



**AAU REGION- 2 NATIONAL QUALIFIER JUNE 23, 2017
MULTI – EVENT TRACK & FIELD CHAMPIONSHIPS
RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY**

DAY (1) Friday June 23, 2017

ATHLETES FOR MULTI EVENTS MUST CHECK-IN (AT START OF THEIR 1st EVENT) 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
9:00 am	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 ALL EVENTS

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.

Shot Put: (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.

Multi-Events take priority over Track & Field Events



**AAU REGION- 2 NATIONAL QUALIFIER JUNE 24, 2017
 MULTI – EVENT- TRACK & FIELD CHAMPIONSHIPS
 RICHARD STOCKTON COLLEGE GALLOWAY, NEW
 DAY (2) Saturday June 24, 2017**

**ATHLETES FOR MULTI EVENTS MUST CHECK-IN (AT START OF 1st EVENT)
 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 MULTI EVENTS, THE FOLLOWING EVENTS WILL BE CONTESTED:

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

80MH 30"11 Girl, Boy, 12 Girl, 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"
400MH.....	15-16 Girls, 17-18 Women.....30"
200MH.....	13 Girl, Boy 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)(6lbs) 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 25, 2017
MULTI – EVENT - TRACK & FIELD CHAMPIONSHIPS

RICHARD STOCKTON COLLEGE GALLOWAY, NEW JERSEY

DAY (3) Sunday June 25, 2017

FIRST CALL: 8:15am START TIME :9:00am ROLLING SCHEDULE:

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

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 ALL EVENTS

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

DISCUS: (1.0 kg)..... Girls-Boys 11, 12.....**Three (3) 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

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.

POLE VAULT WILL START 12:00 NOON

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

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

ADVANCEMENT TO JO GAMES DETROIT MI. JULY 29-AUGUST 5, 2017

TOP (6) RUNNING EVENTS, TOP (6) RELAYS, TOP(5) FIELD TOP (4) MULTI-EVENT