

AAU YOUTH/OPEN/MASTERS TRACK & FIELD

Power House Athletics Showcase

May 8, 2021

Location: Santa Fe High School 16213 US-441, Alachua, FL 32615

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

Field Events (except HJ) 3 Attempts Only- NO FINALS**

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

6 & under events- 60m, 100m, 200m & Long Jump. **Open Athletes-** 60m, 100m, 800, 1500, 3000, & Javelin Throw

MEET SCHEDULE

06:30 Packet Pickup

07:00- Track Opens for Warmup

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

07:45- 1st Call for 3000m Run, Long Jump

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

FIELD EVENTS (3 Attempts, No Finals EXCEPT HJ)

Long Jump (**Reverse Order**)

Javelin (13-Masters)

Shot Put (13 & Older)

Discus (11 & Older)

High Jump

Turbo Javelin (12 & Under)

Shot Put (12 & Under)

RUNNING EVENTS

3000m Run (**Combined Heats**)

110m/100m/80m Hurdles (Combined Heats)

100M Dash (6U to oldest)

1500m Run

4x100m Relay (**11& Older Only/Coaches Relay**)

400m Dash

60m Dash (6U-8U & Open/Master Athletes Only)

800m Run

200m Dash

4x400 (**11& Older Only**)

*****ATHLETES ARE RESPONSIBLE FOR PROVIDING THEIR OWN IMPLEMENTS FOR COMPETITION. *****

For Schools/Clubs interested in running MS Qualifier 4x100 & 4x400 Relays, please contact Coach CJ

FOR MORE INFORMATION: Coach CJ at (407)883-9806 or email: 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 membership to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

COVID PRECAUTIONS

1. All persons entering the facility must wear a face covering at all times except while actively competing.
2. Must have a temperature below 100.4 degrees and exhibiting NO symptoms or entry will be refused.
3. We ask that anyone who has been in the presence of anyone testing positive or with symptoms within the last 10 days not attend this event.
4. **Masks must be worn at all times while in the facility and not actively competing in an event.** Masks must be worn until runners come to the start line for their event.
5. We strongly encourage everyone adhere to social distancing protocols in accordance with CDC Guidelines.
6. Only Meet Personnel, Athletes, and Coaches with Band will be allowed in the competition area after warm up period ends.
7. **There will be no Coaches and/or Spectators in the Clerking area at any time.**
8. Due to strict local rules governing COVID-19, we will enforce social distancing at the competition venue as well as the seating areas. We will be following all State, City and County guidelines.

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