

# AAU YOUTH/OPEN/MASTERS TRACK & FIELD

## Memorial Day Bash in Florida

May 29, 2021

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

ENTRY FEE: **\$27 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- ALL Throws Events Competitions Begins for 13 and Older Only**

**07:45- 1<sup>st</sup> Call for 3000m Run, Long Jump, and High Jump**

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

#### **FIELD EVENTS (3 Attempts, No Finals EXCEPT HJ)**

**ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION**

Long Jump (**Reverse Order**)

Javelin (13-Masters)

Discus (11 & Older)

Shot Put (13 & Older)

#### **10:00 AM Field Events (After 100m Dash)**

Turbo Javelin (12 & Under)

Shot Put (12 & Under)

**ATHLETES MUST HAVE THEIR OWN IMPLEMENTS FOR THROWING COMPETITION**

#### **RUNNING EVENTS**

**3000m Run (Combined Heats)**

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

100M Dash (6U to oldest)

**1500m Run (Combined Heats)**

4x100m Relay

400m Dash

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

**800m Run (Combined Heats)**

200m Dash

**4x400 (9U & Older Only)**

4x100m Relay (**Parent/Coach Time Permitting- Min 1 Female**)

**For Clubs interested in running Coach/Parent Relays, please contact Coach CJ on day of the event.**

**FOR MORE INFORMATION: Coach CJ at (407)883-9806 or email: [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

## 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. Due to strict local rules governing COVID-19, we will enforce social distancing at the competition venue as well as in the seating areas in accordance with the facility usage contracts and AAU guidelines.
6. Only Meet Personnel, Athletes, and essential 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.**



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