

MAYHEM IN MISSOURI



Saturday, June 12, 2021

LOCATION: Washington High School, 600 Blue Jay Drive, Washington, MO 63090

ENTRY FEES: \$15.00 per athlete entered online at www.coacho.com by Wednesday, June 9, 2021, 11:59 p.m. The meet is open to clubs and unattached athletes. NO LATE ENTRIES or MODIFICATIONS. Fees must be paid online by the close of the meet registration.

ENTRY LIMITATIONS: Pee Wee, 7/8 thru 11-12 divisions – 3 events. 13-14 thru Open/Masters divisions may enter 4 events.

AWARDS: Medals for 1st, 2nd, and 3rd places. Ribbons for 4th, 5th, and 6th places. 6 & under athletes will receive participation ribbons at the finish line. All races are timed finals. 6 & under will not be timed nor placed.

ENTRIES: ALL ENTRIES MUST BE COMPLETED ON-LINE BY WEDNESDAY, JUNE 9th BY 11:59 p.m. **ALL ATHLETES MUST HAVE A VALID AAU CARD TO PARTICIPATE.**

MEET DIRECTOR: Wanda K. McNeil and Vince Bingham. Contact MayhemInMO@gmail.com

EQUIPMENT: Throwing implements will be provided. No spikes longer than 1/8" will be allowed on the track.

CONCESSIONS: Available at the track. No bar-b-que pits allowed.

**Please remember Washington High School is a smoke-free, alcohol-free facility.
No pets allowed in the stadium.**

TENTS IN UPPER ROW OF BLEACHERS ONLY.

- 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 to obtain their membership.

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ORDER OF EVENTS:

RUNNING: 8 AM START

TIMED FINAL 1500 M Race Walk	9-10 thru 11-12
TIMED FINAL 3000 M Race Walk	13-14 thru Open/Masters
PEE WEE 50m/100m Exhibition	6 & under
TIMED FINAL 3000 METER RUN	11-12 thru Open/Masters
{TIMED FINAL 80 METER HURDLES	11-12
TIMED FINAL 100/110 HURDLES	13-14 thru Open/Masters
TIMED FINAL 100 METER DASH	7/8 thru Open/Masters
TIMED FINAL 200/400M HURDLES	13/14 thru Open/Masters
TIMED FINAL 1500 Meter Run	7/8 thru Open/Masters
TIMED FINAL 400 Meter DASH	7/8 thru Open/Masters
TIMED FINAL 4 x 100 Meter Relay	7/8 thru Open/Masters
TIMED FINAL 800 Meter Run	7/8 thru Open/Masters
TIMED FINAL 200 METER DASH	7/8 thru Open/Masters
TIMED FINAL 4 x 400 Meter Relay	9/10 thru Open/Masters

FIELD: 8 AM START (EXCEPT TURBO JAV & JAVELIN. TRIPLE JUMP)

3 Throws/Jumps (except High Jump)

DISCUS	Open/Masters	17-18	15-16	13-14	11-12		
SHOT PUT	7-8	11-12	13-14	9-10	15-16	17-18	Open/Masters
LONG JUMP	PEE WEE	7-8	15-16	17-18	11-12	13-14	Open/Masters
TRIPLE JUMP (Following LJ)	13-14	15-16	17-18	Open/Masters			
HIGH JUMP	11-12	13-14	Open/Masters	17-18	15-16	9-10	
POLE VAULT	Open/Masters	17/18	15/16	13/14			

TURBO JAV & JAVELIN START at Conclusion of Discus

TURBO JAVELIN	7-8	9-10	11-12		
JAVELIN	13-14	15-16	17-18	Open/Masters	

Note:

- All events will be run girls first, then boys.
- We may run age groups together in the 800m run, 1500 run, 3000 run and Race Walk.
- We may combine age groups in Field events. All age groups should be prepared to compete at the start of the Field Event session at 8 AM.
- Before leaving a field event to check in for a running event, athletes must notify the field event official and wait to be released. Athletes must return to the field event immediately after running the event.