

2020 Power House Athletics Showcase

May 2, 2020 @ Jones High School- 801 Rio Grande Ave, Orlando, FL 32805

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, and 3rd Place only

6 Under/OPEN** athletes limited to the 60m, 100m, 200m, & Long Jump. **[OPEN athletes can run the 1500m Run]

ENTRY FEE: \$16 paid thru <http://www.coacho.com/> SPECTATOR ENTRY: \$7.00 (Under 6 Free)

ENTRY DEADLINE: April 30th, 2020 at Noon **(NO LATE ENTRIES WILL BE ACCEPTED)**

-----MEET SCHEDULE-----

06:30- Packet Pick-up @ Stadium Front Gate

07:00- Track Opens for Warmup

07:45- Track Closes/Coaches Meeting/1st Call for 1500m Run, High Jump, Long Jump, Shot Put, and Discus

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

FIELD EVENTS

High Jump

Long Jump

Shotput

Discus (Reverse Order)

Turbo Javelin (After Shotput and Discus)

Athletes are responsible for providing their own implements for competition

RUNNING EVENTS

1500m Run

1500 Race Walk

60m Dash (6-8, Open Athletes Only)

4x800m Relay (Combined Heat- MS QUAL)

100m Dash (6U will compete last in the 100m)

400m Dash

4x100m Relay (MS QUAL run 15/16 YO)

800m Run

200m Dash

Coach/Parent 4X100 Relay (Time Permitting)

4x400m Relay (MS QUAL run 15/16 YO)

RESULTS FROM THIS MEET CAN BE USED TO QUALIFY FOR MIDDLE SCHOOL STATE QUALIFICATION

Please email powerhouseatf@gmail.com or call Coach CJ at (407)883-9806 for more information

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. BE PREPARED! Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.