

# AAU Area 4 Junior Olympic National Qualifier

June 24-27, 2010

## South Hagerstown High School

1101 South Potomac Street Hagerstown, Maryland 21740

Athletes must have a valid mark/time in one of the AAU District Qualifying Meets or an exemption from AAU National\* in order to advance to this National Qualifier with the exceptions of pole vault, javelin and the multi-events.

- Contact Alma Jan Price for information on the exemption process.

**Must bring proof of a 2010 AAU membership [www.aausports.org](http://www.aausports.org)**

### Online Registration:

Registration at [www.coacho.com](http://www.coacho.com) – Payment by MC or Visa  
**Deadline Sunday, June 20, 2010 11:59 pm**  
**Entry Fee:** \$20.00 per athlete \$20.00 For Multi-events

### Packet Pick-up on site:

Wednesday June 23, 2010 – 5:00pm- 7:00 pm  
Thursday June 24, 2010 – 7:00am –conclusion of meet  
Coaches Meeting 8:00 pm Thursday June 24, 2010- 8:00pm  
Friday June 25, 2010 - 7:00am –conclusion of meet  
Saturday June 26, 2010 - 7:00am –conclusion of meet  
Sunday June 27, 2010 - 7:00am –conclusion of meet

**Must bring proof of age, acceptable forms are:**  
**Original birth certificate notarized original birth certificate**  
**from the appropriate issuing authority; US Military**  
**Government ID Card; valid passport (not expired) and/or**  
**valid US driver's license.**

### Proof of age:

#### Host Hotel – Mention AAU National Qualifier

**Best Western Grand Venice  
Hotel**  
431 Dual Highway  
Hagerstown, MD 21740  
Phone: 301 733 0830

**Coaches Meeting**  
**8:00 PM**  
**Thursday June 24, 2010**  
**8:00 PM**

#### ***Other Hotels – Mention AAU National Qualifier***

Homewood Suites by Hilton  
1650 Pullman Lane  
Hagerstown, MD 21704  
Phone: 301 665 3816

Holiday Inn Express & Suites  
241 Railway Lane  
Hagerstown, MD 21740  
Phone: 301 745 5644

Spring Hill Suites by Marriott  
17280 Valley Mall Road  
Hagerstown, MD 21740  
Phone: 301 582 0011

Hagerstown Hotel and  
Convention Center  
1910 Dual Highway  
Hagerstown, MD 21740  
Phone: 301 790 3010

**AAU Age Divisions: \*Note the maximum number of events includes Relays. Athletes may not compete in a younger age division.\***

Primary	2002& After	Max of 3 events	Sub Youth	1997	Max of 4 events
Sub Bantam	2001	Max of 3 events	Youth	1996	Max of 4 events
Bantam	2000	Max of 3 events	Intermediate	1994-1995	Max of 4 events
Sub Midget	1999	Max of 3 events	Young	1992-1993	Max of 4 events
Midget	1998	Max of 3 events			

### Contact Information:

**Mrs. Alma Jan Price 301-293-4219 [MizOfficial@yahoo.com](mailto:MizOfficial@yahoo.com)**  
**Dr. William D. Price 301-293-4219 [drbillprice@yahoo.com](mailto:drbillprice@yahoo.com)**



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Primary Division 2002 & after Maximum of 3 Events				
100m	200m	400m	800m	
Long Jump	Shot Put (4lbs)	Turbo Jav*	4x100m	
Sub-Bantam 2001 & Bantam 2000 Maximum of 3 Events				
100m	200m	400m	800m	1500m
1500m RW	Long Jump	High Jump	Shot Put	Turbo Jav*
4x100m Bantam		4x400m Bantam		Triathlon
Sub-Midget 1999 & Midget 1998 Maximum of 3 Events				
100m	200m	400m	800m	1500m
1500m RW	3000m	80m Hurdles	Long Jump	Discus
Shot Put	High Jump	Turbo Jav*		Pentathlon
4x400m Midget		4x800m Midget		4x100m Midget
Sub-Youth 1997 & Youth 1996 Maximum of Events				
100m	200m	400m	800m	1500m
3000m	3000m RW	100m Hurdles (Girls 30")		Triple Jump
200m Hurdles	Long Jump	100m Hurdles (Boys 33")		Pole Vault
Shot Put	Discus	Javelin	High Jump	Pentathlon
4x100m Youth	4x400m Youth		4x800m Youth	
Intermediate Division 1994-1995 Maximum of 4 Events				
100m	200m	400m	800m	1500m
3000m	2000m Steeplechase	3000m RW		
100m Hurdles (Girls 33")		110 Hurdles (Boys 39")		Javelin
400m Hurdles (Girls 30")		400m Hurdles (Boys 36")		Long Jump
Triple Jump	High Jump	Pole Vault	Shot Put	Discus
4x100m	4x400m	4x800m	Decathlon	Heptathlon
Young Men/Women 1992-1993 Maximum of 4 Events				
100m	200m	400m	800m	1500m
3000m	2000m Steeplechase	3000m RW		
100m Hurdles (Girls 33")		110 Hurdles (Boys 39")		Javelin
400m Hurdles (Girls 30")		400m Hurdles (Boys 36")		Long Jump
Triple Jump	High Jump	Pole Vault	Shot Put	Discus
4x100m	4x400m	4x800m	Decathlon	Heptathlon

