

# 2023 AAU

## Region 14 Track & Field National Qualifier June 29 – July 2, 2023

Multi-Events June 29-30<sup>th</sup>  
Race Walk, Pole Vault & Steeple Chase June 30<sup>th</sup>  
Track & Field July 1-2

Grand View University  
Williams Stadium  
1540 Walker Street  
Des Moines, IA 50316



**Marvin (Marv) Allen**  
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Visit [www.aauiaowa.org](http://www.aauiaowa.org) for latest information

# Region 14 Track & Field National Qualifier Track & Field and Multi Events Championships

Grandview University  
1540 Walker Street  
Des Moines, IA 50316

## Eligibility

Competition is open to all boys and girls who have a valid/current AAU registration card and who competed and Qualified at a District Meet. To Qualify for the Regional Championship Meet the athlete had to place TOP 8 in a district meet in all Field Events and Individual Running Events. Relay teams must have competed at the district level and placed in the TOP 6 and Multi Athletes have to place TOP 4 in their District Meet. Steeplechase and Pole Vault athletes are exempt from competing at the district level. Athletes and clubs can compete in only one AAU National Qualifier Meet.

## AAU Membership

All participants must have a current AAU membership. AAU membership must be obtained before the competition begins. Participants are encouraged to visit [www.aausports.org](http://www.aausports.org) for their membership.

## Event Limits

There is a three (3) event maximum for the 8&U, 9, 10, 11 and 12 divisions. There is a four (4) event maximum for 13, 14, 15-16, and 17-18 divisions. EVENT MAXIMUM includes RELAYS AND FIELDS EVENTS. (Not Multi Events).

## Entry Fee

An entry fee of \$30.00 per contestant MUST BE SUBMITTED ONLINE. There will not be any entries done by mail. All declarations and scratches will be done at [www.coacho.com](http://www.coacho.com). All relays and multi events will be entered online as well.



**The entry deadline is midnight CST on Tuesday, June 27th.** Online entry is provided by [www.coacho.com](http://www.coacho.com) !

## Challenge Period

Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 4 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

## Qualifying for the Junior Olympic Games

The top 6 finishers in each field event, the top 4 in combined events, and the top 6 finishers in running events and relays will qualify for the 2022 National AAU Junior Olympic Games in Greensboro, NC.

**Relay Forms:** Please include all team members and alternates--up to 8 total members for a team

**Awards:** Medals will be given to top 3 places in each event.

**Parking:** All parking lots will be available.

**Packet Pick up:** Packets will be available at the track beside the main entry gate, one hour before competition starts on all four days until the end of competition.

**Event Schedule:** **Final Meet Schedule will be posted after entries close. The event order will not change but start times may differ according to number of entries.** We will only call each event two times. Age groups of like sex may be combined in distance races/ walks which have minimal participation.

**Admission:** The daily ticket price will be \$5 with children under 6 being free.

### **Coaches Education**

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit [www.aausports.org](http://www.aausports.org) and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

- This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

### **IMPORTANT REMINDERS ABOUT FIELD EVENTS:**

**Athletes for all field events must check-in and check-out with Head Official if leaving for other events or for any reason!**

**All field events will begin at 9:00 am and be on a rolling schedule. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event Official – ONLY at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.**

### **EVERYONE**

**BE MINDFUL AS TO WHAT DAY/EVENTS ATHLETES ARE COMPETING!**

**For further meet information please contact Marv Allen at [aaustarter@copper.net](mailto:aaustarter@copper.net)**

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2023 AAU REGION 14 NATIONAL QUALIFIER

### About Field Events

**IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)**

#### Throwing Implements Used

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN
8-Under (Girls & Boys)	(4 lbs)	---	Turbo (300G)
9 years (Girls & Boys)	(6 lbs)	---	Turbo (400G)
10 Years (Girls & Boys)	(6 lbs)	---	Turbo (400G)
11 Years (Girls & Boys)	(6 lbs)	1.0 KG	Turbo (400G)
12 Years (Girls & Boys)	(6 lbs)	1.0 KG	Turbo (400G)
13 Years (Girls)	(6 lbs)	1.0 KG	J – (600G)
14 Years (Girls)	(6 lbs)	1.0KG	J – (600G)
13 Years (Boys)	(4KG)	1.0 KG	600G
14 Years (Boys)	(4KG)	1.0 KG	(600G)
15 – 16 Years (Girls)	(4 KG)	1.0 KG	(600G)
15 – 16 Years (Boys)	(12 lbs)	1.6 KG	(800G)
17 – 18 Years (Women)	(4KG)	1.0 KG	(600G)
17 – 18 Years (Men)	12 lbs)	1.6 KG	(800G)

\*\*For a list of authorized field events by age group for the AAU Track & Field Program, please refer to Authorized Individual Events in this packet.

