



2023 AAU Region 4 Championships  
Wittenberg University  
June 29<sup>th</sup>-July 2<sup>nd</sup>



**RATIONALE:** The 2023 Regional has been designed to place an emphasis on promoting the sport of track and field in Ohio and the surrounding area.

**QUALIFYING:** **2023 AAU Track & Field Region 4 Qualifier: TRACK & FIELD** the top 6 finishers in every running event, top 6 in field events; and top 6 in relays. **Multi-event the top 3 multi-event athletes will qualify to compete at the AAU Junior Olympic Games.**

**CLUB CHAMPIONSHIPS:** The AAU National Club Championships will be held in Orlando, FL. Visit [www.aauathletics.org](http://www.aauathletics.org) for information. The **top eight (8)** finishers will qualify for the AAU Junior Olympic Games in that event only.

All athletes must declare their entry by registering online at [www.aaujrogames.org](http://www.aaujrogames.org) no later than **July 16, 2023**. These are the only methods of qualification for competition in this event.

**AWARDS:** Top three (3) place finishers in each event will receive medals. Awards can be picked up at the awards tent approximately 30 minutes after the conclusion of the event except Field Events. They will be given out at the event. **Medals will not be mailed.** It is the responsibility of the competitor, coach or parent to pick up awards before leaving meet.

**PACKET PICKUP:** Thursday – Sunday at the track “ONLY”  
**Daily through the end of competition each day at the Registration table.**

**DATES:**

<i>Thursday – June 29<sup>th</sup></i>	<i>2:00p.m.</i>	Multi-Events and 4x800
<i>Friday – June 30<sup>th</sup></i>	<i>8:00 a.m.</i>	Multi-Events; Track and Field Competition
<i>Saturday – July 1<sup>st</sup></i>	<i>8:00 a.m.</i>	Track and Field Competition
<i>Sunday – July 2<sup>nd</sup></i>	<i>8:00 a.m.</i>	Track and Field Competition

**AGE DIVISIONS:**

Athletes must have a copy of their birth certificate available for age verification when requested. The athlete's year of birth shall determine the age division in which he/she will compete for individual events:

<u>AGE GROUPS</u>	<u>YEAR OF BIRTH</u>
8-Under	2015 & After
9 years	2014
10 years	2013
11 years	2012
12 years	2011
13 years	2010
14 years	2009
Intermediate/15-16 years	2007-08
Young/17-18 years	2005-06

**\*\*Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Game (August 5, 2023) will be eligible to compete.**

**ENTRY DEADLINE:** The online entry deadline is Sunday June 25, 2023 @ 11:59pm Eastern Standard Time. Online entries can “ONLY” be done at – [www.coacho.com](http://www.coacho.com)  
Online registration will NOT be reopened after closing time. Therefore, you must make all final changes and pay before closing time on June 25, 2023.



Revisions to the roster and events can be made online before the registration deadline. You cannot swap one athlete for another. There will be “NO” exceptions to this rule. The person who registers the athlete online assumes all responsibility for what is entered online. Once the performance list is posted any questions must be directed to Meet Director, DeCarlo Blackwell before 8:00 PM EDT, June 25, 2023. **NO CHANGES WILL BE MADE.**

**ENTRY FEE:** Multi-Events - \$30.00  
Track & Field Events - \$30.00  
ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Entry fees are per athlete, no substitutions allowed after submission. All athlete entries must be made online.

**RELAY TEAMS**

There is no additional entry fee for relay events as long as the following criteria have been met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$30.00.
- 2) The relay team represents a current 2023 AAU registered club.
- 3) All competitors must have current AAU membership.

**Coaches Passes:** 1-4 athletes 0 passes; 5-10- 1 pass; 11-19 athletes 2 passes; 20-29 aths-3 passes; 30-39 athletes- 5 passes; 40-59athletes 6 passes; 60+ 7 passes.

**ELIGIBILITY:** All athletes who have placed in the top 16 at a District Qualifier will be eligible to compete at the AAU Region 4 Championships (**only in the event(s) they qualified in**). Relay teams entered must have competed at the District Level. All relay member guidelines will be enforced as stated in the 2023 AAU Athletics Handbook. Athletes competing in the Multi-Events, Steeplechase and Pole Vault are “EXEMPT” from previously competing in a District Meet competition to be eligible to compete at this Regional Qualifier. AAU Track & Field athletes and clubs are **only eligible to compete in their assigned /area Region.**

**EVENT**

**LIMITATIONS**

All competitors in the 8 & under through 12-year-old age divisions will be limited to maximum of (3) three events per competitor, including relays but excluding multi-events. All competitors in the age 13-18 divisions will be limited to a total of (4) four events per competitor, including relays but excluding multi-events.

**RESULTS:** Results will be posted online at [www.aauathletics.org](http://www.aauathletics.org), [coacho.com](http://coacho.com) and [www.wingmantiming.com](http://www.wingmantiming.com).

