



**2010 AAU Maryland District
Track & Field Championship**

Saturday, June 12, 2010

&

Sunday, June 13, 2010

**Catoctin High School
14745 Sabillasville Rd
Thurmont, MD, 21788-1618**



2010 AAU Maryland District Track & Field Championship



- Host Club:** Catoclin Track Club
- Meet Director:** John Steiner (240) 422-7996 steindawg@msn.com
- Meet Referee &
MD. AAU Chair:** Felix Rogers (443) 985-1754 Felix.Rogers@verizon.net
- Dates:** Saturday, June 12, 2010
Sunday, June 13, 2010
- Time:** Events start at 8:00 AM on Saturday & Sunday
- Location:** Catoclin High School
14745 Sabillasville Rd
Thurmont, MD, 21788-1618
- Entry:** Each athlete competing in this meet, must complete an entry process on coacho.com. Each athlete must mail the participation waive, to the meet director.
- Entry Fee:** \$20.00 per individual athlete. Only certified checks or money orders will be accepted. Make check payable to Catoclin Track Club.
- Send Entries To:** mail the participation waive, to
AAU Meet Entry
John Steiner
12 Sunny Court
Thurmont, MD. 21788
- Entry Deadline:** All entries must be completed on CoachO by June 9, 2010, and the fees, waives, and birth records must be received by the meet director by the same June 9, 2010 date. No exceptions.



2010 AAU Maryland District Track & Field Championship



AAU Membership: For an athlete to be eligible to compete in this meet, they must be a register member of AAU. They may register online at <http://www.aausports.org>

Advancement: All athletes who compete in the Maryland District Championship are eligible to compete in any AAU National Qualifier Meet in the USA

The Area 3A National Qualifier will be held on June 24-27, 2010 at Darling Stadium, Hampton VA. See The Nat'l Qualifier flyer.

Awards: AAU Championship Medals for the top four finisher in each event and division.

- 1st place gold medal
- 2nd place silver medal
- 3rd place bronze medal
- 4th place copper medal

Competition Divisions: All athletes must compete in the division as defined below;

<u>Girls</u>	<u>Boys</u>	<u>Division</u>	<u>Year of Birth</u>	<u>Age as of 12/31/2010</u>
PG	PB	Primary	2002 & before	8 & under
SBG	SBB	Sub-Bantam	2001	9
BG	BG	Bantam	2000	10
SMG	SMB	Sub-Midget	1999	11
MG	MB	Midget	1998	12
SYG	SYB	Sub-Youth	1997	13
YG	YB	Youth	1996	14
IG	IB	Intermediate	1994 & 1995	15 & 16
YW	YM	Young Women/Men	1992 & 1993	17 & 18

Eligible if still 18 on August 7, 2010



2010 AAU Maryland District Track & Field Championship



Relay Events: Each Relay Team must represent a registered AAU Club. Clubs may register using information listed under “AAU Membership” above. Athletes listed as relay alternates will have that relay event count towards their event limitation.

Relay events are competed in the following combined divisions;

Combined Relay Division	Divisions Allow	4x100	4x400	4x800
Primary	Primary	X		
Bantam	Sub-Bantam & Bantam	X	X	
Midget	Sub-Midget & Midget	X	X	X
Youth	Sub-Youth & Youth	X	X	X
Intermediate	Intermediate	X	X	X
Young Women/Men	Young Women/Men	X	X	X

Event Limitations: Primary, Sub-Bantam, Bantam, Sub-Midget, and Midget divisions may compete in a maximum of three (3) events including relays. Sub-Youth, Youth, Intermediate, and Young Women/Men may compete in a maximum of four (4) events including relays. Multi-Events do not count towards these limitation, but relay athletes and relay alternates do count towards these limitation. There is no additional entry fee for relay events.

Waived Events: The 2000 m Steeplechase, the Pole Vault and all of the Multi-Events will be passed to the Regional. Athletes entering these events must complete the entry process and indicate these events on the entry. Multi-Events do not count towards the limitation. See the event list below for divisions eligible for these events.

Event Calls: It is the athletes’ responsibility to hear the calls and report to their event venue on the first call for their division. Field event athletes should report directly to the field event venue, and track event athletes should report to the clerking area. *The meet will not delay, There will be no rerun, or add for any athlete who is tardy to check-in. There will be absolutely no exceptions.*



2010 AAU Maryland District Track & Field Championship



Protest: Protest must be submitted in writing to the Meet Director within 30 minutes after the infraction. The fee for protest is \$50, which will be returned if the protest is upheld. The board of appeals, which is appointed by the District Director, will render a decision.

Timing: Fully Automatic Timing (FAT) Services and Data Services, will be provided by Quentin Wilson.

