

# Frederick Striders AAU District Championship Meet Information

June 11 & 12, 2011

**This meet is not mandatory it is up to the parents if you would like your child to participate.**

All athletes who compete in this meet are eligible to compete in the AAU National Qualifier Meet June 23-26, 2011 (This schedule is also posted on the website)

**Listed below are the requirements to participate in this meet.**

## **All athletes must have a current AAU Membership Card.**

The Strider club code was emailed to you on April 5, 2011 (please keep the club code confidential)

To get a card go to our website, meet schedule page,  
and click on [aaathletics.org](http://aaathletics.org).

The cost is \$12 per card. You will need a credit card and a printer  
to print out 2 copies of your card. One copy for us to keep and one for you.

The sport is Athletics (T & F, X-Country, Multis)

The Strider club code was emailed to you on April 5, 2011 (please keep the club code confidential)

## **The cost for this meet is \$20 per athlete.**

Cash, check, or money order made payable to **Frederick Striders Track Club**.

## **We must have the athlete's birth certificate already on file.**

## **Completed athlete waiver**

You will need to print and complete the form from the website. We will mail it.

## **Completed entry form**

We will register each athlete online with coacho.com.

**The completed entry form, athlete waiver,  
copy of the AAU card and your payment must be  
turned in together on or before June 1, 2011 6 pm.**

**No Exceptions!**

Thank you

# Frederick Striders AAU District Championship Entry Form

June 11 & 12, 2011

Please Print

Athlete Name \_\_\_\_\_ Male/Female

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zipcode \_\_\_\_\_

Phone number \_\_\_\_\_

Birthday (MM/DD/YY) \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_

AAU Division (i.e. primary, sub-bantam) \_\_\_\_\_

AAU Membership Number \_\_\_\_\_

Ages 12 and under-3 events including relays      Ages 13 and up-4 events including relays

Event 1 \_\_\_\_\_

Event 2 \_\_\_\_\_

Event 3 \_\_\_\_\_

Event 4 \_\_\_\_\_

**ALL ITEMS LISTED BELOW MUST BE SUBMITTED  
TOGETHER ON OR BEFORE JUNE 1, 2011 - 6 PM  
NO EXCEPTIONS.**

**Completed entry form** (this form)

**Athlete waiver** (you need to print it from the website)

**Copy of the AAU membership card** (for us to keep)

**Payment** (cash or check payable to Frederick Striders)

**We must have the athlete's birth certificate already on file**



# **2011 AAU Maryland District Track & Field Championship**

**Saturday, June 11, 2011**

**&**

**Sunday, June 12, 2011**

**Poly/Western High School  
1400 West Cold Spring Lane  
Baltimore, MD, 21209-4904**



# 2011 AAU Maryland District Track & Field Championship



- Host Club:** Baltimore City Track and Field
- Meet Director:** Jerry Molyneaux (443) 803-7552 jemolyneaux@comcast.net
- Meet Referee &  
MD. AAU Director:** Felix Rogers (410) 655-2270 Felix.Rogers@verizon.net
- Dates:** Saturday, June 11, 2011 & Sunday, June 12, 2011
- Time:** Events start at 8:00 AM on Saturday & Sunday
- Location:** Poly/Western High School (Cold Spring Lane & Falls Road)  
1400 West Cold Spring Lane, Baltimore, MD, 21209-4904
- Entry:** Each athlete competing in this meet, must have a valid 2011 AAU membership number, and complete the entry process on coacho.com. Each athlete must mail the participation waiver, to the address listed below.
- Entry Fee:** \$20.00 per individual athlete. Online entry only at coacho.com
- Send waiver To:** mail the participation waiver, to  
MD District Meet Waiver C/O Beverly Ames  
3001 East Drive  
Baltimore, MD. 21217
- Entry Deadline:** All entries must be completed on CoachO by June 9, 2011.  
No exceptions.
- Team Entries:** Team coaches entering multiple athletes should enter all athletes at the same time. Once entered the athletes are locked by coacho. If a club is being entered coacho will find all athletes attached to that club.



# 2011 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.  
 See the AAU National website for Nat'l Qualifier info.
- Advancement:** All athletes who compete in the Maryland District Championship are eligible to compete in any AAU National Qualifier Meet in the USA. Athletes do not have to enter in the same events in the National Qualifier as they competed in the District Qualifier.
- 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.