### About Outdoor Meet Hurdle Races

EVENT	AGE DIVISION	# OF HURDLES	HURDLE HEIGHT	TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
<b>80m</b>	11 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
	12 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
<b>100m</b>	13 years Girls	10	30"	13m	8.5m	10.5m
	14 years Girls	10	30"	13m	8.5m	10.5m
	13 years Boys	10	33"	13m	8.5m	10.5m
	14 years Boys	10	33"	13m	8.5m	10.5m
	15-16 years Girls	10	33"	13m	8.5m	10.5m
	17-18 years Women	10	33"	13m	8.5m	10.5m
<b>110m</b>	15-16 years Boys	10	39"	13.72m	9.14m	14.02m
	17-18 years Men	10	39"	13.72mm	9.14m	14.02m
<b>200m</b>	13 years (Girls & Boys)	5	30"	20m	35m	40m
	14 years (Girls & Boys)	5	30"	20m	35m	40m
<b>400m</b>	15-16 years Girls	10	30"	45m	35m	40m
	17-18 years Women	10	30"	45m	35m	40m
<b>400m</b>	15-16 years Boys	10	36"	45m	35m	40m
	17-18 years Men	10	36"	45m	35m	40m

*Continued...*

## About Multi Events

NOTE: In order to promote a larger participation in combined events (triathlon, pentathlon, heptathlon, and decathlon), it is strongly suggested that the Multi-Events Championships be held on a date other than that of the Track & Field Championships.

\*It is recommended that the order of events in the Multi-Events remain as listed in this packet. The order of events may change as deemed necessary by meet management.

**IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)**

<b>TRIATHLON</b>	
<b>9 &amp; 10 YEARS DIVISION</b>	
<b>BOYS</b>	<b>GIRLS</b>
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
400m DASH	200m DASH
<b>PENTATHLON</b>	
<b>11 years &amp; 12 YEARS DIVISION</b>	
<b>BOYS</b>	<b>GIRLS</b>
80m Hurdles (8 – 30")	80m Hurdles (8 – 30")
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500m Run	800m Run
<b>PENTATHLON</b>	
<b>13 years &amp; 14 YEARS DIVISION</b>	
<b>BOYS</b>	<b>GIRLS</b>
100m Hurdles (810-33")	100m Hurdles (10-30")
Shot Put (4KG)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500m Run	800m Run
<b>HEPTATHLON</b>	
<b>15 – 16 YEARS GIRLS &amp; 17 – 18 YEARS WOMEN DIVISION</b>	
<b>DAY 1</b>	<b>DAY 2</b>
100M Hurdles (10 – 33")	Long Jump
High Jump	Javelin (600g)
Shot Put (4 kg)	800m Run
200m DASH	
<b>DECATHLON</b>	
<b>15 – 16 YEARS BOYS &amp; 17 – 18 YEARS MEN DIVISION</b>	
<b>DAY 1</b>	<b>DAY 2</b>
100m Dash	110 Hurdles (10 – 39")
Long Jump	Discus (1.6 kg)
Shot Put (12 lbs.)	Pole Vault
High Jump	Javelin (800g)
400m Dash	1500m Run
*The Decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the order above. The hurdle distance will be the same as in individual track events.	

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## THURSDAY, JUNE 29, 2023

### MULTI-EVENTS

1:00pm - Decathlon (15-16B, 17-18B) 100m, LJ, SP, HJ, 400m

1:30pm - Heptathlon (15-16G, 17-18G) 100m Hurdles, HJ, SP, 200m

2:00pm - Pentathlon (11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B) 80m/100m Hurdles, SP, HJ, LJ, 800m(G), 1500m (B)

## FRIDAY, JUNE 30, 2023

### MULTI-EVENTS

9:00am - Decathlon (15-16B, 17-18B) 110m Hurdles, D, PV, Jav, 1500m

9:30am - Heptathlon (15-16G, 17-18G) LJ, Jav, 800m

2:00pm - Triathlon (9G, 9B, 10G, 10B) HJ, SP, 200m(G), 400m(B)

### FIELD EVENTS

4:00pm - Turbo Javelin (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)

6:00pm - Javelin (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

6:00pm - Triple Jump (17-18G, 17-18B, 15-16G, 15-16B, 14G, 14B, 13G, 13B)

6:00pm – Pole Vault (14G, 14B, 15G, 15B, 16G, 16B, 17G, 17B, 18G, 18B)

### RUNNING EVENTS

5:00pm - 1500m Racewalk (9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)

5:00pm - 3000m Racewalk (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

5:30pm - Steeple Chase (15-16G, 17-18G, 15-16B, 17-18B)