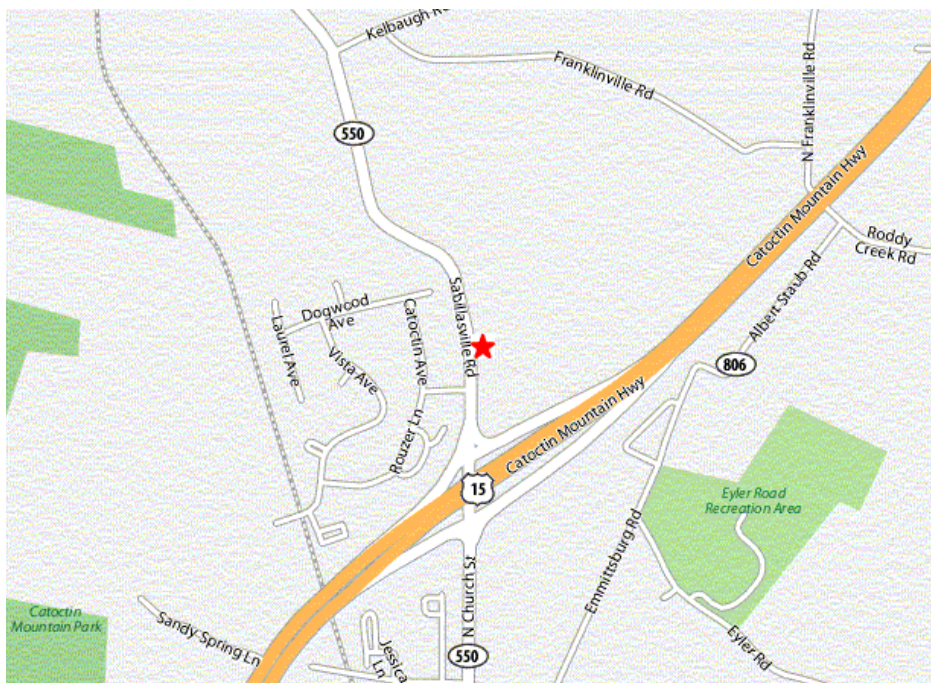
Direction:

From Southern Maryland area, take I-495 to I-270 west to Frederick, and then go north on Rt. US 15 to Thurmont. Then follow the Thurmont Directions.

From Baltimore area, take I-70 west to Frederick, and then go north on Rt. US 15 to Thurmont. Then follow the Thurmont Directions.

Thurmont Directions:

Exit Rt. US 15 at Rt. 550 (Ft. Ritchie). At the end of exit ramp, turn left at stop sign. Go about ¼ mile, and turn right into the driveway of Catoctin High School. Stay to the right side of high school and park. Track is located behind the school.





2010 Maryland AAU Association Championships

Order of Track Events



Saturday June 12, 2010

Event	Divisions	Round	Notes
3000 m Run	SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM	Timed Final	18 per heat, waterfall start, may combine
100 m Dash	All Divisions	Semi-Final	Random draw, fastest 8 to final
1500 m Racewalk	SBG,SBB,BG,BB,SMG,SMB,MG,MB	Timed Final	18 per heat, waterfall start, may combine
80 m Hurdles	SMG,SMB,MG,MB	Semi-Final	8 hurdles @ 33", 7.5 m spacing
100 m Hurdles	SYG,YG	Semi-Final	10 hurdles @ 30", 8.5 m spacing
100 m Hurdles	SYB,YB,IG,YW	Semi-Final	10 hurdles @ 33", 8.5 m spacing
110 m Hurdles	IB,YM	Semi-Final	10 hurdles @ 39", 9.14 m spacing
800 m Run	All Divisions	Timed Final	1 turn stagger, 12 per heat
200 m Dash	All Divisions	Semi-Final	Random draw, fastest 8 to final
4x800 m Relay	MG,MB,YG,YB,IG,IB,YW,YM	Timed Final	SMG/MG, SMB/MB, SYG/YG, SYB/YB
4x100 m Relay	PG,PB,BG,BB,MG,MB,YG,YB,IG,IB,YW,YM	Timed Final	SBG/BG, SBB/BB, SMG/MG, SMB/MB, SYG/YG, SYB/YB