Division	Year of Birth	Girls	Boys	Age as of 12/31/2011
Primary	2003 & Early	PG	PB	8 & under
Sub-Bantam	2002	SBG	SBB	9
Bantam	2001	BG	BB	10
Sub-Midget	2000	SMG	SMB	11
Midget	1999	MG	MB	12
Sub-Youth	1998	SYG	SYB	13
Youth	1997	YG	YB	14
Intermediate	1995-1996	IG	IB	15 & 16
Young Women/Men	1993-1994	YW	YM	17 & 18



# 2011 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	Bantam & Sub-Bantam	X	X	
Midget	Midget & Sub-Midget	X	X	X
Youth	Youth & Sub-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, and all of the Multi-Events will not be competed at this event. Multi-Events do not count towards the limitation. See the event list below for divisions eligible for these events.

**Event Schedule:** The meet starts at 8:00 AM on Saturday & Sunday. There is no time schedule for individual events. The meet will run on a rolling schedule. See the order of event later in this document.



# 2011 AAU Maryland District Track & Field Championship



## 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.

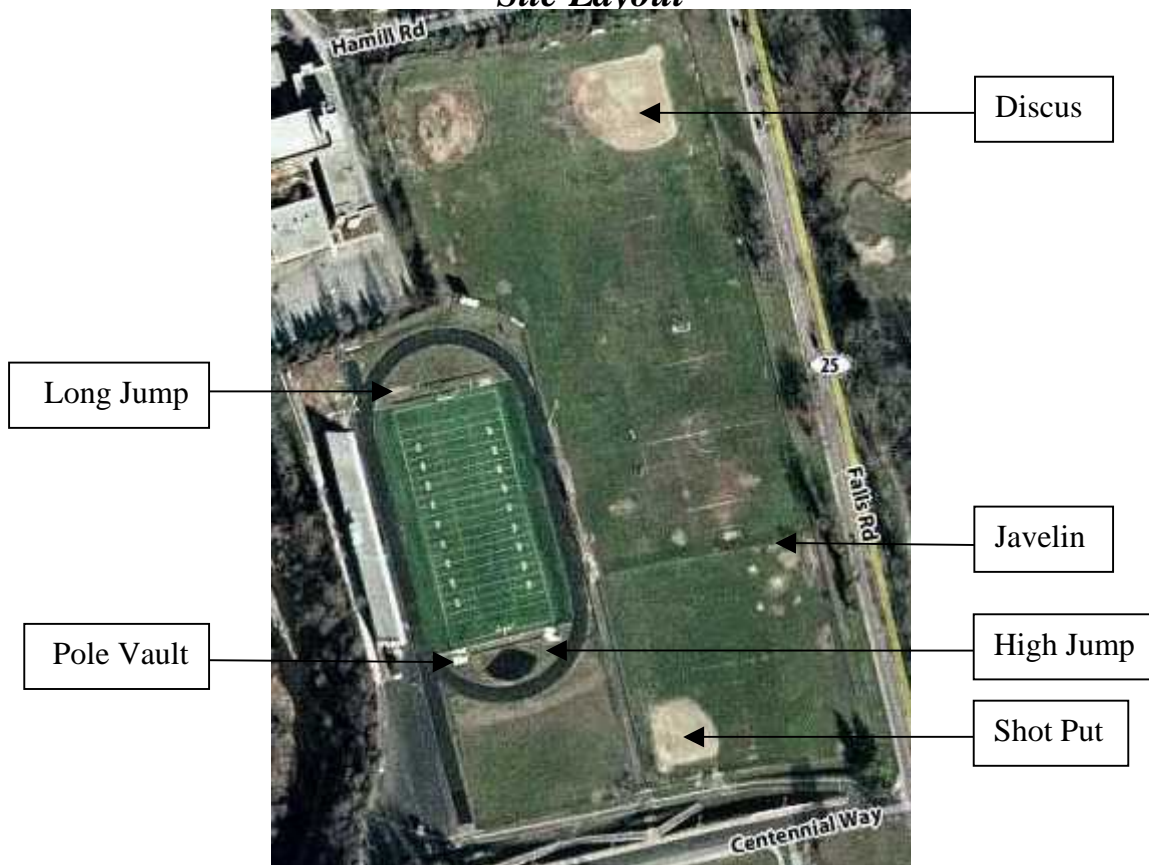
## Protest:

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.

