

AAU REGION- 2 NATIONAL QUALIFIER JUNE 24, 2016
MULTI – EVENT TRACK & FIELD CHAMPIONSHIPS

RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY

DAY (1) Friday June 24, 2016

**ATHLETES FOR MULTI EVENTS MUST CHECK-IN (CLERK OF COURSE TENT)
30 MIN. PRIOR TO THE START OF YOUR EVENT.**

<u>Start Time</u>	<u>Age</u>	<u>Event</u>	
7:45am	Decathlon 15-16 Boy	100M, LJ, SP, HJ, 400M	Day 1.
7:45am	Decathlon 17-18 Men	100M, LJ, SP, HJ, 400M	Day 1.
8:00am	Heptathlon 15-16 Girl	100MH, HJ, SP, 200M	Day 1
8:00am	Heptathlon 17-18 Women	100MH, HJ, SP, 200M	Day 1.
8:00am	Triathlon 9 Girl, 10 Girl	HJ, SP, 200M	Final
8:15am	Triathlon 9 Boy, 10 Boy	HJ, SP, 400M	Final

AFTER THE 17-18, 100M Hurdles, WOMEN HEPTATHLON, THE FOLLOWING EVENTS WILL BE CONTESTED:

FIRST CALL 8:15 am START 8:45 am ROLLING SCHEDULE

3000M RUN..... 11, 12, 13, 14, 15-16, 17-18.....AGES WILL BE COMBINED
100M DASH TRIAL... 8-under, 9, 19, 11, 12, 13, 14, 15-16, 17-18.
800M RUN..... 8-UNDER, 9, 10, 11, 12, 13, 14, 15-16, 17-18.

AT THE CONCLUSION OF MULTI EVENTS, THE FOLLOWING EVENTS WILL BE CONTESTED:

FIRST CALL 12:00 noon START 12:30 pm ROLLING SCHEDULE

200 METER DASH TRIAL..... 8-under, 9, 10, 11, 12, 13, 14, 15-16, 17-18.
4x800M Relay..... 11-12, 13-14, 15-16, 17-18.
4x100M Relay..... 8-under relay, 9-10, 11-12, 13-14, 15-16, 17-18.

FIELD EVENTS: FIRST CALL 12:00 noon START 12:30 pm ROLLING SCHEDULE.

Javelin Trial-Final: 17-18 Women, 17-18 Men, 15-16 Girl/Boy, 14 Girl/Boy, 13 Girl/ Boy. **After Which**

Shot Put Will Follow.: (6lb) Girl/Boy 12, 11, 10, 9, (4lb) 8-Under.

Long Jump: (Girls/Boy) 12, 11, 10, 9, 8-Under .

Three (3) Attempts Shot Put/ Long Jump.

AAU REGION- 2 NATIONAL QUALIFIER JUNE 25, 2016
MULTI – EVENT- TRACK & FIELD CHAMPIONSHIPS

RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY

DAY (2) Saturday June 25, 2016

**ATHLETES FOR MULTI EVENTS MUST CHECK-IN (CLERK OF COURSE TENT)
30 MIN. PRIOR TO THE START OF YOUR EVENT.**

7:45	Decathlon	15-16 Boy	110MH, DIS, PV, JAV, 1500M	Final
7:45	Decathlon	17-18 Men	110MH, DIS, PV, JAV, 1500M	Final
8:00	Heptathlon	17-18 Women	LJ, JAV, 800M	Final.
8:00	Hepathlon	15-16 Girl	LJ, JAV, 800M	Final.
8:15	Pentathlon	13 ,14 Girl	100MH, LJ, SP, HJ, 800M	Final
8:15	Pentathlon	13, 14 Boy	100MH, LJ, SP, HJ, 1500M	Final
8:30	Pentathlon	11, 12 Girl	80MH, HJ, SP, LJ, 800M	Final.
8:30	Pentathlon	11, 12 Boy	80MH, HJ, SP, LJ 1500M	Final.

AFTER 11-12 BOY, 80 METER HURDLES, PENTATHLON, THE FOLLOWING EVENTS WILL BE CONTESTED:

1500m Racewalk / 3000m Racewalk , 2000M Steeplechase

1. If there are any changes, there will be a revised schedule POSTED DAY OF EVENT
2. All events (MULTI's) will be contested approximately thirty (30) minutes after the preceding event is completed. The thirty minute rest period will include food, measuring of steps, and warm-up. Be ready to compete.
3. Each final event will be contested according to the point totals of all the preceding events.
Potential medal winners will compete together.

AT THE CONCLUSION OF MULTIEVENTS, THE FOLLOWING EVENTS WILL BE CONTESTED:

FIRST CALL 12:00 NOON START 12:30 ROLLING SCHEDULE

80MH 30"11Girl, Boy, 12Girl, Boy
100MH 30"13, 14 Girl
100MH 33"13, 14 Boy
100MH 33"15-16 Girl, 17-18 Women
110MH 39"15-16 Boy, 17-18 Men
100M DASH ALL FINALIST.
400MH 15-16 Boys, 17-18 Men.....36"
400MH15-16 Girls, 17-18 Women.....30"
200MH13 – 14 Girl & Boy.....30"

FIELD EVENT:

Long Jump Trial-Final: 17-18 Women, 17-18 Men, 15-16 Girl, 15-16 Boy, 14 Girl, 14 Boy, 13 Girl, 13 Boy.

High Jump: (Boys/Men) 9, 10, 11, 12, 13, 14, 15-16, 17-18

Turbo Jav: Three(3) attempts(300g) 8-Under Girl/Boy,(400g) Girls/Boys 9, 10, 11, 12. Followed by

Shot Put:(Trial-Final)(6 lbs) 13, 14 Girls, (4 kg) 13, 14 Boys, 15-16 & 17-18 Girls, (12lb) 15-16 , 17-18 Boys

AAU REGION- 2 NATIONAL QUALIFIER JUNE 26, 2016
MULTI – EVENT - TRACK & FIELD CHAMPIONSHIPS

RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY

DAY (3) Sunday June 26, 2016

FIRST CALL 8:00am START TIME 8:30am ROLLING SCHEDULE:

400mDash.....ALL AGE DIVISION.....TIMED FINAL.....RANDOM SEEDED

1500M RUN.....8-UNDER, 9, 10, 11, 12, 13, 14, 15-16, 17-18..... AGES MAY BE COMBINED

200M DASH FINALS.....ALL FINALIST

4X400M RELAY.....9-10, 11-12, 13-14, 15-16, 17-18.

FIELD EVENTS

FIRST CALL 8:30am START TIME 9:00am ROLLING SCHEDULE

High Jump: 17-18 Women, 15-16, 14, 13, 12, 11, 10, 9 Girls.

DISCUS: (1.0 kg)..... Girls-Boys 11, 12.....Three (3) Jumps/Throws

DISCUS: Trial/Final (1.0 kg)..... 13 Girl, Boy, 14 Girl, Boy 15-16 Girl, 17-18 Women.
(1.6 kg).....15-16 Boy, 17-18 Men

ALL VAULTER MUST HAVE SIGNED VAULT FORM, **SIGNED** BY COACH/OR PARENT AND GIVEN TO OFFICIAL **BEFORE** ANY WARMUPS.

POLE VAULT..... 13, 14, 15- 16 Girl, 17-18 Women
13, 14, 15- 16 Boy, 17-18 Men

TRIPLE JUMP: Trial-Final...13, Girl, Boy 14 Girl, Boy 15- 16 Girl, Boy, 17-18 Women, Men

ONLY 1 PIT MAY BE AVAILABLE FOR TRIPLE JUMP.