



Area 1 - 2010 AAU Track & Field Junior Olympic National Qualifier

REGIS COLLEGE AND DENEHEY PARK

DATE: June 25th thru June 27th

SUPPORT ORGANIZATIONS: AAU-New England District
AAU Region I Administrative Club

Meet Director: Ron McBride, Sr., AAU Area 1 Athletics Coordinator
Meet Coordinator: Charlene Cumberbatch, AAU New Jersey Athletics Director
Multi-Event Director: Donny Bellamy, AAU New Jersey Multi-Event Coordinator
Meet Manager: Curtis Jackman, AAU New England Athletics Director

Meet Host: Cambridge Jets Track Club, Curtis and Kimberly Jackman, Head Coaches

| **This is a pre-entry meet only.**

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| **National Qualifier entry requirements:**

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For an athlete to advance to a National Qualifier, he/she must compete at a District qualifier and receive a fair mark in each event he/she plans to compete in at a National Qualifier. Athletes may compete in more than one District qualifier; but will not be permitted to exceed the age-division entry limit at a National Qualifier. Unattached athletes and Teams may only enter 1 National Qualifier. Unattached athletes and Teams may compete in more than 1 District qualifier but may not compete in more than 1 National Qualifier. Teams must compete and receive a fair mark in each relay event that the team plans to compete in at a National Qualifier.

Track and Field entry fee is \$25/athlete. Multi-Event entry fee is an additional \$25/athlete. Registration including Multi-Event is online registration only. Entry fee is paid via major credit card online only. Deadline for online registration is Tuesday June 22nd. Results will be posted on www.njaau.org and www.aausports.org. Area I Districts are Connecticut, Metropolitan New York, New England and New Jersey.

AGE GROUPS: Primary (8 and under) born 2002 or later
Sub-Bantam (born 2001)
Bantam (born 2000)
Sub-Midget (born 1999)
Midget (born 1998)
Sub-Youth (born 1997) * New Age Sub Group as of 2005
Youth (born 1996)
Intermediate (born 1994-1995)
Young Men/Woman (1992-1993)

MULTI-EVENTS: FRIDAY June 25, 2009 – Start Time 3:30pm at **Danehey Park**, Cambridge, MA

Decathlon: Day 1 - 100m, Long Jump, Shot-put 12 lbs.), High Jump and 400m
Heptathlon: Day 1 - 100m Hurdles, High Jump, Shot-Put (4 kg.) and 200m

Events: *Please check in 30 minutes prior to start of event*

G-Sub-Bantam, Bantam/Triathlon HJ, SP (6#), 200m Dash
B-Sub-Bantam, Bantam/Triathlon HJ, SP (6#), 400m Dash
G-Sub-Midget, Midget/Pentathlon 80m H (8-30"), SP (6#), HJ, LJ, 800m
B-Sub-Midget, Midget/Pentathlon 80m H (8-30"), SP (6#), HJ, LJ, 1500m
Sub-Youth Girls/Pentathlon 100mH (10-30"), SP (6#), HJ, LJ, 800m
Sub-Youth Boys/Pentathlon 100mH (10-33"), SP (4 kg), HJ, LJ, 1500m
Youth Girls/Pentathlon 100mH (10-30"), SP (6#), HJ, LJ, 800m
Youth Boys/Pentathlon 100mH (10-33"), SP (4 kg), HJ, LJ, 1500m

All events will be run in the time order listed above. All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready.

Time limit between attempts will be strictly enforced.

Race Walk Start Time: 5pm

3000 Meter Racewalk (SYB, SYG, YB, YG, IB, IG, YM, YW) FINAL

1500 Meter Racewalk (SMB, SMG, MB, MG) FINAL

SATURDAY June 26, 2008 – Track Events – 9:00AM

Decathlon: Day 2 – 110m Hurdles, Discus Throw, Pole Vault, Javelin and 1500m

Heptathlon: Day 2 - Long Jump, Javelin (600g) and 800m

2000 Meter Steeplechase (IB, IG, YM, YW) FINAL
3200 Meter Relay (MB, MG, YB, YG, IB, IG, YM, YW) FINAL
3000 Meter Run (MB, MG, YB, YG, IB, IG, YM, YW) FINAL
400 Meter Hurdles (IG, YW, IB, YM) SEMI
200 Meter Hurdles (SYG, YG, SYB, YB) SEMI
400 Meter Relay (All Divisions) FINAL
110 Meter Hurdles (IB, YM) SEMI
110 Meter Hurdles (Multi-Event Only)
100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW) SEMI
80 Meter Hurdles (SMG, MG, SMB, MB) SEMI
100 Meter Dash (All Divisions) SEMI
400 Meter Dash (PG, PB, SBG, SBB, BG, BB,

SMG, SMB, MG, MB) FINAL 800 Meter Dash (Multi-
400 Meter Dash (SYG, SYB, YG, YB, IG, IB, YW, YM) SEMI Event Only).
1500 Meter Run (Multi-Event Only)
800 Meter Run (Multi Event Only)
200 Meter Dash (All Divisions) SEMI

Multi-Events May effect the events order, for they must be ran in accordance with the time requirement of the event.

