

# AAU Youth Track and Field

## 7th Annual Central Florida Spring Opener

February 22, 2025

Location: Evans High School 4949 Silver Star Rd, Orlando, FL 32808

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: \$30 paid thru <http://www.coacho.com/> SPECTATOR- \$12.00 (**UNDER 5 Free**) Parking - \$5 (Cash Only)

ADDITIONAL INFO: **6 & under** athletes limited to the 55m, 100m, 200m & Long Jump only.

**Field Events 3 Attempts Only- NO FINALS \*\*ATHLETES ARE RESPONSIBLE FOR PROVIDING THEIR OWN IMPLEMENTS FOR COMPETITION. \*\***

### MEET SCHEDULE

06:45 Packet Pickup

07:00- Track Opens for Warmup

**07:45- Track Closes/Coaches Meeting/1<sup>st</sup> Call for 1500m Run**

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

#### **FIELD EVENTS (3 Attempts Only)**

Long Jump

Javelin (13 years old and Older)

Shot Put (Youngest to Oldest)

Turbo Javelin

Discus (Reverse Order)

#### **RUNNING EVENTS**

1500m Run (Combined Heats)

100m Hurdles

100m Dash (Open, 6U to oldest)

400m Dash

55m/60m Dash

800m Run

200m Dash

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

Live Results can be found on <https://www.godspeedtiming.com/>.

FOR MORE INFORMATION: Coach CJ at (407)883-9806 or via email at [powerhouseatf@gmail.com](mailto: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](http://www.aausports.org) to obtain their membership.
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- **The Entry Gate will be a Cashless Entry- QR Code for advance purchase is below.**
- **Live Results can be found on <https://www.godspeedtiming.com/>**
- **NO TENTS ALLOWED IN THE LOWER HALF OF THE STANDS. Tie them down and be courteous of others.**
- We will follow the schedule.
- Please pay attention to the calls. Running Events take precedence over Field Events.
- Medals for Field Events awarded at the event. Medals for Events handed out at the Concession Stand 30 min after last heat
- **Starting Blocks reserved for 12 & older only. Athletes 15 & older must use blocks for the sprint events 100-400m.**
- **Personal Blocks allowed if you have someone to pick them up immediately**
- 15-18 will run in a combined heat.

#### ▪ **ENTRIES AND CHANGES**

- The deadline for entries will be 11:59pm on Thursday 2/22/25. Entries will be \$30/Athlete. IF ANY late entries are accepted, the cost will be \$50/Athlete. Please make sure that your entries are accurate for gender, event, and marks. Only gender changes will be allowed to be made and they will cost \$20. No other changes will be made, athletes will just be turned away.

#### ▪ **PROTEST**

- **Protest Fee: A \$100 fee must be paid in cash to complete a protest. For Teams, the head coach only must go to the protest table at the concession stand, fill out the form, and pay the fee before the 30-minute protest period has expired for the event in question. For UNA Athletes, a parent or coach is allowed to make the Protest. If your protest is upheld in your favor, you will be refunded your protest fee. If your protest is denied, the fee will be forfeited to meet management.**

## Advance Spectator Ticket Purchasing



<https://powerhouseatf.ticketleap.com/>