



**2023 Sunshine State Invitational
April 22, 2023**

Location: Southridge Park, 11250 SW 192nd St, Miami, FL 33157

Licensed By: 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.

Host: West Express Elite
Antwon Chaney - team100mm@gmail.com

Timing Provided by: MOGO Timing, Inc.

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. Each athlete aged **13-18 years** may enter in up to a **maximum of 4 events including relays**. Athletes aged **12 and younger** based on year of birth below may only enter in **3 events including relays**. ***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 Division: Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.

- 5-6 Year Old Girls/Boys (Born 2016 and later) Maximum 2 Events including relays
- 7-8 Year Old Girls/Boys (Born 2015 and later) Maximum 2 Events including relays
- 9-13 Year Old Girls/Boys (Born 2003-2015) Maximum 3 Events including relays
- 14 Year Old Girls/Boys (Born 2008) Maximum 3 Events including relays
- 15-16 Year Old Girls/Boys (Born 2006-2007) Maximum 4 Events including relays
- 17-18 Year Old Girls/Boys (Born 2004-2005) Maximum 4 Events including relays

Meet Entry Fee:

Entry fee is **\$30.00** for each athlete for **Track & Field events**.

ALL FEES ARE NON-REFUNDABLE AND NON- TRANSFERABLE. ALL ENTRY FEES MUST BE PAID ONLINE. Entry will not be processed unless entry fee is paid by the deadline. All major credit cards accepted online.

Entry Process:

All teams and unattached athletes must utilize the online entry process via CoachO.com. This will permit a very efficient registration process that is easy to use. 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. Please take care of these issues prior to arriving in Miami, FL if possible by contacting Coach Antwon via email team100mm@gmail.com or phone **305-927-4881**.

Deadline Date Entry deadline April 17, 2023 at 11:59 pm EST -

Packet Pickup:

Friday, April 21, 2023, 4:00PM – 6:00PM –(Southridge Park, 11250 SW 192nd St, Miami, FL 33157) 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 as the lines Saturday can be long. **Packets can be picked up at the track facility on April 22nd from 7:30AM - 8:30 AM.**

Admission:

\$5 per person tickets will be sold at the gate. Cash, Zelle, Cash app (Children 5 and under will be admitted free) Athletes must show bib number to enter free.

All coaches will receive one free pass for 4 athletes, two free passes for 5 to 15 athletes and three free passes for 16 or more athletes in their packet.

Covid Protocols:

We will be following all State, City and County guidelines. We ask that you be considerate of others and wearing masks when not in competition is optional. Coaches are permitted in the coaching box and wearing masks is optional. There will be **NO Coaches, Parents and/or Spectators** in the Clerking area at any time. There will be **NO team or individual warm-ups in the Clerking Area**. Athletes participating in running events should warm-up outside until 30 minutes prior to their event. However, all implements must be weighed in and approved.

*No radios, glass containers, or alcoholic beverages are allowed in the facility.

Awards Area

- In individual and relay events, medals will be presented for participants who finish 1st – 3rd place,
- Competitors will come pick up their medals at the designated area
- Individual photo opportunities will be available in a socially distanced set-up.
- Athletes and their families will be required to leave the area after medals are received and photos taken.

Required Safety Measures:

- Wash your hands often.
- Cover coughs and sneezes.

Competitor Bib Numbers:

- All athletes will be required to wear their bib numbers on the front of your competition singlet at all times of competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the clerking area.

Protests:

- Protests concerning the status or eligibility of any competitor must be made to the AAU Track & Field 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 **MUST** be filed in writing and presented to the Meet Director accompanied by a cash deposit of \$100.00. The Referee 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. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

Air Travel:

- Fort Lauderdale International Airport is approximately 61 mins away from Southridge Park,
- Miami International Airport is approximately 24 mins away from Southridge Park

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All Running events will start at the designated time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is run will be scratched from the event. All Field Events will follow the schedule below. **This is a Rolling Schedule for Running Events.** 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. Field Event athletes who have a conflict with a running event will be released by the **Field Event Official – ONLY** - at the appropriate time.

***IF THERE ARE ONLY ENOUGH PARTICIPANTS FOR ONE HEAT AFTER SEEDING THAT HEAT WILL BE AUTOMATICALLY MOVED TO THE FINALS.**

NOTE: Some distance races may be combined due to the number of participants.

Saturday, April 22, 2023

9:00 a.m. Running Events (Rolling Schedule)

All Hurdles are timed finals.

100m Hurdles (30"-10) (13-14) G

100m Hurdles (33"-10) (15-16) (17-18) G (13-14) B

110m Hurdles (39"-10) (15-18) B

100m Dash **TF** 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

1500m Run (Age groups will be combined)

400m Dash **TF** 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

4x100m **TF** Relay

800m 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

200m Hurdles 13-14

400m Hurdles 15-16, 17-18

200m **TF** 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

3000m Run (Age groups will be combined)

4x400m Relay 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

9:00 a.m. FIELD EVENTS

Shot Put 7-8, 9-10, 11-12 Girls followed by Boys

Shot Put 7-8, 9-10, 11-12 Girls followed by Boys

Shot Put 17-18, 15-16, 13-14 Girls followed by Boys

High Jump 7-8, 9-10, 11-12, 13-14, 15-16, 17-18 Girls

High Jump 7-8, 9-10, 11-12, 13-14, 15-16, 17-18 Boys

Long Jump Pit 1 Girls -17-18, 15-16, 13-14

Long Jump Pit 2 – Boys 17-18, 15-16, 13-14

Long Jump Pit 1 Girls -17-18, 15-16, 13-14

Long Jump Pit 2 – Boys 17-18, 15-16, 13-14

Long Jump Pit 1 Girls 11-12, 9-10, 7-8, 6u

Long Jump Pit 2 Boys 11-12, 9-10, 7-8, 6u

Triple Jump 13-14, 15-16, 17-18