**CHALLENGE PERIOD:**

Any persons wanting to challenge the results must do so via e-mail to the meet director within 24 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines. **NO CHANGES TO THE RESULTS WILL BE MADE FOLLOWING THE 24-HOUR CHALLENGE PERIOD.**

**JUNIOR OLYMPIC GAMES DECLARATION**

Qualifiers for the 2023 National Junior Olympic Games in Des Moines, IA (July 29<sup>th</sup> – August 5<sup>th</sup>) must declare and register for the meet online through CoachO.com Those athletes that qualify for the AAU Junior Olympic Games in Des Moines, IA must declare and register for the meet at [www.aauathletics.org](http://www.aauathletics.org) before **July 16, 2023. No entries will be accepted after midnight EST (9:00 PM Pacific) on July 16, 2023.** Do not jeopardize your athlete’s chance of competing in the AAU JO Games by not completing this step in the registration process.

**REGISTRATION INFORMATION:**

REGISTRATION WILL BE AVAILABLE AFTER THE 24-HOUR CHALLENGE PERIOD IS COMPLETED. Registration for the 2023 National Junior Olympic Games will begin on June 29, 2023.

<b>FINAL NATIONAL JO GAMES SCHEDULE OF EVENTS:</b>	<b>PLEASE NOTE THIS:</b> The FINAL AAU Junior Olympic Games Schedule will be posted at - <a href="http://www.aauathletics.org">www.aauathletics.org</a>
<b>SPECTATOR</b>	Admission is \$13/day children 5 & under free. Coaches and athletes must wear wristbands. Day of event tickets \$18. Tickets may be purchased on Eventbrite.com.
<b>TICKET LINK:</b>	<a href="#">2023 AAU Region 4 Championships Tickets, Thu, Jun 29, 2023 at 7:00 AM   Eventbrite</a>
<b>MEDICAL:</b>	Medical Personnel will be provided. You must bring your own athletic tape and wraps. Ice and water will be provided for injury situations.
<b>FLUIDS:</b>	Meet management will provide water in certain competition and clerking areas. It is advised for athletes, coaches, and parents properly hydrate before and during the meet.
<b>TENTS/Umbrellas:</b>	<b>Tents and large umbrellas</b> will only be allowed on the top rows. Meet management reserves the right to change this policy. The tents cannot be staked down, and tent tops must be removed at night or during inclement weather.
<b>COMPETITOR BIB NUMBERS:</b>	Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their Bib numbers on the front of your competition singlet always during competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the packet pickup location.
<b>IMPLEMENTS:</b>	<b>Meet management will not supply implements.</b> Athletes may bring their own implements to use during competition. However, personal implements will be required to be weighed-in prior to reporting to the event. Implements will be impounded and delivered to the events area. Implements will be returned to the athletes after competition. The weigh station will be open 7:30a.m - 8:30 a.m. and 10:30 a.m. – 11:30 p.m. daily. Failure to weigh in will disqualify the implement. Checked in implements are available to all competitors.
<b>PROTESTS:</b>	Protests concerning the status or eligibility of any competitor must be made to the AAU Youth Athletics Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case, not more than 30 minutes after the result has been announced. Protests <b>MUST</b> be filed on official protest forms and presented to the Protest Table. The <u>Referee</u> shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals, accompanied by a cash deposit of \$75.00. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. <b><i>PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.</i></b>
<b>ATHLETE WARM-UP:</b>	The track will close 20 minutes prior to the start of the 1st running event.
<b>COMPETITOR</b>	Check-in shall be conducted upon the first call of their events.
<b>COOLERS:</b>	As part of security and safety measures coolers will not be allowed as followed at the facility: Athletes and coaches may bring in individual size coolers.

**SCHEDULES:** The time specific “Schedule of Events” will be strictly followed as listed.  
Final schedule will be posted on June 26<sup>th</sup> at [www.black-jacktrack.com](http://www.black-jacktrack.com)

**APPAREL:** AAU and Regional Championships apparel will be sold at the venue.

**Hotels:**

**Courtyard by Marriott Springfield Downtown - Host Hotel**

100 South Fountain Ave, Springfield OH 45502

P: 937-322-3600

**Rate: \$145**

Booking Link: [Book Your Group/Corporate Rate | Marriott International](#)

Country Inn & Suites

1751 W. 1<sup>st</sup> Street, Springfield, OH 45504

P: 937-322-2200

**Rate: \$129**

Booking Information: Call and provide group name: AAU Region 4 Championships

Comfort Suites

121 Raydo Circle Springfield, OH 45506

P: 937-322-0707

**Rate: \$130**

**Booking Link:** [Rates & Available Rooms - Comfort Suites \(choicehotels.com\)](#)

**Fairfield Inn & Suites by Marriott Springfield**

1870 West 1<sup>st</sup> Street, Springfield OH 45504

P:937-323-9554

**Holiday Inn Express & Suites**

204 Raydo Circle, Springfield, OH 45505

P: 937-505-1670

Rate: \$139

**Hampton Inn Springfield**

101 West Leffel Lane, Springfield, OH 45506

P: 937-325-8480



## 2023 AAU Region 4 Multi-Event Schedule



Multi-Events will start at the designated time listed. It is recommended that you check in with your designated Multi-Event official at least 30 minutes before the time listed. Athletes not checked-in at their designated venue and start time will be scratched from the event.

