Track & Field events

At the Packet Pick Up Gate at the Stadium Saturday,
June 24 from 7:00AM – 10:00 AM

Sunday, June 25 from 7:00 AM – 9:00 AM

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 athlete must compete. Competing in the wrong division is grounds for disqualification. **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 17-18 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 US Military Government Identification Card
4. A valid (not expired) passport
5. A valid US driver's license

EVENT LIMITS

8 & Under, 9 years, 10 years, 11 years, and 12 years: Maximum of 3 events. 13 years, 14 years, 15-16 years, 17-18 years: 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 (2023) valid club membership in the AAU. Relay teams consist of four (4) members and may list up to four (4) alternates. All Relay Team members must be registered participants in the Meet. Relays are conducted in the 8 & Under, 10 Years, 12 Years, 14 Years, 15-16 Years, and 17-18 Years Old divisions ONLY. The 9 years divisions may run in the 10 years divisions, the 11 years divisions may run in the 12 years divisions, and the 13 years divisions may run in the 14 years 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.

TENTS & CANOPIES

Tents and canopies will be permitted in designated areas in the bleachers and inside the stadium.

FOOD & DRINK

There will be concessions available. Medium-sized coolers may be brought into the Stadium. No glass containers are permitted. No personal bar-b-que pits.

MEET PROGRAM

The Meet Schedule and Heat Sheets will be available on coacho.com.

GATE**ADMISSIONS**

Athletes: Wristbands & Bib Numbers provided with entry must be worn at all times for free entry into the Meet.

Coaches: 1 band for every 10 athletes on team with rounding up, e.g. A club with 57 athletes will get 6 coaches Wristbands.

Ages 6 - Adults: \$5.00 per day, \$8 for two days, \$13 for 3 days.
Under: 5 & Under FREE

Wristbands must be worn at all times and for entry into the stadium.

PARKING

Parking is available at the stadium. There is a designated parking lot for Officials.

RESTROOMS

Stadium restroom facilities are located inside the stadium.

**INCLEMENT
WEATHER**

The safety of our athletes and guests is our primary concern. The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather (including extreme heat) 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. In the event of a meet stoppage or a delay in the start, the Meet Information line (636-346-5793) will be updated with information as necessary.

T-SHIRTS

2023 AAU Regional Qualifier Meet T-Shirts will be on sale.

HOTELS

There are several hotels in Jefferson City, MO that can accommodate you during your stay.

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. Personal electronics (iPod's, cell phones, etc.) are NOT permitted in the competition areas.
NO EXCUSES WILL BE ACCEPTED

UNIFORMS

There is no specific uniform required except as follows:

- In all events, competitors must wear clothing that is clean, designed and worn so as not to be objectionable.
- The clothing must be made of a material that is not transparent even if wet.
- Bare midriffs are not allowed. If the uniform is of a two-piece design (top and bottom), the top must either be tucked into the waistband or cover the waistband when the athlete is standing erect. A one-piece uniform must not allow for a bare midriff.
- Athlete's tops must be of the same color front and back. •
All participating relay team members must wear jersey's/tops of the same color, front and back. At Regional Qualifier and National Championships, all team participants shall wear shorts of the color, or, in the case of one-piece uniforms, the bottoms of relay team uniforms should be of the same color.
- A competitor must wear footwear on both feet.
- The competitors must not wear clothing that could impede the view of the judges, except in cross country, when the weather is cold.

BIBS

Each athlete will be provided a Bib Number and wristband which are required for competition and admission. The replacement fee for lost/damaged bibs or wristbands is \$10.00 each.

SPIKES

Only 1/4" spikes are allowed. Needle type spikes are prohibited. Athletes will not be allowed to compete with spikes that do not comply.

AWARDS

First through Third place finishers in each division and event will be awarded AAU Medals. Fourth through Sixth place finishers will be awarded ribbons. Medals may be picked up 30 minutes after the results have been posted.

Coaches or parents are required to pick up all medals/ribbons for athletes under the age of 13. Relay medals must be picked up as a team, individual relay medals will not be distributed.

ADVANCEMENT TO AAU JUNIOR OLYMPICS The top six (6) individual finishers in running and relay events, the top six (6) finishers in field events and the top four (4) multi-events finishers in each event will advance to the Junior Olympics at:

**Drake University (Drake Stadium)
Des Moines, Iowa**

Qualifiers for the 2023 AAU Junior Olympic Games in Des Moines, IA (July 26 – August 5, 2023) must declare and register for the meet online thru www.coacho.com. The deadline for entry to the AAU Junior Olympic Games is July 19, 2023. (Must pay online by **11:59 pm EST**).

MEDICAL

Medical services will be on site all days for treatment of injuries and First Aid.

ACCESS TO TRACK & 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, may result in a disqualification of their athlete or team or ejection of the unauthorized individual from the Meet. **THIS RULE WILL BE STRICTLY ENFORCED.**

WARMUP AREA

Athletes may warm-up in the designated warm up area. No warm-ups will be allowed on the track during competition.

