

AAU YOUTH/OPEN/MASTERS TRACK & FIELD
District Qualifier Tampa Region

June 7, 2025

Location: George Jenkins High School 6000 Lakeland Highlands Rd, Lakeland, FL 33813

AGE GROUPS: 8 & Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 years old, and 17-18 Years Old, **Open/Masters**. AAU Rules Apply. AWARDS: 1st, 2nd, & 3rd Place only

MEET ENTRY FEE: \$25 paid to <http://www.coacho.com/> **1,000 ATHLETES MAX**

PARKING: \$5 per car (**Cash Only- Exact Change Please**)

SPECTATOR ENTRY: \$15 online at: <https://powerhouseatf.ticketleap.com/> or **\$20 Cash at Gate**

MEET SCHEDULE

06:30- Packet Pickup

07:00- Track Opens for Warmup

07:30- Coaches Meeting,

07:45- Track Closes/1st Call for 3000m Run, Long Jump, Javelin Throw, & High Jump

08:00- Events Begin on a Rolling Schedule as follows:

FIELD EVENTS (3 Attempts, No Finals)

Long Jump (10, 11, 12, 8U, 9, 13, 14, 15-16, 17-18, O/M)

High Jump

Shot Put

Javelin (13& Older at 08:00 in the AM)

Discus

Turbo Javelin (11 AM Approx)

Triple Jump (After Long Jump)

ATHLETES/CLUB MUST PROVIDE IMPLEMENTS

RUNNING EVENTS

3000m Run (**Combined Heat**)

110M, 100, & 80M Hurdles (Reverse Order)

100M Dash (Youngest to oldest)

1500m Run (**Combined Heat**)

400M Dash

4x100 Relay

4x800 Relay (**Combined Heats**)

1500m/3000m Race Walk (**Combined Heat**)

400m Hurdles

200m Hurdles

800m Run (**Combined Heat**)

200m Dash

4x400 Relay

FOR MORE INFORMATION: Coach CJ Jenkins at (407)883-9806 or email: powerhouseatf@gmail.com

- 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 an event.
Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aasports.org to obtain their membership.

Facility and Safety Rules

1. Timer is GodspeedTiming.com. Heat Sheets/Results Link <https://www.godspeedtiming.com/>
2. Athletes 15 & older are required to use starting blocks in all sprints, hurdles, & relay events.
3. Athletes under 15 can use their own blocks but, they are required to set them. Coaches/Parents cannot set or place the blocks on the track for the athlete.
4. Only athletes competing & meet personnel allowed in the competition area after warm up ends.
5. No PARENTS/SPECTATORS in the Clerking Area. Coaches in the Clerking area must be assisting clerks.
6. A coaches/spectator area will be established for safety purposes during Field Events competition.
7. Persons not competing in the event must remain in the area or will be asked to leave the event at the discretion of the Head Official for that event.
8. Closest ER is HCA Lakeland located approximately 5 miles away at [3526 S Florida Ave, Lakeland, FL 33803](#).
9. Only Meet Personnel, Athletes, and essential Coaches with Band will be allowed in the competition area after warm up period ends.

FIELD EVENT SCHEDULE

08:00

JAVELIN- 13 & Up

Shot Put- 8U G/B, 9 G/B, 10 G/B, 11 G/B, 12 G/B, 13 G/B, 14 G/B, 15-16 G/B, 17-18 G/B

Long Jump- 10 B/G, 11 B/G, 8U B/G, 9 B/G, 12 B/G, 13 B/G, 14 B/G, 15-16 B, and 17-18 B

