

# AAU Youth Track and Field

## 4th Annual Central Florida Spring Opener

February 26, 2022

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

ENTRY FEE: \$25 paid thru <http://www.coacho.com/> SPECTATOR ENTRY: \$10.00 (**UNDER 5 is Free**)

ADDITIONAL INFO: **6 & under** athletes limited to the 55m, 100m & Long Jump only. **Field Events (except High Jump) 3 Attempts Only- NO FINALS** **\*\*ATHLETES ARE RESPONSIBLE FOR PROVIDING THEIR OWN IMPLEMENTS FOR COMPETITION. \*\***

**4x100 and 4x800 Relays can be used for Middle School State Qualifiers (Please contact Meet Director in advance)**

### MEET SCHEDULE

06:45 Packet Pickup

07:00- Track Opens for Warmup

**07:45- Track Closes/Coaches Meeting/1<sup>st</sup> Call for 3000m Run**

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

#### FIELD EVENTS (3 Attempts Only Except HJ)

Long Jump

Turbo Javelin

Javelin

Shot Put

Discus (Reverse Order)

High Jump

**\*\*Athletes Must Provide Own Implements for Throw Events\*\***

#### RUNNING EVENTS

3000m Run

100M Dash (Open,6U to oldest)

4x100

1500m Run

400m Dash

55m Dash (6U-8U & Open Athletes Only)

800m Run

200m Dash

4x800m

**All Field Event Competition (EXCEPT HIGH JUMP) will be contested with 3 Attempts Only- NO FINALS**

FOR MORE INFORMATION: Coach Waite at (352)530-8557 or email: [erwaite@yahoo.com](mailto:erwaite@yahoo.com)

- 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.ausports.org](http://www.ausports.org) to obtain their membership.