**COACHES
MEETING**

A Coaches' meeting will be held at 8:30 AM on Saturday, June 24th at the finish line.

IMPLEMENTS

All implements to be used in competition must be checked in prior to event. Hours for implement inspection are TBA.

**WEIGH-IN &
MULTI-EVENT
INSPECTION**

Athletes may use their own implements if they meet the required weight and measurement specifications. When accepted, implements become the property of the meet until that event has been completed. It is the responsibility of the athlete to pick up their implements at the conclusion of the event. The Ozark AAU will not replace implements. Competitors must provide their own Javelins. Javelins must be tagged for identification and checked in one hour prior to competition.

FALSE STARTS

Except in combined events, any competitor(s) responsible for the false start shall be disqualified. For 8 & Under, 9 Years, 10 Years, 11 Years, 12 Years, 13 Years and 14 Years Old age divisions, no penalty shall be imposed for the first false start but the starter shall disqualify the offender for the second false start. False starts are called on individuals, not the field. In the 15-16 Years, 17-18 Years Old age divisions, the athlete shall be disqualified upon the first false start.

PROTESTS

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 posted. A \$75.00 cash deposit must accompany the protest. The Referee shall follow the current AAU Athletics Handbook and the current USATF Rulebook in rendering his decision. When the Referee renders a 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.**

COACHES EDUCATION

The AAU National Office is happy to announce to its members, FREE Coaches Education for all AAU Non-Athletes. This exciting program is MANDATORY for all AAU Non-Athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on “Join Now” to enter and take the MANDATORY AAU/PCA coaches’ educational course. Membership may be revoked from non-athletes who do not complete the course, prior to competition.

Meet Schedule

Missouri S&T

June 22 - June 25, 2023

THURSDAY, JUNE 22, 2023

MULTI-EVENTS (9:00AM)

Heptathlon (15-16G, 17-18G) 100m Hurdles, HJ, SP, 200m

Decathlon (15-16B, 17-18B) 100m, LJ, SP, HJ, 400m

Pentathlon (11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B) 80m/100m Hurdles, SP, HJ, LJ, 800m(G), 1500m (B)

FRIDAY, JUNE 23, 2023

MULTI-EVENTS (9:00AM)

Heptathlon (15-16G, 17-18G) LJ, Jav, 800m

Decathlon (15-16B, 17-18B) 110m Hurdles, D, PV, Jav, 1500m Triathlon

(9G, 9B, 10G, 10B) HJ, SP, 200m(G), 400m(B)

FIELD EVENTS (4:00P)

Turbo Javelin (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)

Javelin (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

Triple Jump (17-18G, 17-18B, 15-16G, 15-16B, 14G, 14B, 13G, 13B)

Pole Vault (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

RUNNING EVENTS (4:00P)

3000m (11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

1500m Racewalk (9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)

3000m Racewalk (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

Steeple Chase (15-16G, 17-18G, 15-16B, 17-18B)

SATURDAY, JUNE 24, 2023

RUNNING EVENTS (9:00 AM)

1500m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

110m Hurdles (15-16B, 17-18B) (Preliminary)

100m Hurdles (13G, 13B, 14G, 14B, 15-16G, 17-18G) (Preliminary)

80m Hurdles (11G, 11B, 12G, 12B) (Preliminary)

100m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)
(Preliminary)

4x100m Relay (8-UG, 8-UB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

800m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

200m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)
(Preliminary)

FIELD EVENTS (10:00 AM)

Shot Put (17-18G, 17-18B, 15-16G, 15-16B, 14G, 14B, 13G, 13B, 12G, 12B, 11G, 11B, 10G, 10B, 9G, 9B, 8-UG, 8UB)

High Jump (17-18G, 17-18B, 15-16G, 15-16B, 14G, 14B, 13G, 13B, 12G, 12B, 11G, 11B, 10G, 10B, 9G, 9B)

SUNDAY, JUNE 25, 2023

RUNNING EVENTS (9:00 AM)

4x800m Relay (11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B) Timed Final

110m Hurdles (15-16B, 17-18B) (Final)

100m Hurdles (13G, 13B, 14G, 14B, 15-16G, 17-18G) (Final)

80m Hurdles (11G, 11B, 12G, 12B) (Final)

100m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) (Final)

400m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) Timed Final

200m Hurdles (13G, 13B, 14G, 14B) Timed Final

400m Hurdles (15-16G, 15-16B, 17-18G, 17-18B) Timed Final

200m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) (Final)

4x400m Relay (9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B) Timed Final

FIELD EVENTS (10:00 AM)

Discus (11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

Long Jump **PIT 1 GIRLS PIT 2 BOYS** (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 15-16G, 15-16B, 17-18G, 17-18B)