

2023 Power House Athletics Showcase

Saturday, May 6, 2023

Location: Dr. Phillips High School 6500 Turkey Lake Rd, Orlando, FL 32819

AGE GROUPS: 6 & Under, 7-8 Years Old, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old, and **Open**. AAU Rules in effect. AWARDS: 1st, 2nd, & 3rd Place only

ATHLETE ENTRY FEE: **\$27 paid thru <http://www.coacho.com/> 800 ATHLETES MAX**

SPECTATOR ENTRY: **\$12.00 (UNDER 5 is Free) <https://powerhouseatf.ticketleap.com/> Parking \$5 Cash Only**

6 & under events- 60-200m Dash, LJ, SP, & Turbo Jav. **Open Athletes-** All Running Events, Javelin, SP, & Discus

MEET SCHEDULE

06:30 Packet Pickup for those who don't pick up at the track the day prior (Time TBD)

07:00- Track Opens for Warmup

07:45- Coaches Meeting-

07:45- 1st Call for 3000m Run, Long & High Jump, Javelin, and Shot Put

08:00- Events Begin on a Rolling Schedule as follows:

FIELD EVENTS(3 Attempts, No Finals EXCEPT HJ)

Long Jump (**Oldest to Youngest**)

Javelin (13-Masters)

Shot Put (Youngest to Oldest)

10:00 AM Field Events (After 100m Dash)

Discus (Immediately After Javelin)

Turbo Javelin (12 & Under)

ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION

RUNNING EVENTS

4x800m Relay (Middle School Qualification) **

3000m Run (**Combined Heats**)

100m/80m Hurdles (**Combined Heats**)

100M Dash (Open/Masters, then 6U to oldest)

200m Dash (**Open and Masters Only**)

400m Dash

1500 Run (**Combined Heats**)

4x100m Relay

1500m Race Walk

60m Dash (6U-8U & Open/Master Athletes Only)

800m Run (**Combined Heats**)

200m Hurdles (13-14)

200m Dash

4x400m Relay (**9U & Older Only**)

MS Qualifier 4x1, 4x4, and 4x8 Relay Teams, please contact Coach CJ at (407)883-9806 or email: powerhouseatf@gmail.com before you enter your athletes in the meet

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.aasports.org to obtain their membership

FACILITY & EVENT SAFETY ADDENDUMS

- 1) The Entry Gate will be a Cashless Entry- Link for advance purchase is <https://powerhouseatf.ticketleap.com/>.
- 2) Live Results can be found on <https://www.godspeedtiming.com/>
- 3) The closest hospital is Orlando Health Dr Phillips located at 9401 Turkey Lake Road (3.4 miles less than 10 min)
- 4) NO TENTS IN THE STANDS except in the upper half of the stands. Tie them down and be courteous of others.
- 5) This is a rolling schedule and we will follow the schedule. ▪ Please pay attention to the calls.
- 6) **If an athlete has a conflict between 2 or more events, Running Events take precedence over Field Events, and the High Jump takes precedence over the other Field Events. Officials PRESENT with the athlete from one event can check an athlete into another event by radio to save time for all involved.**
- 7) There is a Master/National Level Official at each event location.
- 8) Medals for Field Events awarded at the event immediately after the conclusion of the event.
- 9) Medals for Running Events handed out at the Concession Stand 30 min after last heat to allow protest period.
- 10) Starting Blocks reserved for 12 & older only. Athletes 15 & older must use blocks for the sprint events 100-400m. **Personal Blocks are allowed as long as the athlete can carry and set them up without assistance and someone is there to immediately retrieve the block after use. No coaches, parents, or teammates on the track placing or setting them up.**
- 11) **8 and under athletes must be picked up from the Finish Line Area by a Coach, Parent, Sibling, or older Team Member.**
- 12) **All Long Jumpers 10 & under will jump from a 1 meter board for the safety of the athletes.**
- 13) Only Meet Personnel, Athletes, and **essential** Coaches with Band will be allowed in the competition area after warm up period ends.
- 14) **There will be no Coaches and/or Spectators in the Clerking area at any time unless requested by meet staff.**

ENTRIES AND CHANGES

The deadline for entries will be 11:59pm on Thursday 5/4/23. Entries will be \$27/Athlete. IF ANY late entries are accepted, the cost will be \$75/Athlete. Please make sure that your entries are accurate for gender, event, and marks. Only gender changes will be allowed to be made and they will cost \$30. No other changes will be made, athletes will just be turned away. ▪

PROTEST

Protest Fee: A \$100 fee must be paid in cash to complete a protest. For Teams, the head coach only must go to the protest table at the concession stand, fill out the form, and pay the fee before the 30-minute protest period has expired for the event in question. For UNA Athletes, a parent or coach is allowed to make the Protest. If your protest is upheld in your favor, you will be refunded your protest fee. If your protest is denied, the fee will be forfeited to meet management.

Advance Spectator Ticket Purchasing

<https://powerhouseatf.ticketleap.com/>

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