Sunday June 13, 2010

Event	Divisions	Round	Notes
3000 m Racewalk	SYG,SYB,YG,YB,IG,IB,YW,YM	Timed Final	18 per heat, waterfall start, may combine
400 m Dash	All Divisions	Timed Final	
100 m Dash	All Divisions	Final	
200 m Hurdles	SYG,SYB,YG,YB	Timed Final	5 hurdles @ 30"
400 m Hurdles	IG,YW	Timed Final	10 hurdles @ 30"
400 m Hurdles	IB,YM	Timed Final	10 hurdles @ 36"
1500 m Run	SBG,SBB,BG,BB,SMG,SMB,MG,MB,SYG,SYB,YG,YB,IG,IB,YW,YM	Timed Final	18 per heat, waterfall start
80 m Hurdles	SMG,SMB,MG,MB	Final	8 hurdles @ 33", 7.5 m spacing
100 m Hurdles	SYG,YG	Final	10 hurdles @ 30", 8.5 m spacing
100 m Hurdles	SYB,YB,IG,YW	Final	10 hurdles @ 33", 8.5 m spacing
110 m Hurdles	IB,YM	Final	10 hurdles @ 39", 9.14 m spacing
200 m Dash	All Divisions	Final	
4x400 m Relay	BG,BB,MG,MB,YG,YB,IG,IB,YW,YM	Timed Final	SBG/BG, SBB/BB, SMG/MG, SMB/MB, SYG/YG, SYB/YB 3 turn stagger

- 100 m Dash, 200 m Dash, 80 m Hurdles, 100 m Hurdles, and 110 m Hurdles events each have two rounds, Semi-Final and Final. The 8 fastest times from the Semi-Final will advance to the final. If there are 8 or less entries in the Semi-Final, then all entries will be passed to the final. All other events will be run as a timed final.
- All the above listed event, plus 400 m Dash, 200 m Hurdles, 400 m Hurdles, and 4x100 m Relay will be run in lanes with up 8 athletes per heat. The 4x400 m Relay will be run with a three turn stagger and up 8 athletes per heat. The 800 m Run and 4x800 m Relay will be run with a one turn stagger, and up to 12 athletes per heat, with the extra 4 being filled by doubling up the even lanes, starting from the outside (lane 8) and moving in (lane 6, 4, 2). All other events will run from a waterfall start, with the 1500 m Run having a maximum of 16 athletes, and the 3000 m Run, 1500 m Racewalk, and 3000 m Racewalk events having a maximum of 18 athletes per heat.
- Divisions may be combined for longer races where it is reasonable.



2010 Maryland AAU Association Championships

Field Events



Saturday June 12, 2010

Event	Divisions Order									Notes	
Shot Put	PG, PB 6 lbs	SBG, SBB 6 lbs	BB, BG 6 lbs	SMG, SMB 6 lbs	MG, MB 6 lbs	SYG, SYB 6 lbs, 4 kg	YG, YB 6 lbs, 4 kg	IG, IB 4 kg, 12 lbs	YW, YM 4 kg, 12 lbs		
Discus											
Turbo Javelin	PG, PB 300 gm	SBG, SBB 300 gm	BB, BG 300 gm	SMG, SMB 300 gm	MG, MB 300 gm					after shot put, does not advance	
Javelin											
High Jump	YW, YM	IG, IB	SYG, SYB	YG, YB							
Long Jump	PG, PB	SBG, SBB	BB, BG	SMG, SMB	MG, MB						
Triple Jump											
Pole Vault	<i>all entries will be waived to the Regional</i>										

Sunday June 13, 2010

Event	Divisions Order							Notes
Shot Put								
Discus	SMG, MG 1.0 kg	SMB, MB 1.0 kg	SYG, YG 1.0 kg	SYB, YB 1.0 kg	IG, YW 1.0 kg	IB, YM 1.6 kg		
Turbo Javelin								
Javelin	SYG, YG 600 gm	SYB, YB 600 gm	IG, YW 600 gm	IB, YM 800 gm				after Discus
High Jump	SMG, SMB	MG, MB	SBG, SBB	BG, BB				
Long Jump	SYG, SYB	YG, YB	IG, IB	YW, YM				
Triple Jump	SYG, SYB	YG, YB	IG, IB	YW, YM				after Long Jump
Pole Vault	<i>all entries will be waived to the Regional</i>							

- All Field Events begin at 9:00 AM on Saturday and Sunday.
- Divisions will compete in the order shown in the table above, from left to right. When one division finishes, then the next division will be called. Athletes must check-in on the first call.
- In the throws and the horizontal jumps, each competitor will have four attempts.
- Throwing events implement specifications for each division are shown in the table.
- In the vertical jumps, within a division, the bar will not move down for any reason except a tie for first place.
- Pole Vault athletes must certify their weight and pole specifications prior to the competition.
- Athletes who must leave for another event must check-out with the Event Official. If requested by the athlete, they may take attempts in succession.. If excused during a round the athlete must return prior to the conclusion of that round or forfeit remaining attempts.



