



***2015 AAU Region 4 National  
Qualifying  
Track & Field & Multi-Event Meet***  
**Thu-Sun, June 25-28, 2015**  
**UC Stadium at Lailey Field**  
**Charleston, WV**

**Sanction:** Amateur Athletic Union (AAU)

**Director:**

Paul Gilmer Jr.  
Phone (304)389-1982  
Email: [pjgilmer@aol.com](mailto:pjgilmer@aol.com)

**Fees:**

Entry fee is \$25.00 for each athlete. No entry fee will be transferred or refunded.  
**Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2015 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online, no exceptions will be granted.**

**Eligibility:**

This meet is open to any athlete that falls within the age divisions listed below and have competed in that particular event at any District Qualifying Meet.. Athletes aged 13 (Sub-14) and older may enter in up to a maximum of 4 events including relays. Younger age brackets may only enter in 3 events including relays. **If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.**

- 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 event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

**Advancement:**

**Top 6 finishers in running events, top 5 in field events and top 4 relays and combined events places advance to AAU Junior Olympics, Norfolk State University, Norfolk, VA. Competitors must register on [www.coacho.com](http://www.coacho.com)**

**Age Divisions:**

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The 17-18s division is open to any one who was born in or prior to 1993 and will not turn 19 years of age on the final day of the National meet. (8/8/2015)

**Entry Process:****Teams:**

All teams and unattached athletes must utilize the [www.CoachO.com](http://www.CoachO.com) online entry process via [www.AAUathletics.org](http://www.AAUathletics.org) and follow the national qualifying meet links. This will permit a very efficient registration process that is easy to use. Teams will have until 11pm Eastern Time, Monday, June 22<sup>nd</sup> to complete registration and payment. Please note that you must pay for your entries with a credit card online or your entries will not be accepted.

Immediately after registering online, individuals and teams will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving at the meet, if at all possible.

**Check-In Requirements:**

A packet will be provided for each individual or team consisting of competition numbers, team roster, and events entered. A team representative will be responsible for picking up team packets. Packets can be picked up at the Head Quarters Hotel when the field is closed one day prior to competition or at Laidley Field beginning at 8:00am on meet days. Be sure to bring birth certificates and AAU cards with when you pick up packets.

**Awards:**

In individual and relay events, medals will be presented for participants who finish First through Sixth place.

**Officials:**

Anyone desiring to officiate at this meet is encouraged to contact Paul Gilmer at ([pgilmer@aol.com](mailto:pgilmer@aol.com)) your assistance is greatly appreciated.

**Facility:**

The track is an 8-lane all-weather surface. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done by Kanawha Valley Track & Field Officials Association and WV USA Track & Field using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

**Refreshments:**

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

**Equipment:**

Starting blocks, batons, and throwing implements will be provided by the meet management. There is no need to bring personal implements with you. Those that desire to utilize personal implements must obtain certification from the weights and measures meet official prior to competition including pole vault poles. If personal implements are used, they will not be released until the end of the competition for that age group and may be used by any competitors in that event.

**Admission:**

A daily admission charge of \$5.00 will be charged for adults and \$3.00 for students that spectators and not competing in the meet. Children under 6 and under will be admitted free. Athletes must display competitive numbers and Coaches must display current AAU membership cards to be admitted.

**Hotels:**

There are several good lodging facilities in the area. Listed below is detailed information on the primary hotels for the event.

Hotel	Location	Phone	Amenities	Rate
Days Inn	6499 MacCorkle Ave SE Charleston, WV	304-925-1010		\$75.00
Marriott Courtyard	100 Kanawha Blvd East Charleston, WV 25301	304-344-5777 <a href="http://www.marriott.com/hotels/travel/crwcy-courtyard-charleston/?app=resvlink">http://www.marriott.com/hotels/travel/crwcy-courtyard-charleston/?app=resvlink</a>	Full Service Hotel with Outdoor Pool	\$139

Please be sure to indicate that you are participating in the AAU Track & Field National Qualifying Meet when requesting rooms at these facilities.



**NOTE: Every Day will be a rolling schedule.**

## **Thursday, June 25– *Combined-Events***

**Order of Events/Age Division** (*NOTE: First event will start at 11:00 am sharp*)

**11:00 AM** Decathlon - 15-16 -17-18 Boys (Day 1).....100 meters, LJ, SP, HJ, 400 meters

**11:15 AM** Heptathlon - 15-16 17-18 Girls – (Day 1) 100 m Hurdles, HJ, SP, 200 meters

**12:00 PM** Pentathlon – 13/14Boys 100MH, High Jump #1, Shot Put #1, Long Jump #1,  
1500M

**12:15 PM** Pentathlon – 13/14Girls 100MH, High Jump #2, Shot Put #2, Long Jump #2,  
800M

## **Friday, June 26 – *Combined, Race-walk, Track & Field Events***

**NOTE: This will be a rolling schedule, events may start up to 30 minutes before the scheduled time.**

**Order of Events/Age Division** (*NOTE: First event will start 9:00 am sharp*)

**9:00 am**

**3000 Meter Run Starting at (Finals)**11G,11B,12G,12B,13G,13B,14G,14B,15-16G,15-16B,17-18G, 18-18B

**10:00 AM**

Decathlon - 15-16 Boys – 17-18 (Finals).....110m Hurdles, Discus, PV, Jav, 1500 meters