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**All events will be contested on a Rolling Schedule.**

**FINAL MEET SCHEDULE WILL BE POSTED AFTER ENTERIES  
CLOSE ON JUNE 20**

## **Directions to South Hagerstown High School**

### **Traveling from the North of Hagerstown:**

Take I-81 South

To I-70 East

Take Exit 29-B from I-70.

After exiting, I-70 follow MD State Route 65 north for 1 mile.

South Hagerstown High School is on the left.

### **Traveling from the South of Hagerstown:**

Take I-81 North

To I-70 East

Take Exit 29-B from I-70.

After exiting, I-70 follow MD State Route 65 north for 1 mile.

South Hagerstown High School is on the left.

### **Traveling from East of Hagerstown:**

Take exit 29 from I-70.

After exiting, I-70 follow MD State Route 65 north for 1 mile.

South Hagerstown High School is on the left.

### **Traveling from West of Hagerstown:**

Take exit 29-B from I-70.

After exiting, I-70 follow MD State Route 65 north for 1 mile.

South Hagerstown High School is on the left.

## **DIRECTIONS FROM SOUTH HS TO HAGERSTOWN COMMUNITY COLLEGE**

From S. Hagerstown HS Turn right (south) out of school, go about 1/2 mile; turn left on E. Oak Drive (at Sheetz); go about 1 mile (becomes E. Baltimore St.) at first light past one way bridge; continue about 0.4 mile on E. Baltimore St. to next light, turn left toward S. Edgewood Dr. (note right is Alternate US 40 –don't go there); go about 0.1 mile and guide around to right onto S. Edgewood Drive; go about 1.2 miles (you will go past US 40, the car dealerships, the AC&T gas station, and the banks), Edgewood Drive becomes Robinwood Drive – continue on Robinwood Drive for about a mile. Hagerstown Community College is on the left at the light. Turn in and take the first left back around about ¼ mile to the ARCC (Athletic/Indoor Track building). Turn in on the left side of the ARCC building and go around back. Field is directly behind the ARCC building.

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**Thursday, June 24, 2010 Multi-Events**

**9:00 am ..** Decathlon (Day One).....IB - YM

100 Meter, Long Jump, Shot Put, High Jump, 400 Meter

**9:20 am..** Heptathlon (Day One).....IG – YW

100 Meter Hurdles, Shot Put, High Jump, 200 Meter

**2:00 pm..** Triathlon ..... SBB, BB (Shot Put , High Jump, 400m dash)

**3:00 pm..** Triathlon ..... SBG, BG (Shot Put, High Jump, 200m dash)

**Thursday, June 24, 2010**

**Running Events – Rolling schedule**

**9:30 am** IG/YW 2000m Steeplechase (Finals)

IB/YM 2000m Steeplechase (Finals)

**Race Walk – Rolling Schedule**

**10:00 am** 1500 m SBG, BG, SMG, MG (Timed finals)

1500 m SBB, BB, SMB, MB (Timed finals)

3000m SYG, YG, IG, YW

3000 m SYB, YB, IB, YM

**Thursday, June 24, 2010 Field Events – Rolling schedule**

**9:00 am** TurboJav\* – PG, PB (300g)

TurboJav\* - SMB, MB (300g)

TurboJav\* - SMG, MG (300g)

TurboJav\* - SBB, BB (300g)

TurboJav\* - SBG, BG (300g)