2010 Maryland AAU Association Championships

Events Advanced to National Qualifier



Event	Divisions	Notes
2000 m Steeplechase	IG,IB,YW,YM	18 hurdles and 5 water jumps
Pole Vault	SYG,YG,SYG,YG,IG,YW,IB,YM	
Triathlon	SBG,BG	Shot Put (6 lbs), High Jump, 200 m Dash
	SBB,BB	Shot Put (6 lbs), High Jump, 400 m Dash
Pentathlon	SMG,MG	80 m Hurdles, Shot Put (6 lbs), High Jump, Long Jump, 800 m Run
	SMB,MB	80 m Hurdles, Shot Put (6 lbs), High Jump, Long Jump, 1500 m Run
	SYG,YG	100 m Hurdles, Shot Put (6 lbs), High Jump, Long Jump, 800 m Run
	SYB,YB	100 m Hurdles, Shot Put (4 kg), High Jump, Long Jump, 1500 m Run
Heptathlon	IG,YW	Day 1, 100 m Hurdles, High Jump, Shot Put (4 kg), 200 m Dash Day 2, Long Jump, Javelin (600 gm), 800 m Run
Decathlon	IB,YM	Day 1, 100 m Dash Long Jump, Shot Put (12 lbs), High Jump, 400 m Dash Day 2, 110 m Hurdles, Discus (1.6 kg), Pole Vault, Javelin (800 gm), 1500 m Run

The 2000 m Steeplechase, Pole Vault and all of the Multi-Events will be passed to the National Qualifier. Athletes entering these events must the CoachO entry process, and enter these events, along with a performance (point total, time, or height).



ATHLETE WAIVER / RELEASE FORM



IN CONSIDERATION of my/the minor's participation in any way in any Amateur Athletic Union of the U.S., Inc., activity ("ACTIVITY") I, for myself, the minor, my personal representatives, assigns, heirs, and next of kin:

- 1.) ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am/ the minor is qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe c conditions to be unsafe, I/ the minor will immediately discontinue further participation in the Activity.
- 2.) FULLY UNDERSTAND that:
 - (a) ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, I INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS");
 - (b) these Risks and dangers may be caused by my own/ the minor's actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW;
 - (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur/ the minor incurs as a result of my/the minor's participation in the Activity.
- 3.) HEREBY RELEASE, AND FOREVER DISCHARGE, AND COVENANT NOT TO SUE the Amateur Athletic Union of the U.S. Inc. ("AAU"), the Maryland District of the AAU, the Catoctin Track Club, and Catoctin High School, its sponsors and suppliers, their parent, related, affiliated, and subsidiary companies, as well as the officers, directors, agents, employees, representatives, successors and assigns of each of the foregoing entities, and the AAU's Districts, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY/THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE ACTION, INACTION OR NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING, BUT NOT LIMITED TO NEGLIGENCE RESCUE OPERATIONS, NEGLIGENCE SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my/the minor's behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. I ACKNOWLEDGE THAT THE TIME (SCHEDULE) FOR EVENT MAY CHANGE.

I, or we, grant to the Directors, Assistants, or assigned chaperons of this event to act as guardians/spokesman in granting permission for emergency treatment/hospitalization (including anesthesia) if necessary for the minor en route to or from or at the site of AAU event or hospital or other medical facility. I understand that should a health emergency arise, such parties will attempt to notify me, but that if I cannot be reached by telephone, such medical treatment as deemed necessary by competent medical personnel is authorized. I hereby authorize the AAU to allow the reproduction, dissemination, and/or publication of my / the minor's name and/or likeness for media coverage, public relations, or any other purpose which may involve the use of photographs, films, and/or video tape recording and understand that the AAU retains title, exclusive and unlimited rights to all internet streaming files including live and archived games, interviews, and events broadcast to the Internet. This is to be done in conjunction with my/the minor's participation in this AAU event and I understand and agree that I may neither pay a fee to receive individual promotional consideration from my/the minor's participation in this event, nor will I/the minor receive any payment for the possible commercial use of my/the minor's name or likeness. INSURANCE: AAU membership provides excess medical insurance for any member athlete participating in an AAU-sanctioned practice or event. If such athlete has other medical coverage, theirs will be applied first, followed by AAU insurance. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. MINOR RELEASE: AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY—AS IS, WITHOUT MODIFICATION OR ACCOMMODATION. I HEREBY RELEASE, FOREVER DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE ACTION, INACTION AND/OR NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION AND/OR ARBITRATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGES, OR COSTS ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARTICIPANT: _____ PHONE: _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ DATE: _____

TEAM NAME: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

(only if participant is under the age of 18)