***HEAT SHEETS and LIVE RESULTS AT [WWW.AATIMING.COM](http://WWW.AATIMING.COM)***

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**SATURDAY, JULY 1, 2023**

## **RUNNING EVENTS 9:00am (Rolling Schedule)**

**3000m Run** (11G,11B,12G,12B,13G,13B,14G,14B,15-16G,15-16B,17-18G,17-18B)

**110m Hurdles -Prelims** (15-16B, 17-18B)

**100m Hurdles -Prelims** (13G, 13B, 14G, 14B, 15-16G, 17-18G)

**80m Hurdles -Prelims** (11G, 11B, 12G, 12B)

**100m Dash -Prelims** (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

**4x100m Relay** (8-UG, 8-UB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

**800m Run** (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

**200m Dash -Prelims** (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

## **FIELD EVENTS**

8:00am - Shot Put (17-18G, 17-18B, 15-16G, 15-16B)

8:00am – High Jump (17-18G, 17-18B, 15-16G, 15-16B)

9:00am - Shot Put (14G, 14B, 13G, 13B)

9:00am – High Jump (14G, 13G, 12G, 11G)

10:00am - Shot Put (12G, 12B, 11G, 11B)

10:00am – High Jump (14B, 13B, 12B, 11B)

11:00am - Shot Put (10G, 10B, 9G, 9B, 8-UG, 8-UB)

11:00am - High Jump (10G, 10B, 9G, 9B)



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SUNDAY, JULY 2, 2023

## **RUNNING EVENTS 9:00 AM (Rolling Schedule)**

4x800m Relay (11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B) Timed Final

110m Hurdles -Finals (15-16B, 17-18B)

100m Hurdles -Finals (13G, 13B, 14G, 14B, 15-16G, 17-18G)

80m Hurdles -Finals (11G, 11B, 12G, 12B)

100m -Finals (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

400m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

200m Hurdles (13G, 13B, 14G, 14B) Timed Final

400m Hurdles (15-16G, 15-16B, 17-18G, 17-18B) Timed Final

200m -Finals (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)

1500m (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B) TF

4x400m Relay (9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B) Timed Final

## **FIELD EVENTS (Approximate Starting Times)**

8:00am - Discus (11B, 12B, 13B, 14B)

8:00am - Long Jump (8-UG, 9G, 10G)

9:00am – Discus (11G, 12G, 13G, 14G)

9:00am – Long Jump (8-UB, 9B, 10B)

10:00am – Discus (15B, 16B)

10:00am – Long Jump (11G, 12G, 13G, 14G)

11:00am – Discus (15G, 16G)

11:00am – Long Jump (11B, 12B, 13B, 14B)

12:00pm – Discus (17B, 18B)

12:00pm – Long Jump (15G, 16G, 17G, 18G)

1:00pm – Discus (17G, 18G)

1:00pm – Long Jump (15B, 16B, 17B, 18B)





## MEET OFFICIALS

### COORDINATOR & MEET DIRECTOR

**Marvin (Marv) Allen**  
Iowa District Sports Director  
AAU Track & Field  
(515) 252-0856  
[aaustarter@cooper.net](mailto:aaustarter@cooper.net)

### HEAD REFEREE

**Cortez Nichols**  
[Xcaliburs2003@yahoo.com](mailto:Xcaliburs2003@yahoo.com)

### ONLINE ENTRY SUPPORT

**Bill Haynes**  
[support@coacho.com](mailto:support@coacho.com)

### HY-TEK DATA Entry Questions Results website

**Brett Carney**  
AmesAllAmerican@gmail.com  
[www.AATiming.com](http://www.AATiming.com)

### GRAND VIEW UNIV. HEAD TRACK & FIELD COACH

**Miradieu Joseph**  
[mjoseph@grandview.edu](mailto:mjoseph@grandview.edu)

### AAU Membership Contact

**Jackie Markham**  
(407) 828-4074  
Jackie@aausports.org  
NOTE: Please get your membership card early

### Coach O Registration

[BillHaynesSupport@coacho.com](mailto:BillHaynesSupport@coacho.com)

### CHALLENGES:

Any person wishing to challenge the Final Results must do so via email to Brett Carney. His email is AmesAllAmerican@gmail.com within 8 hours after the competition ends. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding Rules of Competition will follow the AAU Athletics Handbook.

*“Sports for All, Forever”*



## ACCOMODATIONS

Special arrangements for accommodations have been made at two area hotels:

**1.**

Comfort Inn Altoona-Des Moines  
2023 Adventureland Drive  
Altoona, IA 50009

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**2.**

Holiday Inn – Mercy Campus  
1050 6<sup>th</sup> Avenue  
Des Moines, IA 50314  
515-283-0151

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**3.**

Baymont by Wyndham Des Moines North  
4685 NE 14th Street  
Des Moines, IA 50313  
(515) 650-1269

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**4.**

Quality Inn  
4950 NE 14th Street  
Des Moines, IA 50313  
(515) 266-6800

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**5.**

DoubleTree by Hilton Des Moines Airport  
6800 Fleur Dr  
Des Moines, IA 50321  
(515) 285-7777

# Williams Stadium Complex

1540 Walker St  
Des Moines, IA 50316



**\*\*ADDITIONAL PARKING AT DES MOINES EAST HIGH SCHOOL THAT IS 2 BLOCKS AWAY\*\***