

AMATEUR ATHLETIC UNION OF THE US, INC.



Entries are available  
at [www.athletic.net](http://www.athletic.net)



**Fri-Sat, December 29-30, 2023**  
**Dr. Conrad Worrill Track at Gately Park**  
**10201 S. Cottage Grove Ave.**

# **AAU NORTHERN INDOOR NATIONAL TRACK INVITE**

**2023 AAU Northern Indoor National  
Track & Field Invitational  
December 29-30**

**Sanction:** Amateur Athletic Union (AAU)

**Location:** Dr. Conrad Worrill Track Gately Park, Chicago, Illinois

**Host:** Central AAU District

**Rules:** USA Track & Field Youth Athletics Rules and AAU Handbook

**Meet Director:**

Marchan Adkins  
Phone (309) 838-4130  
Email: [Marchan@AdkinsTrak.com](mailto:Marchan@AdkinsTrak.com)

**Eligibility:**

This meet is open to any athlete that falls within the age divisions listed below. AAU individual and club memberships can be obtained through the AAU National Website [www.aausports.org](http://www.aausports.org). Each athlete aged 13 and older may enter in up to a maximum of 4 events. Athletes aged 12 and younger based on year of birth below, may only enter 3 events. **If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.**

**Age Divisions:**

Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.

**Age Division**

8 & Under Girls/Boys (Born 2015 and later)  
9 Year Old Girls/Boys (Born 2014)  
10 Year Old Girls/Boys (Born 2013)  
11 Year Old Girls/Boys (Born 2012)  
12 year Old Girls/Boys (Born 2011)  
13 Year Old Girls/Boys (Born 2010)  
14 Year Old Girls/Boys (Born 2009)  
15-16 Year Old Girls/Boys (Born 2007-08)  
17-18 Women/Men (Born 2005-2006)  
19 & Older Women/Men (Born 2004 & Earlier)

**Limitations**

Maximum 3 Events including relays  
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**Anyone who is 19 or older must compete in the Open division.**

**Fees:**

Entry fee is \$40.00 for each **athlete** for Youth track and field events. No entry fee will be transferred or refunded. **Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2023-24 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online.**

**Entry Process:****Teams:**

All teams and unattached athletes must utilize the online entry process via [www.athletic.net](http://www.athletic.net). Everyone will have until 9pm CST, Tuesday, December 26 to complete registration.

Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. ***Absolutely no entries will be accepted after December 26.***

**Packet Pickup:**

A packet will be provided for each team consisting of team roster and events entered. A team representative will be responsible for picking up the packets. All teams are urged to pick up packets on Friday during the early pickup times of 12 pm – 7 pm as the lines during the meet can be long. Packets can also be picked up at the track on Saturday, from 7 am – 11 am.

**Awards:**

Awards will be presented to participants who finish 1<sup>st</sup>-8<sup>th</sup> place.

**Team Awards:**

Each event will be scored. Teams that finish 1<sup>st</sup> or 2<sup>nd</sup> in each age division will be awarded a plaque. The top 3 teams that accumulate the most points throughout the meet will be awarded trophies as well. Team awards will be presented at the conclusion of the meet in an award ceremony.

**Facility:**

The facility boasts a 8-lane straightaway as well as providing 6 lanes around the oval. **Only 1/4" or smaller pyramid spikes are allowed.** Fully Automatic Timing & results will be done by AdkinsTrak Timing Associates using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No radios, glass containers, or alcoholic beverages are allowed in the facility.

**Refreshments:**

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

**Equipment:**

Starting blocks will be provided by the meet management. There is no need to bring any with you. Please bring your own throwing implements. They will be weighed before the competition.

**Admission:**

A charge of \$15.00 admission will be assessed for everyone not competing in the meet. Teams will be given coaches passes for every 10 competitors participating in the meet up to a maximum of 5. Each of the coaches that receive passes must have an AAU membership to ensure they have been background checked. Teams with fewer than 10 athletes may purchase coaches passes for registered coaches for \$20.

**Restricted Area:**

Only credentialed coaches and athletes competing in the meet will be permitted floor or track level access. All others will be permitted to sit in the stands on the main level. Teams will receive up to 5 coach passes and will be earned on a basis of 1 per each 10 athletes entered into the meet. Additional coach passes may be purchased for \$20.00. To order additional passes, please contact the meet director at [marchan@adkinstrak.com](mailto:marchan@adkinstrak.com). Coach passes will not be available on site in the ticket booth. You must pre-order.

# Event Schedule

(Schedule may be adjusted if entries are larger than historical numbers)

## Friday, December 29 – Track Events

**Running Events - (NOTE: First event will start at 3:00pm. Rolling Schedule thereafter Times are approximate)**

<b>3:00pm</b>	<b>3000 Meter Run Finals</b>	Ages 11-18 Girls and Boys
<b>4:15pm</b>	<b>200 Meter Dash Prelims</b>	<b>All Age groups starting with 8&amp;U – (Top 8 times advance)</b>
<b>6:00pm</b>	<b>1500 Meter Racewalk Finals</b>	.....Ages 9-12 Girls and Boys
<b>6:15pm</b>	<b>3000 Meter Racewalk Finals</b>	.....Ages 13-18 Girls and Boys
<b>6:45pm</b>	<b>400 Meter Dash Finals –</b>	8G, 8B, 9-10G, 9-10B, 11-12G, 11-12B,

**Field Events - (NOTE: First event will start at 3:00pm. Rolling Schedule thereafter)**

<b>3:00pm</b>	<b>High Jump</b>	9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B
<b>3:00am</b>	<b>Shot Put</b>	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B
<b>3:00pm</b>	<b>Long Jump</b>	13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B

## Saturday, December 30 – *Track Events*

**Running Events - (NOTE: First event will start at 9:00am. Rolling Schedule thereafter Times are approximate)**

<b>9:00am</b>	<b>60 Meter Hurdles Timed Finals</b>	Ages 11-18 Girls and Boys
<b>9:45am</b>	<b>60 Meter Dash Prelims –</b>	
	<b>All age groups starting with 8&amp;U (top 8 times to finals)</b>	
<b>11:00am</b>	<b>800 Meter Run Timed Finals</b>	
	<b>All age groups starting with 8&amp;U (Timed Finals)</b>	
<b>11:45am</b>	<b>400 Meter Dash Finals</b>	
		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
<b>12:30pm</b>	<b>1500 Meter Run Finals (Age groups may be combined)</b>	
	<b>All girls age groups starting with 8U</b>	
<b>1:00pm</b>	<b>60 Meter Dash Finals</b>	
	<b>All age groups starting with 8U (top 8 times from Prelims)</b>	
<b>1:25pm</b>	<b>1500 Meter Run Finals (Age groups may be combined)</b>	
	<b>All boys age groups starting with 8U</b>	
<b>1:50pm</b>	<b>200 Meter Dash Finals</b>	
	<b>All Age groups starting with 8&amp;U – (Top 8 times from Prelims)</b>	

### **Team Award Presentations**

**Field Events - (NOTE: First event will start at 9:00am. Rolling Schedule thereafter)**

<b>9:00am</b>	<b>High Jump</b>	15-16G, 17-18G, 15-16B, 17-18B
<b>9:00am</b>	<b>Long Jump</b>	8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
<b>9:00am</b>	<b>Shot Put</b>	15-16G, 17-18G, 15-16B, 17-18B

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](http://www.aausports.org) to obtain their membership.

Note: any contacts listed within this flyer MUST have a current AAU Membership.