### **All Multi field events are measured in meters!**

#### **Thursday – June 29<sup>th</sup>**

2:00 pm	15-18/Girls	Heptathlon – 100MH, High Jump, Shot Put, 200M
	15-18 Boys	Decathlon – 100m, Long Jump, Shot Put, High Jump, 400M
4:00 PM	11/12Boys	Pentathlon – 80M H, Long Jump, Shot Put, High Jump, 1500M
	11/12Girls	Pentathlon – 80M H, High Jump, Shot Put, Long Jump, 800M
	13/14Boys	Pentathlon – 100MH, Long Jump, Shot Put, High Jump, 1500M
	13/14Girls	Pentathlon – 100MH, High Jump, Shot Put, Long Jump, 800M
6:00 pm	11-18 G/B	4x800 Relay

#### **Friday – June 30<sup>th</sup>**

8:30 AM

15-18Boys	Decathlon – 110M H, Disc, Pole Vault, Javelin(800g), 1500M
15-18Girls	Heptathlon – Long Jump, Javelin (600g), 800M
9/10Boys	Triathlon – High Jump, Shot Put, 400M
9/10Girls	Triathlon – High Jump Shot Put, 200M

Revised 5/21/2023



## 2023 AAU Region 4 Championships



After the initial event, all events will be on a ROLLING SCHEDULE. Listen to announcements and check-in to the designated check-in area. Any athlete that does not check-in before their schedule heat runs will be scratched from the event.

### Friday Morning – June 30<sup>th</sup>

- 8:45 AM 3000m Run**  
9:15 AM Boys Long jump 15-16, 17-18  
Girls Long Jump 15-16/ 17-18  
Boys 13-14, Girls 13-14
- 9:30 AM **High Jump- 13-14 Boys; 4'6" Opening height** 13-14 Girls – 4' opening height
- 10:30 AM **2000m Steeple Chase**  
**High Jump- 15,16 and 17-18 Boys Opening height 5'2"**
- 1:00 PM Pole Vault- all ages  
Shot Put- 13-14B, 13-14G  
11-12G, 11-12B  
Triple Jump- All  
**1500 Meter Race-walk** – All Age Groups Combined 9-12  
**3000 Meter Race-walk** – All Age Groups Combined 13-18
- 5:00 P.M. Track Open for warm- ups.**
- 6:00 PM **400 Meter Run** – Timed finals  
**Javelin- 13-18 Boys**  
**Shot Put- 9-10B, 9-10G**

### Saturday June 29<sup>th</sup>

- 9:00 A.M 100 Meter Dash Prelims – **Top 8 times advance to Finals**  
80 / 100 / 110 Meter Hurdles – **TIMED FINALS** - In the following order:  
80mh – 11G / 11B / 12G / 12B (30")  
100mh – 13/14G (30"); 100mh- 13B/14B (33"); 15-16G/17-18G (33"); 110B – 15-19  
4 x 100 Meter Relay  
1500 Meter Run – **TIMED FINAL.**  
200 Meter Dash Prelims – **Top 8 times advance to Finals**

### Sunday – June 30<sup>th</sup>

- 9:30 A.M 200 / 400 Meter Hurdles – **TIMED FINALS** - In the following order:  
200H – 13G/ 13B/ 14G/ 14B (30") 400H – 15-16/17-18G (30"); 15-16B/17-18 (36")  
**100 Meter Dash Finals**  
800 Meter Run- Timed Final.  
**200 Meter Dash Finals**  
4 x 400 Meter Relay

Revised 5/21/2023





## 2023 AAU Region 4 Field Events Schedule



All Field Events will be on a rolling schedule. Each Age Group may have 10-15 minutes to warm up. Listen to announcements for calls to your Field Event. **Any athlete who does not check-in before their designated flight starts will be scratched from the event. Once an event has been scored no other athlete regardless of circumstance will be allowed to enter the competition.** Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event has been completed. Failure to report back will result in a forfeiture of the remaining attempts. **All Field events are 4 attempt finals except the high jump.** **Throws will be 2+2**

[illegible]





## 2023 Ohio AAU 4 Region Championships Individual Athlete Waiver Form

**PLEASE PRINT**

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Phone

Date of Birth    \_\_\_\_/\_\_\_\_/\_\_\_\_  
                         month   day   year

Please Circle:    Male       Female

Age Group:        8&U            9, 10            11, 12   13, 14            15, 16            17, 18

**Athlete's Participation Release:**

I do, hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damage which may have or may hereafter accrue to me against AAU Track and Field, Ohio AAU T & F, Black-Jack Track, Wittenberg University or their respective officers, agents, representatives, successors and/or assigns for any and all damages which may be sustained by me in connections with my association with or entry in the OHIO AAU Region 4 Championships, or which may arise out of traveling to or participating in, and returning from said meet.

Athlete's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Track Club \_\_\_\_\_

[illegible]

Please type or print and list names in alphabetical order. Keep a duplicate copy.

[illegible]