\*Note: TurboJav will not be contested at AAU JO in Norfolk

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**Friday, June 25, 2010**

**8:00 am..** Decathlon (Day Two) .....IB – YM

110 Meter Hurdles, Discus, Pole Vault, Javelin, 1500 meter

**8:00 am..** Heptathlon (Day Two) .....IG – YW

Long Jump, Javelin, 800 Meter

**8:15 am..** Pentathlon.....SMG-MG

80 Meter Hurdles, Shot Put, High Jump, Long Jump, 800 Meter

**8:30 am..** Pentathlon ..... SMB, MB

80 Meter Hurdles, Shot Put, High Jump, Long Jump, 1500 Meter

**8:45 am..** Pentathlon ..... SYG, YG

100 Meter Hurdles, Shot Put, High Jump, Long Jump, 800 Meter

**9:00 am..** Pentathlon.....SYB – YB

100 Meter Hurdles, Shot Put, High Jump, Long Jump, 1500 Meter

**Friday, June 25, 2010**

**Running Events - Rolling Schedule**

**9:15 am** 3000 Meter (Finals)... SMG, SMB

3000 Meter (Finals)... MG, MB

3000 Meter (Finals)...SYG, SYB

3000 Meter (Finals)...YG, YB

3000 Meter (Finals)...IG, IB

3000 Meter (Finals)...YW, YM

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**Saturday, June 26, 2010**

**Running Events**

**8:00 am – Rolling schedule**

4x800 Relay ..... MG, MB, YG, YB, IG, IB, YW, YM

80 Meter Hurdles (Timed Finals) ..... SMG, MG, SMB, MB

100 Meter Hurdles (Timed Finals) ..... SYG, YG, IG, YW, SYB, YB (IG & YW must use starting blocks)

110 Meter Hurdles (Timed Finals) ..... IB, YM (Must use starting blocks)

100 Meter (Preliminaries;Top 8 to final)..All age divisions, youngest first (IG, IB, YW & YM must use starting blocks)

400 Meter (Timed Finals)..All age divisions, youngest first (IG, IB, YW & YM must use starting blocks)

200 Meter (Preliminaries;Top 8 to Finals)..All age divisions, youngest first (IG, IB, YW & YM must use starting blocks)

**Saturday, June 26, 2010**

**Field Events – Rolling schedule**

**8:00 am**

High Jump Pit 1 ..... YW, IG, YG, SYG

High Jump Pit 2 ..... YM, IB, YB, SYB

Shot Put Ring 1.....SYG, YG, IG, YW

Shot Put Ring 2 .....SYB, YB, IB, YM

Discus .....IG,IB, YW, YM, YG, YB

Long Jump Pit 1 ..... SYB, YB, IB, YM, SMB, MB

Long Jump Pit 2 ..... SYG, YG, IG, YW, SMG, MG

Pole Vault (Finals) ..... YM, SYB, YM, IB

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**Sunday, June 27, 2010**

**Running Events**

**8:00am**

1500 Meter (Finals) ..... SBG, SBB, BG, BB, SMG, SMB, MG, MB , SYG, YG, IG, YW, SYB, YB, IB, YM

200 Meter Hurdles ..... SYG, SYB, YG, YB (IG, IB, YW & YM must use starting blocks)

400 Meter Hurdles ..... IG, YW, IB, YM (IG, IB, YW & YM must use starting blocks)

100 Meter (Finals) ..... All age divisions, youngest first (IG, IB, YW & YM must use starting blocks)

800 Meter Run (Timed Finals) All age divisions, youngest first

4X100 Relay (Timed Finals) . PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

200 Meter (Finals) ..... All age divisions, youngest first (IG, IB, YW & YM must use starting blocks)

4x400 Relay (Timed Finals) . BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

**Sunday , June 27, 2010**

**Field Events – Rolling Schedule**

**8:00 am**

Javelin (Finals)\*..... YG, IG, YW, YB, IB, YM, SYG, SYB

Pole Vault (Finals) ..... IG, YW, SYG, YG

High Jump Pit 1 ..... SBB, BB, SMB, MB

High Jump Pit 2 ..... SBG, BG, SMG, MG

Shot Put Ring 1.....SMG, MG, SBG, BG, PG

Shot Put Ring 2 .....SMB, MB, SBB, BB, PB

Discus ..... SYG, SYB, SMG, SMB, MG, MB

Long Jump Pit 1 ..... PB, BB, SBB

Long Jump Pit 2 ..... PG, BG, SBG

Triple Jump Pit 1 .....YM, IB, YB, SYB – Follows boys long jump.

Triple Jump Pit 2 ..... YW, IG, YG, SYG – Follows girls long jump

**\*Note: Javelin will be contested at Hagerstown Community College, 11400**

**Robinwood Dr., Hagerstown – See directions in meet information**