Triple Jump- Combined Ages and Gender after completion of Long Jump

HIGH JUMP 9GB, 10GB, 11GB, 12GB, 13GB, 14GB, 15-16GB, 17-18WM

11:00

Turbo Javelin- 11 AM Approximate Start

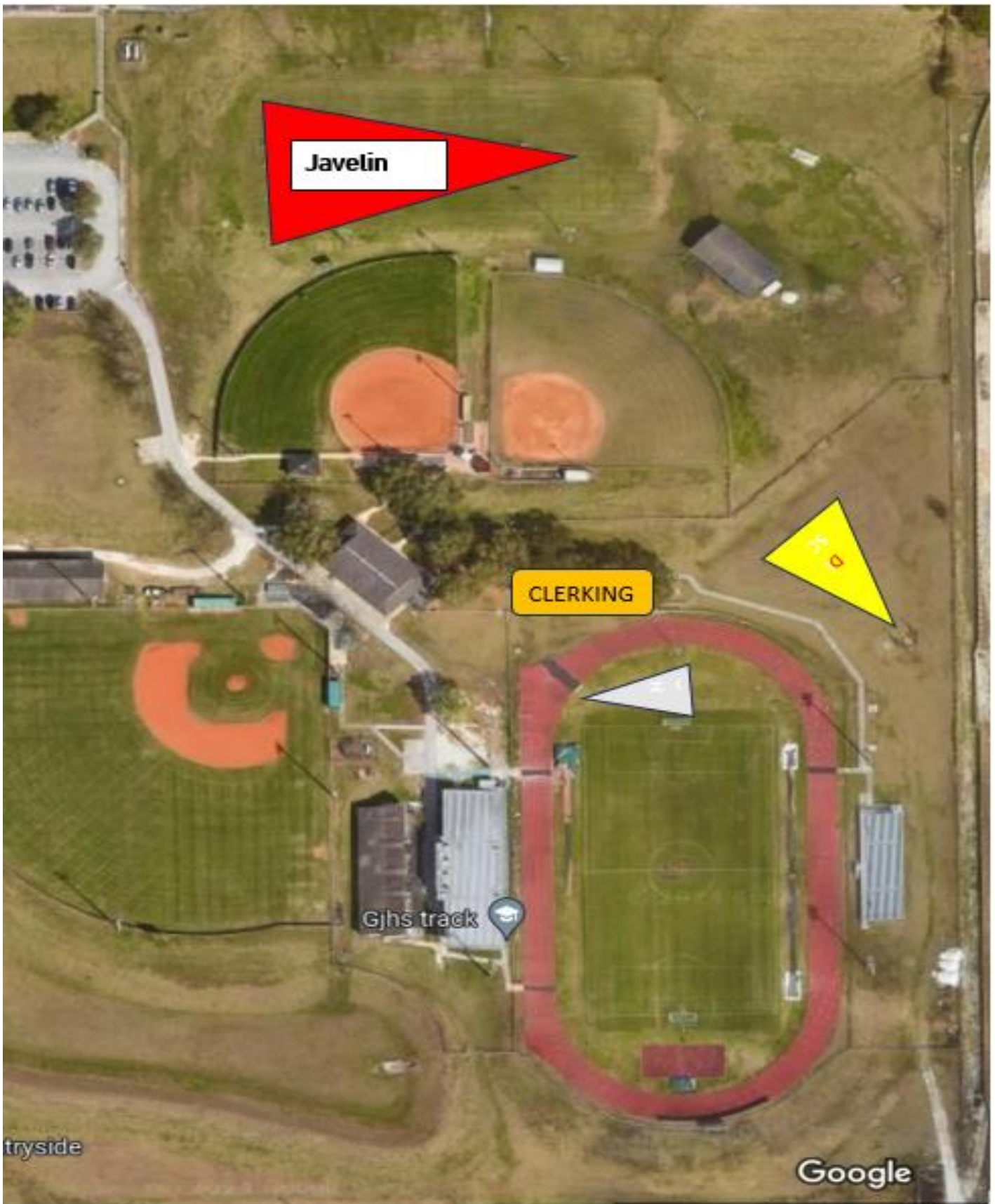
INCLEMENT WEATHER PLAN

In case of inclement or forecasted bad weather, we will conduct the events that have to be contested (more than 16 competitors entered) only if safe to do so. We will also try to conduct the events for athletes 15-18 because many have college scholarship opportunities hanging in the balance. All other events will be rolled over into Regionals to be contested. Athletes in those events will be given the same generic time.

SPECTATOR TICKETS LINK

https://powerhouseatf.ticketleap.com/aau-district-qualifier-tampa/?_gl=1*1cshoj*_gcl_au*OTQ0MjQyMjgwLjE3MTY5ODQwNjE

Facility Map



J- Javelin

D-Discus

S- Shot Put

B- Boys Long Jump

G- Girls Long Jump

HJ-High Jump