Heptathlon – 15-16 Girls - 17-18 (Finals).....LJ, Jav, 800

**11:00 AM**

Pentathlon – 11/12Boys 80M H, Long Jump #2, Shot Put #1, High Jump #1, 1500M

Pentathlon – 11/12Girls 80M H, Long Jump #1, Shot Put #2, High Jump #2, 800M

Triathlon – 9 Girls, 10 Girls (Finals).....HJ, SP, 200

Triathlon – 9 Boys & 10 Boys (Finals).....HJ, SP, 400

**1:00 PM Triple Jump) 13, 14, 15-16,17-18 Women 13,14, 15-16,17-18 Men**

**3:00 PM 1500 Meter Racewalk** .....9G,9B,10G,11B,11G,11B,12G,12B

**3:30 PM 3000 Meter Racewalk** .....13G, 13B, 14G, 14B, 15-16 G - B , 17-18W, 18-18M

**4:30 PM 2000 Meter Steeplechase** .....15-16 G - B , 17-18W, 17-18M

### **Advancement:**

**Top 6 finishers in running events, top 5 in field events and top 4 relays and combined events places advance to AAU Junior Olympics, Norfolk State University, Norfolk, VA. Competitors must register on [www.coacho.com](http://www.coacho.com)**

## **Event Schedule**

### **Saturday, June 27 – *Track & Field Events***

**Running Events - (NOTE: First event will start at 9:00 am sharp)**

**4 x 800 Meter Relay                      11-12 thru 17-18      Girls then Boys**

**When there are 8 or less competitors in a race it will be run as a final.**

**80 Meter Hurdles Prelim/Finals                                      11 G, 11 B, 12 G, 12 B**

**100 Meter Hurdles Prelim/Finals                                      13 G, 14G, 13B, 14B 15-16G, 17-18W**

**110 Meter Hurdles Prelim/Finals                                      15-16B, 17-18 M**

**100 Meter Dash Prelims – All age groups starting with 7-8 G (top 8 times to finals)**

**800 Meter Run Timed Finals      All age groups starting with 7-8 G (Timed Finals) All**

**200 Meter Dash Prelim                      7-8 G, 7-8 B, 10 G, 10 B, 11 G, 11 B, 13 G, 13B, 14G, 14B, 15-16G, 15 B, 17-18W, 17-18M**

**4 x 100 Meter Relay                      Youngest to oldest**

**Field Events - (NOTE: First event will start at 9:00 am sharp)**

**Long Jump (Pit 2)                                      7-8 G 7-8 B 9G 9B 10G 10B 11G 11B**

**Long Jump (Pit 1)                                      12G, 12B, 13G, 14G, 15-16 G, 17-18 G**

**High Jump (Pit 1)                                      All Boys youngest to 17-18**

**Shot Put                                                      7-8 G 7-8 B 13G 13B 14G 14B**

**9G 9B 10G 10B 11G 11B**

**Mini – Javelin on football field      9G 9B 10G 10B 11G 11B 12G 12B 8G 8B**

**Discus                                                      13G 13B 14G 14B 15-16G 15-16B 17-18 W 17-18M**

**Pole Vault Girls                                      13, 14, 15-16, 17-18**

**Advancement:**

**Top 6 finishers in running events, top 5 in field events and top 4 relays and combined events places advance to AAU Junior Olympics, Norfolk State University, Norfolk, VA. Competitors must register on [www.coacho.com](http://www.coacho.com)**  
**Sunday, June 28 – *Track & Field Events***

**Running Events - (NOTE: First event will start at 9:00 am sharp)**

**1500 Meter Run Finals (Age groups may be combined by gender)**

S10 G, S10 B, 10 G, 10 B, 11G,11B,12G,12B,13G,13B,14G,14B,15-16G,15-16B,17-18G, 18-18B

**80 Meter Hurdles Finals** 11 G, S11 B, 11 G, 11 B

**100 Meter Hurdles Finals** 13 B, 13G, 15-16G, 17-18W,

**110 Meter Hurdles Finals** 15-16B, 17-18 M

**100 Meter Dash Finals** All age groups starting with 7-8 G (top 8 times from Prelims)

**400 Meter Dash Finals** All age groups starting with 7-8 G – (Timed Finals)

**200 Meter Hurdles Finals** 13 G, 14 G, 13 B, 14 B

**400 Meter Hurdles Finals** 15-16G, 17-18W, 15-16 B, 17-18M

**200 Meter Dash Finals** All Age Groups

**4 x 400 Meter Relay Finals** All Age Groups

**Field Events - (NOTE: First event will start at 9:00 am sharp except Javelin )**

**High Jump (Pit 1)** All Girls youngest to 17-18

**Long Jump (Pit 1)** 13B 14B 15-16B 17-18B

**Discus** 11G 11B 12G 12B

**Shot Put** 17-18 W 15-16W 15-16M 17-18M 12G 12B

**Pole Vault Boys** 13 14 15-16 17-18

**Javelin 12:00 PM** 13G 13B 14G 14B 15-16 G 17-18 G 15-16B 17-18M

**Off site at MLK Center on Donnally Street (grass runway)**

**Top 6 finishers in running events, top 5 in field events and top 4 relays and combined events places advance to AAU Junior Olympics, Norfolk State University, Norfolk, VA. Competitors must register on [www.coacho.com](http://www.coacho.com)**