

2019 AAU Kentucky District Qualifying  
Track & Field  
Meet

***Saturday, June 22, 2019***

Hosted by Lexington Blazin' Cats Track Club  
Frederick Douglass High School  
2000 Winchester Rd.  
Lexington, KY 40509



**Sanction: Amateur Athletic Union (AAU)**

**Meet Coordinator:**

Shoshana Boyd  
[lexingtonblazincats@gmail.com](mailto:lexingtonblazincats@gmail.com)

**Meet Director:**

Crystal Washington  
[Crystal.washington@fayette.kyschools.us](mailto:Crystal.washington@fayette.kyschools.us)

**Fees:**

Entry fee is \$20.00 for each athlete. No entry fee will be transferred or refunded. Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2015 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online, no exceptions will be granted.

**Eligibility:**

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. This meet is open to any athlete that falls within the age divisions listed below.

## Age Divisions:

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. Athletes who are 18 through the final day of the AAU Jr. Olympics Games National Championship are eligible to compete in the 17-18-year age division.

Meet management determines the number of heats required for each running event and flight for field events. Meet management reserves the right to run combined heats in running events and all relay races. For example, if there are five 4X400 relay teams registered and they are in different age divisions, meet management will run one combined heat.

Division Girls & Boys	Year of Birth
8 & Under	2011 & After
9 Year Old	2010
10 Year Old	2009
11 Year Old	2008
12 Year Old	2007
13 Year Old	2006
14 Year Old	2005
15-16 Years Old	2003-2004
17-18 Years Old	2001-2002

## Entry Process:

### Teams & Individuals:

All teams and unattached athletes must utilize the Coach O online entry process via [www.coacho.com](http://www.coacho.com) and follow the district qualifying meet links. This will permit a very efficient registration process that is easy to use. Teams will have until 11:59 pm EST, Wednesday, June 19<sup>th</sup> to complete registration.

Please note that you must pay for your entries online or your entries will not be accepted. Immediately after registering online, teams will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving at the meet, if at all possible.

**ALL TEAM & INDIVIDUAL ENTRIES MUST UTILIZE THE COACH O ONLINE ENTRY SYSEM. NO ENTRIES WILL BE ACCEPTED AFTER 11:59 PM ON JUNE 19<sup>th</sup>. NO ENTRIES WILL BE ACCEPTED ON MEET DAY. NO EXCEPTIONS!!!!!!!!!!**

## Check-In Requirements:

A packet will be provided for each team consisting of competition numbers. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 7:00am on meet day.

## Admission:

An admission charge of \$5.00 will be assessed for everyone not competing in the meet. Please communicate to Parents or anyone attending.

## **Running Events:**

Race Walks begin at 9:00 AM followed by the 3000M Run.

The meet will run on a rolling schedule beginning at 10:30 AM for all other running events. The Order of Events is as follows:

80M Hurdles  
100M Hurdles

110M Hurdles  
4X800M Relay

100M Dash Timed Finals  
400M Dash Timed Finals

1500M Run  
200M Hurdles  
400M Hurdles

4X100M Relay  
800M Run

200M Dash Finals  
4X400M Relay

## **Field Events:**

Begin at 8:30 AM

Turbo JAV - Boys and Girls

**Pit 1** – Girls Long Jump (open pit until 11am) 3 Jumps

**Pit 2** – Boys and Girls Triple Jump Combined (60 min open pit until 9:30am) 3 Jumps

**Pit 2** – Following Triple Jump will be Boys Long Jump (Open Pit until 11:30am) 3 Jumps

**High Jump** will follow the Turbo JAV competition- Boys and Girls Combined Starting Height based on lowest entry.

**Discus** – Girls Followed by Boys Cafeteria Style (3 Throws)

**Shot Put** – Boys Followed by Girls Cafeteria Style (3 Throws)

## **Awards:**

In individual events, medals will be presented for participants who finish 1st-3rd place. Medals will be presented for the top 3 relay teams. Medals will be distributed at the conclusion of the meet.

## **Officials:**

Anyone desiring to officiate at this meet is encouraged to contact Crystal Washington via email at [Crystal.washington@fayette.kyschools.us](mailto:Crystal.washington@fayette.kyschools.us). Your assistance is greatly appreciated.

## **Facility:**

Rubberized track. Only ¼" or smaller pyramid spikes are allowed. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

## **Refreshments:**

Concessions will be sold at the stadium.

## **Equipment:**

Starting blocks will be provided by meet management. You will be allowed to use your personal implements in the throwing events, but they must be approved by the official onsite. If personal implements are used, they will not be released until the end of the competition for that age group.

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 event.**

**Please allow 10 days for membership to be processed.** Participants are encouraged to visit the [AAU website](#) to obtain their membership.