



Region 23 Track & Field Regional Qualifier June 15-16, 2024



Pacific Southwest, Southern Nevada and Southern Pacific Districts

Region 23 Track & Field Regional Qualifier Meet

Top 5 finishers in each field event, and Top 3 in combined events, and the Top 5 in running and relays will qualify for the [2024 AAU Junior Olympic Games in Greensboro, North Carolina](#)

Location: Orange Glen High School 2200 Glenridge Road, Escondido, CA 92027
Host: Pacific Southwest AAU
Facilities: The facility has an all-weather surface and runways. **Spikes must be 3/16 inch or less.**
Dates: Multi Events and Track & Field: June 15-16, 2024.
License: This event (24NOATY964) is licensed by the Amateur Athletic Union of the U.S., Inc.



Entry Fees: \$30.00 per athlete/per meet.. This includes athletes on relays and alternates. The Track & Field meet entry fee is \$30.00 per athlete regardless of the number events. Fee must be paid online at the time of registration. The Multi-Event competition is a separate event and costs \$30.00. Fee must be paid online at the time of registration. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.** Entry fees are per athlete, no substitutions allowed after submission. All athlete entries must be made online. **There will be a service fee charged to your credit card for the transaction.**

Relay Fees: **There is no additional entry fee for relay events as long as the following criteria are met:**

- All competitors as well as alternates have paid the individual entry fee of \$30.00.
- The relay team represents a current 2024 AAU registered club.
- All competitors must have current AAU membership

Entry Deadline: All entries must be received before Wednesday, June 12, 2024 deadline. **NO EXCEPTIONS!**
Eligibility: All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. Participants are encouraged to visit the AAU web site, then go to [JOIN AAU!](#) to obtain their membership. Relay Teams must have a current AAU club membership. You can get a club membership at [JOIN AAU!](#) **AAU memberships will not be sold at the Region 23 Track & Field Regional Qualifier.**

AAU Card: All athletes must be able to present their 2024 AAU membership number at the time of Coach O online registration. All relay teams must present current 2024 AAU Club code at the time of Coach O online registration.

On-Line Meet Registration: The 2024 AAU Region 23 Track & Field Regional Qualifier has online registration for the meet. **You must also pay your entry fees online as well, so you will need a credit card.** Entries are not valid until payment is made. The meet will be available online at [COACH O - AAU REGION 23 QUALIFIER](#) until Wednesday, June 12, 2024. All entries must be received before June 12, 2024 deadline. **NO EXCEPTIONS!** In track and field, a competitor in the 8 & under, 9 Years, 10 Years, 11 Years, or 12 Years, Divisions may enter a maximum of three (3) events per competitor, including relays. Competitors in the 13 Years, 14 Years, 15-16 Years, or 17-18 Years age divisions may enter a maximum of four (4) events per competitor, including relays. These event limitations include relays, but do not include multi-events. Entry in a relay, either as a principal or an alternate member, will be considered an entry for the purpose of this rule. **Those athletes who qualify in certain events for National Championship meets are eligible to compete in only those events during the applicable meet.** Please check your entries using the Coach O Email Confirmation. **TO FIX MISTAKES BEFORE THE DEADLINE:** Log back in to Coach O using your account information and make revisions. **TO FIX MISTAKES AFTER THE DEADLINE, BUT BEFORE CHECK-IN:** Send the change to jpeevy7@gmail.com. All clerical changes (spelling, team, gender, DOB) will be made at no charge. All changes related to events and relay teams will be allowed with a \$10 fee per change. **TO FIX MISTAKES AT CHECK-IN:** All clerical changes (spelling, team, gender, DOB) will be made at \$5 per athlete. All changes related to events and relay teams will be allowed with a \$15 fee per change. All late payments must be made in cash.

Check-In: Check-in for all athletes and coaches participating in the 2024 AAU Region 23 Track & Field Regional Qualifier will be held at Orange Glen High School. Hours of operation on Saturday and Sunday will begin at 7:00am. All participants must check-in prior to competition. Races and events will not be held up for athletes checking in.

Parking: No charge for parking. The 2024 AAU Region 23 Track & Field Regional Qualifier parking will be on a first come first serve basis.

Spectator Fee: Admission FREE. Individuals, clubs, and families interested in financially supporting this event can mail a tax deductible (84-1693220) contribution to the PACIFIC SOUTHWEST AAU 6731 Town View Terrace, San Diego, CA 92120-1746



Coaches' Education The AAU National Office is happy to make available FREE Coaches' Education for all AAU non-athlete members. This exciting program is MANDATORY for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit 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.

Medical: Emergency Medical personnel will be on site.

Fluids: Water will be available for athletes. Meet management will do its best to try to provide water in certain competition areas. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

Weather: The average high temperature in San Diego during the month of June is in the mid 80's with low humidity.

Facilities: Restroom facilities will be available at the venue.

Tents: Tents will be allowed only on the top five (5) rows of stadium. Meet management reserves the right to change this policy. Orange Glen High School will provide some tenting for shading on or near the warm-up area of the track. Some individual tents will be allowed to be erected in a limited area. However, the tents cannot be staked down, and tent tops must be removed at night or during inclement weather.

Hip Numbers: Hip numbers will be issued at clerk of course and will be required for all running event competitors in their event.

Warm Up: Will be located on the fields outside of the stadium.

