



AAU Region 12

2008

Track & Field Championships

Washington, Oregon, Idaho & Alaska

National Qualifying Meet

Top 4 Individuals and Relays Qualify for the National Junior Olympic Games in Detroit, Michigan.

Location: West Seattle Stadium - 4432 35th Ave SW - Seattle, WA 98126

- Host team:** Seattle Speed Track Club
- Facilities:** The facility is an all-weather surface and runways. Spikes must be ¼ inch.
- Dates:** July 12th & 13th, 2008 – Saturday start time is 8:00 AM – Sunday 8:00 AM
- Sanction:** Meet is sanctioned by Region 12 of the AAU.
- Entry Fees:** \$20.00 per athlete. This includes athletes on relays and alternates.
- Late Fees:** \$20.00 (\$30 total) per athlete after deadline.
- Relay Fees:** NONE
- Eligibility:** Open to any athlete or club/team. In order to advance to the AAU JO Games in Detroit, athletes must register with the AAU on line at http://aausports.org/default.asp?a=pg_membership.htm prior to the meet. The annual fee for individual membership is \$12.00 per athlete and \$14.00 per coach. Relay Teams must have a current AAU club membership. You can get a club membership at http://aausports.org/default.asp?a=pg_membership.htm
- AAU:** Athletes must be able to present their 2008 AAU membership cards at the time of check in (if you print your online registration confirmation out this is acceptable) or packet pick up **ONLY IF YOU PLAN to advance to Detroit**. All relay teams must present current 2008 AAU Club membership at check in or packet pick up.
- Timing:** All timing will be FAT (Fully Automatic Timing)
- Parking:** No charge for parking. Parking will be on a first come first serve basis.
- Medical:** Trainer services will not be available.
- Packet**
- Pick-up:** Athletes bib numbers and other information will be available at the following times;
Saturday, July 12th 7:00am – 1:00pm
Sunday, July 13th 7:00am-10:00am
- Spectator Fee:** Spectator Fee's will be as follows
Ages 7-Adult \$1.00
6 and Under Free
- Fluids:** No water will be provided to athletes, so please plan accordingly.
- Weather:** The average high temperature in Seattle during mid July is in the high 80's with low humidity.
- Restroom**
- Facilities:** Restroom facilities will be available at the venue.
- Bib Numbers:** Competitor bib numbers will be issued at athlete check in. All athletes are required to wear bib numbers on the front of your competition singlet at all times.
- Hip Numbers:** Hip numbers will be issued at clerk of course and will be required for all running event competitors in their event.

Athlete

Warm Up: Will be located on the grass field west of the competition area and on the infield when no throws competitions are taking place.

On-Line Meet

Registration ONLY: AAU Region 12 Track and Field Championships has **ONLY** On-Line registration for the meet. **You must also pay your entry fees online as well, so you will need a credit or debit card.**

Entries are not valid until payment is made. Go to http://www.coacho.com/cgi-bin/login.pl?cd=wa_aa12 Registration for the meet is available now until July 9, 2008 Midnight. After this date all entries will be considered late and late fees will apply.

Exception: Onsite registration is available on Saturday July 12th from 7:00 AM to 9:30 AM. There is a penalty for late registration. Onsite registration will be \$35 per athlete
Note: ALL MULTI_EVENT ATHLETES MUST REGISTER ONLINE – NO EXCEPTIONS.

Reminder: You do not need to be an AAU athlete to compete in this meet. Simply register as unattached.

And if you are a club there is the option for club registration with AAU that can be found here:

<https://secure.aausports.org/aaustore/register/ClubApplication.asp>

Hotel Info:

Comfort Suites

- Phone: 425-227-7200
- Toll-free: 1-800-4-CHOICE

Courtyard by Marriott at Southcenter

- Phone: 206-575-2500
- Toll-free: 1-800-321-2211

Hampton Inn Southcenter

- Phone: 425-228-5800
- Toll-free: 1-800-426-7866

Information:

Meet Director- Michael Cunliffe 206-351-2311

Registration Michael Cunliffe 206-351-2311

AAU Membership- Karen Brooks 559-688-2609

Age

Determination:

Primary	2000 and after
Sub-Bantam	1999
Bantam	1998
Sub-Midget	1997
Midget	1996
Sub-Youth	1995
Youth	1994
Intermediate	1992-1993
Young Men/Women	1990-1991

Relays:

Relays will only be contested in the following age groups, Bantam, Midget, Intermediate, Young Men/Women. Note: Sub-Bantams can run in Bantams, Sub-Midgets can run in Midgets and Sub-Youth can run in the Youth divisions.

NEW THIS

YEAR:

Due to the requests of trying to accommodate athletes, coaches and parents by allowing them to change events the day before or the day of the event this is difficult to do and time consuming. Therefore, in order to eliminate this we will be charging \$20.00 fee (cash) per change. WE ARE ENCOURAGING coaches and parents to look at the schedule of our meet and the national meet carefully before entering kids. We decided on this policy as opposed to the other policy of NO CHANGES.

