

AAU YOUTH/OPEN/MASTERS TRACK & FIELD

4th Annual Power House Athletics Showcase

May 14, 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

Entries will be limited to 1000 athletes Field Events 3 Attempts Only- NO FINALS****

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

6 & under events- 55/100/200m, Shot Put, & Long Jump

MEET SCHEDULE

06:30 Packet Pickup

07:00- Track Opens for Warmup

07:30- Coaches Meeting- Throws Competition Begins for 13 and Older Only at 07:45 hours

07:45- 1st Call for 3000m Run, Triple Jump for Middle School Qualification begins at 07:45 hours

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

FIELD EVENTS (3 Attempts, No Finals)

Triple Jump **(MS Quals Only-Combined Same Pit)**

Long Jump

Javelin (13-Masters)

Discus (11 & Older)

Shot Put (13 & Older)

10:00 AM Field Events (Listen for Calls)

Shot Put (12 & Under)

Turbo Javelin (12 & Under)

RUNNING EVENTS

3000m Run **(Combined Heats)**

100m/80m Hurdles (Combined Heats)

100M Dash (6U to Open/Masters)

1500m Run **(Combined Heats)**

1500m Race Walk **(Combined Heats)**

200m Hurdles **(MS Qual- Combined Heats)**

400m Dash

4x100m Relay **(MS Quals Run w/15-16)**

55m Dash (6U Only)

800m Run **(Combined Heats)**

200m Dash

4x400m Relay **(9U & Older Only)**

4x100m Relay (Parent/Coach Time Allowing- Minimum 1 Female)

ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION

MS Qualifier 4x100 & 4x400 Relay Teams, please contact Coach CJ at (407)883-9806 or powerhouseatf@gmail.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.aausports.org to obtain their membership

FACILITY & EVENT SAFETY ADDENDUMS

- 1) **STARTING BLOCKS WILL BE AVAILABLE for 12 & Up. Be ready when Timer is or lose the block.**
- 2) **All Athletes 6 - 8 years old must be picked up from the Finish Line Area.**
- 3) **A box for coaches/spectators will be established for safety purposes during Field Events competition.**
- 4) **All Long Jumpers 10 & under will jump from the edge of the pit for the safety of the athletes.**
- 5) **Only Meet Personnel, Athletes, and essential Coaches with Band will be allowed in the competition area after warm up period ends.**
- 6) **Middle School SUPER HEATS will be in the last heats of all sprint events.**

IMG Middle School States Track & Field Qualifying Standards

Event	Girls	Boys
100m	13.15	12.00
200m	27.00	24.50
400m	63.00	55.50
800m	2:35.00	2:18.00
1500m	5:30.00	4:50.00
1600m*	5:54.00	5:10.00
3000m	12:10.00	10:50.00
3200m*	13:00.00	11:38.00
#100H	18.25	17.00
#200H	32.50	29.50
300H*	53.00	45.00
**Shot Put	30-00.00 or 9.15m	39-00.00/11:89m
**Discus	75-00.00/22.86m	105-00.00/32.00m
Javelin	45 Feet/13.72M	75 Feet/ 22.86M
Long Jump	15-06.00/4.73m	18-00.00/5.49m
Triple Jump	29-00.00/8.84m	32-00.00/9.76m
High Jump	4-08.00/1.42m	5-02.00/1.58m
Pole Vault	6-06.00/1.98m	7-00.00/2.14m
4x100	54.00	49.00
4x400	4:40.00	4:00.00
4x800	11:30.00	9:50.00

SUGGESTED times to compete in Super Heats are highlighted above. If you have an athlete that wants to be added to the heat, Please contact Coach CJ at (407)883-9806 or via email at powerhouseatf@gmail.com with any questions.

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