



**2009 Missouri Valley State Meet
AAU Track & Field
“District Qualifier Meet”
Saturday, June 6, 2009**

**Hosted by: KC High Performance / TGM Windsteppers / Sprint Core
Meet Director: Willie Kelly Jr. – 816-935-9595
kchighperformance@hotmail.com**

Meet Site: Center High School, 8715 Holmes Road, Kansas City, MO 64131

Check-In: Friday, June 5th from 6:00 pm – 7:30 pm and Saturday, June 6th from 6:45 a.m. – 8:00 a.m. at the track

Competition Begins: Saturday, June 6th at 7:30 am

Entry Deadline: June 1, 2009

Athlete Fee: \$15.00 per athlete. All entry fees must be paid on-line at www.coacho.com by using a credit card by midnight on June 1, 2009.

REGISTRATION: All registration must be completed on-line at www.coacho.com by midnight on Monday, June 1, 2009. Unattached athletes must also register at this site. Absolutely NO day-of-meet registration! Athlete must have a current 2009 AAU membership card in order to register for this meet.

Competition Age Groups: Groups include a male and a female group in each age division. Sub-Bantam can run with Bantams, Sub-Midgets can run with Midgets and Sub-Youth can run with Youth on relays only. Your age is determined by how old you are on your 2009 birthday.

Primary (8 & under): Born 2001-Later

Sub-Bantam (9): Born 2000

Bantam (10): Born 1999

Sub Midget (11): Born 1998

Midget (12): Born 1997

Sub-Youth (13): Born 1996

Youth (14): Born 1995

Intermediate (15-16): Born 1993-1994

Young Men/Women (17-18): Born 1990-1992

Number of Events: Participants from the Primary – Midget age groups may enter in up to 3 events. Sub-Youth and older age groups may enter up to 4 events. Relays count as an event. Check with your club coach on your relay status.

Awards: Medals will be given to the top 3 finishers.

Concession: There will be a full service concession stand open during the meet.

Meet Director: Willie Kelly Jr., 816-935-9595 / kchighperformance@hotmail.com / www.kchprack.org

Admissions: The meet is open to the public for \$3.00 per day for each non-competitor 12 or older; \$1.00 for 6-11 and 5 & under is free. Coaches and spectators are not allowed in the restricted competition areas. All spectators will remain in the stands. This policy will be strictly enforced. **All Coaches must provide a current AAU Card for Free Admission to this event.**

***ONLY ¼ inch and smaller SPIKES PERMITTED!**

All athletes who “COMPETE” in a District Meet are eligible to compete at any National Qualifiers Meet, as long as they receive a legal time/jump/throw. Relay teams must have competed at the District Level to be eligible to enter a team in a specific relay at a National Qualifiers Meet, but a team member who did not compete at the District Level may still register as a member of a qualified relay team. All relay member guidelines will be enforced as stated in the 2009 AAU Athletics Handbook. Athletes can participate in any National Qualifier Meet, however, athletes can only participate in one National Qualifier Meet.

REGISTRATION MUST COMPLETED BY JUNE 1, 2009 AT www.coacho.com



2009 Missouri Valley State Meet AAU TRACK & FIELD SCHEDULE OF EVENTS



SATURDAY, JUNE 6, 2009

TENTATIVE SCHEDULE

FIELD EVENTS:

8:00 am	EVENT	DIVISION
	Shot Put:	(ALL DIVISIONS) Prim 4lbs, SB – B – M 6lbs SY –Y Boys 4kg Girls 6lbs
	Discus	SM-Y
	High Jump	SBG-SBB-BG-BB-SMG-SMB-MG-MB-SYG-SYB-YG-YB-IG-IB-YW-YM
	Triple Jump	SY - YM (will follow long jump)
	Long Jump	(ALL DIVISIONS)

RUNNING EVENTS

This is a rolling schedule

TIME	EVENT	DIVISION
7:30 am	1500 & 3000 m. Race-walks	All age groups will be combined.
8:00 am	3000 m. Run	Sub-Youth & Up (Age groups may be combined by gender)
	80 m. Hurdles	SMG, SMB, MG, MB
	100 m. Hurdles	SYG, YG, SYB, YB, IG, YW
	110 m. Hurdles	IB, YM
	4x800 m. Relay	Midget & Up (Age groups may be combined by gender)
	100 m. Dash	ALL DIVISIONS
	400 m. Dash	ALL DIVISIONS
	1500 m. Run	SBG & Up (Age groups will be combined by gender)
	200 m. Hurdles	SYG, YG, SYB, YB
	400 m. Hurdles	IG, YW, IB, YM
	4x100 m. Relay	ALL DIVISIONS (Age groups may be combined by gender)
	800 m. Run	ALL DIVISIONS (Age groups will be combined by gender)
	200 m. Dash	ALL DIVISIONS
	4x400 m. Relay	ALL DIVISIONS (Age groups may be combined by gender)

****ALL RUNNING EVENTS ARE TIMED FINALS**

All events unless otherwise noted will contest girls first and then boys.

All Track and Field events will run continually from their initial start time. Athletes are reminded that track events take precedence over field events; however, athletes should not check out until 10 min. prior to their race. Athletes gone longer than 15 min. without notifying the field event official will forfeit their remaining jumps/throws.

All field events will have 3 preliminary attempts and the top 8 finalists will be allowed 3 final attempts. High jump is excluded from this rule.

All events are finals unless specifically noted. Any event that has 8 or fewer competitors is a final at that time.

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- Memberships can be purchase by visiting www.aausports.org
- AAU membership may not be included as part of the entry fee to the event.