

Colorado AAU AREA 20 Regional Meet
National Qualifier
Track & Field
June 29, 2019
LYONS, CO 80540



DATE: June 29, 2019
LOCATION: LYONS HIGH SCHOOL
[100 McConnell Dr, Lyons, CO 80540](http://100McConnellDrLyonsCO80540)
SPONSERED BY: PLATTE RIVER TRACK CLUB/ REAL TRAINING
HOST: John Martinez, 720-422-0591, Coach Mo Henrique 303-324-8301
Anita Addison 303-263-2319 crash1313@msn.com
DEADLINE: June 27, 2019 at 10 pm mountain time
Registration will be online through www.CoachO.com. No on-site Registration.
FEE: **\$20 per person**
MEDALS FOR 1ST -3rd
AAU JO OLYMPIC GAMES Greensboro, North Carolina July 24 - August 3, 2019

AGE: 8-18 (age as of 12/31/19)
8 primary, 9 sub-bantam, 10 bantam, 11 sub-midget, 12 midget, 13 sub-youth, 14 youth, 15-16 intermediate, 17-18 young
ORDER OF EVENTS Track (Starts 10 am)

3000m Run (SM, M, SY, Y, I, YW, YM)	Discus (SM, M, SY, Y, I, YW/YM)
100m Final (P, SB, B, SM, M, SY, Y, I YW/YM)	long Jump (P, SB, B, SM, M, SY, Y, I, YW/YM)
80m Hurdles (SM, M)	High Jump (SB, B, SM, M, SY, Y, I, YW/YM)
100m Hurdles (SY, Y, IG, YW)	Shot Put (P, SB, B, SM, M, SY, Y, I, YW/YM)
110M Hurdles (IB, YM)	Triple Jump (SY, Y, I, YW/YM)
4X100M Relay (P)(SB,B,)(SM, M)(SY,Y)(I) (YW/YM)	Pole vault (SBY, Y, I, YM, YW)
1500m Run (P, SB, B, SM, M, SY, Y, I, YW/YM)	Turbo (P)*300g, (SB,B,SBM)*400g
400m finals (P, SB, B, SM, M, SY, Y, I, YW, YM)	Javelin (SY, Y, I, YW/YM)*600g *800g
200m hurdles (SY, Y)	<u>We will do all ages of Shot put first than Discus</u>
400m hurdles (I, YW/YM)	SHOT PUT*4lb P, 6lb SB, B, SM, M, SY, Y, I, YW/YM, *4KG SYB, YB, I, YM,
800m run (P, SB, B, SM, M, SY, Y, I, YW/YM)	*12LB IB, YM
200m finals (P, SB, B, SM, M, SY, Y, I, YW/YM)	DISCUS: 1KG SM, M, SY,
4X400m relay (SB,B)(SM,M) (SY, Y)(I) (YW/YM)	1.6KG IB, YM/YW

1. Running Events/Relays The top six (6) athletes advance
2. Field Events The top five (6) athletes advance
3. Multi-Events a. The top four (4) athletes advance

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- Athletes who are eighteen (18) year so age through the final day of the National Track & Field Championship shall be eligible to Compete in the Young Men's and Young Women's Division through that meet. Anyone reaching his/her 19th birthday on or before the last day of the National Championship meets (AAU Junior Olympic Games), will no be eligible to compete in any qualifying meet.