SATURDAY June 26, 2010- Field Events - 9AM

Long Jump (PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG,
MB, SYG, SYB, YG, YB, IG, I B, YW, YM)
High Jump (SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG,

SYB, YG, YB)
Shot-Put (BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB,
PG, PB, BG, SBB)
Discus Throw (IG, IB, YW, YM, SMG, SMB, MG, MB, SYG,
SYB, YG, YB)

Pole Vault (SYB, YB, IB, YM)

*****IN ORDER CALLED. NO OPEN PIT*****

SUNDAY June 27, 2008—Track Events – 9:00AM

400 Meter Hurdles (IG, YW, IB, YM)	FINAL
200 Meter Hurdles (SYG, YG, SYB, YB)	FINAL
1500 Meter Run (All Divisions – Except Primary)	FINAL
80 Meter Hurdles (SMG, MG, SMB, MB)	FINAL
100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW)	FINAL
110 Meter Hurdles (IB, YM)	FINAL
400 Meter Dash (SYG, SYB, YG, YB, IG, IB, YW, YM)	FINAL
100 Meter Dash (All Divisions)	FINAL
800 Meter Dash (All Divisions)	FINAL
200 Meter Dash (All Divisions)	FINAL
1600 Meter Dash Relay (All Divisions)	FINAL

SUNDAY June 27, 2008- FIELD EVENTS – 9:00AM

POLE VAULT	(YW, IG, YG, SYG)
TRIPLE JUMP	(SYG, SYB, YG, YB, IG, IB, YW, YM)
HIGH JUMP	(IG, IB, YW, YM)
SHOT PUT	(IG, IB, YW, YM)
JAVELIN	(SYG, SYB, YG, YB, IG, IB, YW, YM)

***** IN ORDER CALLED NO OPEN PIT*****

COACHES MEETING SAT and SUN 8:30 AM

A track and field meet can start one hour early or late. The Games Committee has no obligation to schedule meet events to the pleasure of those attempting multiple event entry.

Packet Pick up: Friday 11am -5pm, Sat. 8am – 5pm and Sunday 8am – 12pm

Awards: Top 3 finishers in each individual event and top 3 relays will receive medals

| **Qualification:** Top 4 finishers in each individual event and top 4 relays will qualify for the National Junior Olympic Games to be contested in Norfolk Virginia, July 31st – August 7th, 2010. Registration will be online only at www.coacho.com. Coaches must register their entire team. Unattached athletes must register themselves.

| **Challenge Period**

| All challenges to meet results must be initiated and resolved same day of meet. **If you leave meet without resolution; results will stand as posted.** Only the Meet Director has the authority to

authorize changes to meet results. (This does not pre-empt the protest rule, which is \$100 to file). This pertains only to errors in posted time, place and mark.)

NO changes to results will be made after National Qualifier weekend. Per AAU 2010 guidelines There is no additional Challenge period.

- | The District Qualifier meet directors must resolve all issues at the district at the District Qualifier. The National Qualifier will not review nor resolve any District issues.
- | The AAU National Office will the results of all National Qualifiers on the AAU website (www.aauathletics.org). This e-mail will list the dates of the Challenge period.
- | Junior Olympic Games registration will open after the posting of your Qualifier results.

| **UNIFORMS:** (excerpts from Rule 5D)

In all events competitors must wear clothing that is clean, designed and worn so as not transparent even if wet. Bare midriffs are not allowed. If the uniform is of a two-piece design (top and bottom), the top must either touch the waistband of the bottom or be tucked into the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff. Athlete's top must be of the same color front and back.

At National Qualifier and National Junior Olympics Games, all team participants shall wear shorts of the same color, or, in the case of one piece uniforms, the bottom of the team uniforms should be of the same color. A competitor must wear footwear on both feet.

Rule change in 2009: Intermediate Boys/Girls and Young Men/Women will be required to use starting blocks in the 100, 200, 400 Meter Dash and 100, 110, 400 Meter Hurdles.

MISC.: No dressing rooms on site. Competitors must supply own implements. ¼ inch spikes will be aggressively enforced.

- | AAU Support Staff will post all District and National Qualifier results on the AAU athletics website.
- | All entries must be submitted on- line, any athletes that are entered manually on site will not advance to the next level.