Implements: The Pacific Southwest AAU District will be supplying implements for use at this event. Athletes may bring their own implements to use during competition. However, personal implements will be required to be weighed-in prior to reporting to the event site. Implement weigh-in will occur at the warm-up areas of the event. Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition. (This does not include turbo javelins and pole vault poles)

Protests: Protests concerning the status or eligibility of any competitor must be made to the AAU Youth Athletics Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result has been announced. Protests MUST be filed on official protest forms and presented to the Protest Table. The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals, accompanied by a cash deposit of \$75.00. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

Information: Region 23 Meet Director - Michael Brunker 619-977-0774 michael.brunker@aaupacificsouthwest.org
Region 23 Meet Manager & Head Referee - Elizabeth Tate 619-665-7925 flojo99@cox.net
Region 23 Meet Administrator – Jenee Peevy 619-818-3043 jpeevey@sdcoe.net

Volunteers: An event this big needs all kinds of support. To volunteer email info@aaupacificsouthwest.org

Awards: All advancing positions in each event will receive medals. Ribbons will be awarded for each place in every contest.



Age Determination:	8 & Under	2016 and after	
	9 years	2015	
	10 years	2014	
	11 years	2013	
	12 years	2012	
	13 years	2011	
	14 years	2010	
	NOTE: Open/Masters will not be contested	15-16 years	2008 - 2009
		17-18 years	2006 - 2007



Relays: Relays will be contested in 8 & Under, 9 - 10, 11 - 12, 13 - 14, 15-16, and 17-18 year old divisions.

***Athletes who are still eighteen (18) years of age through the final day of the National Track & Field Meet shall be eligible to compete in the 17-18 year olds division.**

READ CAREFULLY: All races will be seeded by time entered. All races will be seeded slowest to fastest. If athletes no show for their races, there will be NO re-seeding at the start line. (Meet Committee) Athletes not checked into their field events by the time the first official attempt of the event will be scratched from the event. Please check into field events on time. (Meet Committee in accordance to JO Games Rule)

JUNIOR OLYMPIC DECLARATION & REGISTRATION INFORMATION: Those athletes that qualify for the AAU Junior Olympic Games in Des Moines, Iowa must declare and register for the meet at www.coacho.com before Tuesday, July 16, 2024 at 11:59 pm EST. No entries will be accepted after Midnight EST (9:00pm on the West Coast) on July 16, 2024. Do not jeopardize your athlete's chance of competing by not completing this step.

YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS TENTATIVE AND SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. A REVISED MEET SCHEDULE WILL BE AVAILABLE UPON CHECK-IN.

AAU Region 23 Track & Field Regional Qualifier Schedule

SCHEDULE TBA BASED ON REGISTRATIONS

Multi Events

Heptathlon (100H/HJ/SP/200M)	15-16G, 17-18W Combined
Decathlon (100M, LJ, SP, HJ, 400M)	15-16B, 17-18M Combined
Triathlon (HJ, SP, 400M)	9B, 10B Combined
Triathlon (HJ, SP, 200M)	9G, 10G Combined
Decathlon (110H, DT, PV, JT, 1500M)	15-16B, 17-18M Combined
Heptathlon (LJ, JT, 800M)	15-16G, 17-18W Combined
Pentathlon (80H or 100H, LJ, SP, HJ, 1500M)	11B, 12B, 13B, 14B Combined
Pentathlon (80H or 100H, LJ, SP, HJ, 800M)	11G, 12G, 13G, 14G Combined



Saturday, June 15, 2024

Running Events

8:00am	1500m	All Divisions
THIS IS A ROLLING SCHEDULE	110m hurdles (10-39")	15-16, 17-18
	100m hurdles (10-33")	13B, 14B, 15-16G, 17-18W
	100m hurdles (10-30")	13G, 14G
	80m hurdles (8-30")	11G, 11B, 12G, 12B
	3200m relay	11, 12, 13, and 14, 15-16, 17-18
	400m relay	All Divisions
	100m	All Divisions
	800m	All Divisions
	200m	All Divisions
	1600m relay	9, 10, 11, 12, 13, and 14, 15-16, 17-18

Field Events

8:00am	Discus	11G, 11B, 12G, 12B
	Discus	13G, 13B, 14G, 14B
	Discus	15-16G, 15-16B, 17-18W, 17-18M
8:00am	Long Jump	8G, 8B
	High Jump	15-16G, 17-18W
Followed by:	Long Jump	9G, 9B, 10G, 10B
	High Jump	15-16B, 17-18M
Followed by:	Long Jump	11G, 11B, 12G, 12B
	High Jump	13G, 13B, 14G, 14B
Followed by:	Long Jump	13G, 13B, 14G, 14B
	High Jump	9G, 9B, 10G, 10B
Followed by:	Long Jump	15-16G, 15-16B, 17-18W, 17-18M
	High Jump	11G, 11B, 12G, 12B



Sunday, June 16, 2024

Running Events

8:00am	1500m Race-walk	9, 10, 11, and 12
THIS IS A ROLLING SCHEDULE	3000m Race-walk	13, 14, 15-16, 17-18
	2000m Steeplechase	15-16, 17-18 (DRY – NO WATER JUMPING)
	400m hurdles (10-30")	15-16G and 17-18W
	400m hurdles (10-36")	15-16B and 17-18M
	200m hurdles (5-30")	13G, 13B, 14G, 14B
	3000m	11, 12, 13, 14, 15-16, 17-18
	400m	All Divisions

Field Events

8:00am	Turbo Javelin/Javelin	All Divisions
8:30am	Triple Jump	13, 14, 15-16, 17-18
8:30am	Shot Put	All Divisions
9:30am	Pole Vault	13, 14, 15-16, 17-18



All races are timed finals. There are no qualifying rounds to a final. In all field events other than the High Jump and Pole Vault competition shall consist of three preliminary attempts followed by three final attempts (3 plus 3 rule). Visit <https://aaustrackandfield.org/> for AAU Athletics Handbook.