



## 2020 AAU CT. DISTRICT TRACK AND FIELD CHAMPIONSHIPS

- 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 event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership.**

**Date:** Sunday June 14, 2020 - 10:00am

**Site:** Bowen Field HillHouse High School 480 Sherman Parkway New Haven, CT 06511

**Host Team:** New Haven Age Group Athletic Club

**Meet Director:** Major Ruth, Phone: 203-430-9456, Email: [entrustmajor@hotmail.com](mailto:entrustmajor@hotmail.com)

**Entry Information: \$20.00 PER ATHLETE. REGISTRATION IS PRE-ENTRY ONLY. REGISTRATION WILL BE ONLINE ONLY <http://www.coacho.com> . Click on "Help" box for more detailed instructions on how to register and submit your entry. AAU registration number is necessary for online registration. REGISTRATION DEADLINE IS Wednesday June 10<sup>th</sup> 11:59PM NO CHANGES WILL BE MADE AFTER the DEADLINE!**

**THERE WILL BE NO REFUNDS OR TRANSFERS**

**Multi Events, Pole Vault, Javelin and Steeple Chase will not be contested at this meet.**

**Submit relays online.**

**\*\*\*\*\*Important information to CT. High School Athletes:**

*Due to CIAC High School rules regarding competition, Connecticut High School Athletes who are in the middle of their H.S season can't run in this meet. These athletes must seek a waiver from the National AAU office. Here is a link to the Track Waiver criteria and Form: <http://image.ausports.org/dnn/athletics/2019/19AT-WaiverCriteria.pdf>*

**Spectator Fee \$5 – (Children under 10years free)**

**AWARDS:** Medal awards for the 1<sup>st</sup> thru 3<sup>rd</sup> place.

**PACKET PICK UP:** Sunday June 14<sup>th</sup>, 8:30 am at the packet pick up table at **the track**

**MISC.:** No dressing rooms on site. Competitors must supply own implements. ¼ inch spikes will be aggressively enforced.

## Order of Events

### Field Events START – 10:00am

**LONG JUMP** -13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(M,W), 8-under (B,G) 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G)

**TRIPLE JUMP** -13(B) 13(G) 14(B) 15-16(B,G) 17-18(B,G) Contested following the long jump

**HIGH JUMP** - 9(B) 9(B) 10(B) 10(G) 11(B) , 11(G) 12(B) 12(G) 13(B) 13(G) 14(B) 14(B) 15-16(B,G) 17-18(B,G)

**SHOT PUT** - 8-under (B,G) 9(B) 9(G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G)

**TURBO JAV** (8 – 12 year old) **JAVLIN** (13- 18) - Only contested at the regional Track Events

**DISCUS** 11(B) 11(G) 12(B) 12 (G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G)

### Running Events START - 10:30 am

**4 X 800 RELAY** – 11(B) 11(G) 12(B) 12(G) 13(B) 13 (G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) FINAL

**3000M WALK** - 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18 (B,G) FINAL

**1500M WALK** - 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) FINAL

**4 X 100M RELAY** - 10(B) 10 (G) 12 (B) 12(G) 14(B) 14 (G) 15-16(B,G) 17-18 (B,G)FINAL

**3000M RUN** – 11(B) 11(G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18 (B,G)FINAL

**200M HURDLES** – 13(B) 13(G) 14(B) 14(G) 5x30 FINAL

**400M HURDLES** - 15-16 (B,G) 17-18(B,G)

**100M** - 8-under(B,G), 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) 13(B) 13 (G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) SEMI

**400M** - 8-under(B,G) 9(B) 9(G) 10(B) 10 (G) 11(B) 12(B) 12 (G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) FINAL

**1500M** -9(B) 9(G) 10(B) 10(G) 11(B) 11 (G) 12(B) 12(G) 13(B) 13(G) 14(B) 14 (G) 15-16 (B,G) 17-18(B,G) FINAL -

**80M HURDLES** 11(B) 11(G) 12(B) 12(G) 8 X 30 FINAL

**100M HURDLES** 13(B) 13(G) 14(B) 14(G) 15-16 (G) 17-18(G) FINAL

**110M HURDLES** 15-16 (B) 17-18(B) FINAL

**100M DASH** 8-under(B,G) 9(B) 9 (G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) 13(B) 13(G) 14(B) 14(G) 15-16(B,G) 17-18(B,G) FINAL

**800M** 8-under (B,G) 9(B) 9(G) 10(B) 10(G) 11(B) 11(G) 12(B) 12(G) 13(B) 13(G) 14(B) 14(G) 15-16 (B,G) 17-18(B,G) FINAL

**200M** 8-under 9(B) 9 (G) 10(B) 10(G) 11(B) 11(G) 12(B) 12 (G) 13(B) 13(G) 14(B) 14 (G) 15-16 (B) 17-18 (G)FINAL

**4 X 400M RELAY** 10(B) 10(G) 12(B) 12 (G)14 (B) 14 (G) 15-16(B,G) 17-18(B,G) FINAL

Meet can start one hour early or late. Meet Management has no responsibility in scheduling to allow an athlete to do multiple events. That is clearly a Coach, Parent and Athlete decision.

\*There are no separate fees for relays. All relay participants must be a registered athlete, in this meet.