AAU JUNIOR OLYMPIC GAMES DECLARATION & REGISTRATION INFORMATION: Qualifiers for the National Junior Olympic Games in Norfolk, Virginia must declare and register for the meet at www.aajuniorolympics.org before **Thursday, July 22, 2010 at 11:59 p.m. EST**. No entries will be accepted after closing deadline. Do not jeopardize your athlete's chance of competing by not completing this step before the National JO Games.

Directions: Regis College | 235 Wellesley Street | Weston, MA | 02493



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If traveling north on I-95/Route 128

Take **Exit 24** to **Route 30 west**. Continue on **Route 30 west** for 1.9 miles. Turn **right** at **Wellesley Street**. Continue to follow **Wellesley Street** for 0.7 miles. Regis College is on the **left**.

If traveling south on I-95/Route 128

Take **Exit 26** to **Route 20 west**. Turn **left** at **School Street**. Continue to follow **School Street** for 0.5 miles. Take a slight **right** at **Wellesley Street**. Continue to follow **Wellesley Street** for 0.8 miles. Regis College is on the **right**.

If traveling east on I-90 (Mass. Pike)

Take exit **13** to **Route 30 east**. Continue to follow **Route 30** for 5 miles. Turn **left** at **Wellesley Street**. Continue to follow **Wellesley Street** for 0.7 miles. Regis College is on the **left**.

If traveling west on I-90 (Mass. Pike)

Take exit **15** to **Route 30 west**. Keep **left** at the fork, follow signs for **Route 30/Weston**. Continue to follow **Route 30** for 1.9 miles. Turn **right** at **Wellesley Street**. Continue to follow **Wellesley Street** for 0.7 miles. Regis College is on the **left**.



If coming from [Boston Logan International Airport](#)

A taxi can be taken to Regis College for approximately \$65. From the airport, take the [Blue Line](#) to the [Green Line](#)/Government Center, then take the [Green Line](#) to [Riverside Station](#). The [Regis College Shuttle](#) ("Local Motion") will provide transportation to Regis College. If driving, the college is about a 10-15 minute drive from [Riverside Station](#).



If taking the train from Boston (MBTA)

Take the [Green Line](#) to [Riverside Station](#). The [Regis College Shuttle](#) ("Local Motion") will provide transportation to Regis College. If driving, the college is about a 10-15 minute drive from [Riverside Station](#).

Directions to Danehey Park, Cambridge, Massachusetts:

By Car from the West: Take Route 2 East, after passing Exit 60, you will come to a fork in the road. Take the right, continuing on Route 2 East (as well as Route 3 South and Route 16 West!) The Alewife MBTA Station will be on your right. Go through the next two quick stop lights, and go over the railroad bridge. You will see the Fresh Pond Mall on your left. At your next light, take a right. This road will cloverleaf under the bridge and into the parking lot of the mall. Drive behind the plaza on the left side (by Staples) and Danehey Park will be behind it. Park in the parking lot and walk up the main path to the top of the hill. We meet at the first picnic table after the Tot Lot.

By Car from the East: Take Storrow Drive from Boston/I-93. At the end of Storrow Drive, follow the signs for Arlington and Route 2 West (this will be Fresh Pond Parkway). Go through several stop lights until you come to traffic circle/rotary. Turn off the rotary just to the left of Sozio's onto New Street. Take New Street to the end and the parking lot of Danehey Park will be on your right. Walk up the main path to the top of the hill.

By Public Transportation: Take the MBTA Red Line to the end at Alewife Station. Come out of the station and walk past the Aku-Aku Restaurant and over the railroad bridge. Turn left into the parking lot of the Fresh Pond Mall. Walk around the left side next to Staples, and Danehey Park will be behind the mall. Walk up the main path to the top of the hill. You can take the # 74 or # 78 bus from Harvard Square; or the # 83 bus from Central Square.

Hotels:

Holiday Inn Express Hotel Boston-Waltham, 385 Winter St., Waltham, MA (781) 890-2800
Courtyard-Boston Waltham, 387 Winter St., Waltham, MA (781) 419-0900
Best Western TLC Hotel, 380 Winter St., Waltham, MA (781) 890-7800 (Free Breakfast)
Doubletree Guest Suite Boston Hotel Waltham, 550 Winter St., (781) 890-6767
Hyatt Summerfield Suites Boston/Waltham, 54 Fourth Ave., Waltham, MA (781) 290-0026
Brkfast Buffet
Homestead Boston-Waltham, 52 Fourth Ave., Waltham, MA (781)890-1333
Hilton Garden Inn Boston/Waltham, 420 Totten Pond Rd., Waltham, MA (781) 890-0100

- 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.
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