All races will be seeded by time entered. All races will be seeded slowest to fastest. If athletes are a no show for their races, there will be NO re-seeding at the start line.

Athletes not checked into their field events by the time the first official attempt of the event will be scratched from the event. Please check into field events on time. (Meet Committee in accordance to

JO Games Rule). Once you check in you will be able to go and compete in another event then return to compete in the field event.

SATURDAY JULY 12th - TRACK EVENTS (ROLLING SCHEDULE)				
8:00 AM	All Multi-event Athletes (field)	All Age Groups		
9:45 AM	1500 RW Final	Final	SBG, SBB, BG, BB, SMG, SMB, MG, MB	
	3000 RW Final	Final	SYG, SYB, YG, YB, IG, IB, YV, YM	
10:30 AM	3000 M Run*	Final	Sub-Midget-Young	
	100 M Dash	Prelims	All Divisions (Primary-Young)	
	80 M Hurdles	Prelims	SMG, SMB, MG, MB	
	100 M Hurdles	Prelims	SYG, SYB, YG, YB, IG, YV	
	110 M Hurdles	Prelims	IB, YM	
	800M Run	Final	All Divisions (Primary-Young)	
	200 M Dash	Prelims	All Divisions (Primary-Young)	
	4x100 Relay	Final	All Divisions (Primary-Young)	
*First Call 9:00				
SATURDAY JULY 12th - FIELD EVENTS (ROLLING SCHEDULE)				
10:30 AM	Shot Put*	Final	Circle 1 PG, SBG	Circle 2 PB,SBB
	Shot Put*	Final	Circle 1 BG, SMG	Circle 2 BB,SMB
	Shot Put*	Final	Circle 1 MG, SYG, YG	Circle 2 MB,SYB,YB
	Shot Put*	Final	Circle 1 IG, YV	Circle 2 IB, YM
10:30 AM	High Jump	Final	Pad 1-YV, YM	
	High Jump	Final	Pad 1-IG, IB	
	High Jump	Final	Pad 1-MG, MB	
	High Jump	Final	Pad 1-SYG, SYB	
10:30 AM	Long Jump*	Final	Pit 1-PG	Pit 2-PB
	Long Jump*	Final	Pit 1-SBG	Pit 2-SBB
	Long Jump*	Final	Pit 1-BG	Pit 2-BB
1:30 PM	Triple Jump*	Final	Pit 1-SYG	Pit 2-SYB
	Triple Jump*	Final	Pit 1-YG	Pit 2-YB
	Triple Jump*	Final	Pit 1-IG	Pit 2 YV
	Triple Jump*	Final	Pit 1-IB	Pit 2-YM
*Field Events where indicated 4 Attempts no final				
SUNDAY JULY 13th - TRACK EVENTS (ROLLING SCHEDULE)				
9:00 AM	1500 M Run*	Final	Sub-Bantam thru Young	
9:45 AM	80 M Hurdles	Final	SMG, SMB, MG, MB	
	100 M Hurdles	Final	SYG, SYB, YG, YB, IG, YV	
10:30 AM	110 M Hurdles	Final	IB, YM	
	400M Dash	Final	All Divisions (Primary-Young)	
	4 x 800 M Relay	Final	Midget thru Young	
	200 M Dash	Final	All Divisions (Primary-Young)	
	200 M Hurdles	Final	SYG, SYB, YG, YB	
	400 M Hurdles	Final	IG, IB, YV, YM	
	100 M Dash	Final	All Divisions (Primary-Young)	
	4 x 400 M Relay	Final	All Divisions (Primary-Young)	
*First Call 9:00				
SUNDAY JULY 13th - FIELD EVENTS (ROLLING SCHEDULE)				
9:00 AM	Long Jump*	Final	Pit 1-YV, IG	Pit 2-YM,IB
	Long Jump*	Final	Pit 1-YG, SYG	Pit 2-YB,SYB
	Long Jump*	Final	Pit 1-MG, SMG	Pit 2-MB,SMB
9:00 AM	Discuss	Final	SMB, SMG	
	Discuss	Final	MB, MG	
	Discuss	Final	SYB, SYG	
	Discuss	Final	YB, YG	
	Discuss	Final	IB, IG	
	Discuss	Final	YM, YV	
8:00 AM	Pole Vault	Final	Pit 1-PG	All vaulters
		Final	Pit 1-SBG	must have
		Final	Pit 1-BG	verification forms
8:00 AM	Pole Vault	Final	Pit 1-SYG	
10:00 AM	Pole Vault	Final	Pit 1-YG	
1:00 PM	Pole Vault	Final	Pit 1-IG	
8:00 AM	High Jump	Final	SMG, SMB	
	High Jump	Final	Pit 1-BG, BB	
	High Jump	Final	Pit 1-SBG, SBB	
	High Jump	Final	Pit 1-YG, YB	