*Site Layout*





# 2011 AAU Maryland District Track & Field Championship



**Meet Location:** Poly/Western High School  
1400 West Cold Spring Lane  
Baltimore, MD, 21209-4904  
(Cold Spring Lane & Falls Road)

**Direction:** From points south of Baltimore, take I-95 North, and take exit #53 (I-395 toward Downtown). Continue on South Howard Street about  $\frac{1}{4}$  mile, and turn right on West Pratt Street. Go about  $\frac{3}{4}$  mile on Pratt St. and turn left on Sout President Street. President St. will turn into I-83 North. Continue on I-83, and take exit #9A West Cold Spring Lane East. School is about  $\frac{1}{2}$  mile on the left.

From Point west of Baltimore, take I-70 East to I-695 West toward Towson (#91). Continue on I-695 and exit on I-83 South towards Baltimore (exit #23A). Continue on I-83 and take exit #9A-9B Cold Spring Lane. At the end of the ramp, turn left on West Cold spring Ln. School is about  $\frac{1}{2}$  mile on the left.





# 2011 AAU Maryland District Track & Field Championship



## Order of Track Events

### Saturday June 11, 2011

Event	Divisions	Round	Notes
3000 m Run	SMG,SMB.MG,MB.SYG,SYB,YG,YB,IG,IBYW,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, 6 per heat
100 m Hurdles	SYG,YG, SYB,YB,IG,YW	Semi-Final	10 hurdles @ 30", 8.5 m spacing, 6 per heat
110 m Hurdles	IB,YM	Semi-Final	10 hurdles @ 39", 9.14 m spacing, 6 per heat
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	1 turn stagger, may combine
4x100 m Relay	PG,PB,BG,BB,MG,MB,YG,YB,IG,IB,YW,YM	Timed Final	Lanes, may combine

### Sunday June 12, 2011

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	Lanes
100 m Dash	All Divisions	Final	Lanes
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,IBYW,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, SYB,YB,IG,YW	Final	10 hurdles @ 30", 8.5 m spacing
110 m Hurdles	IB,YM	Final	10 hurdles @ 39", 9.14 m spacing
200 m Dash	All Divisions	Final	Lanes
4x100 m Relay	BG,BB,MG,MB,YG,YB,IG,IB,YW,YM	Timed Final	3 turn stagger, may combine

#### NOTES:

- 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 in 100 m & 200 m. If there are 8 or less entries in the Semi-Final, then all entries will be passed to the final. The 6 fastest times from the Semi-Final will advance to the final in the 80 m Hurdles, 100 m, Hurdles, and 110 m Hurdles If there are 6 or less entries in the Semi-Final in the hurdle events, 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 12 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.



# 2011 AAU Maryland District Track & Field Championship



## Field Events

Saturday June 11, 2011

Event	Division Order										Notes	
Shot Put	PG-PB 4lb	SBG-SBG 4lb	BG-BB 6lb	SMG-SMB 6lb	MG-MB 6lb	SYG-SYB 6lb-4kg	YG-YB 6lb-4kg	IG-IB 4kg-12lb	YW-YM 4kg-12lb			
Discus												
Turbo Javelin	PG-PB 300 g	SBG-SBG 300 g	BG-BB 300 g	SMG-SMB 300 g	MG-MB 300 g						AFTER SHOT PUT	
Javelin												
High Jump	YW-YM	IG-IB	YG-YB	SYG-SYB								
Long Jump	PG-PB	SBG-SBB	BG-BB	SMG-SMB	MG-MB							
Triple Jump												
Pole Vault	YW	IG	YG	SYG								

Sunday June 12, 2011

Event	Division Order							Notes
Shot Put								
Discus	MG-SMG 1.0kg	MB-SMB 1.0kg	YG-SYG 1.0kg	YB-SYB 1.0kg	IG-YW 1.0kg	IB-YM 1.6kg		
Turbo Javelin								
Javelin	YG-SYG 600 g	YB-SYB 600 g	IG-YW 600 g	IB-YM 800 g				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	YM	IB	YB	SYB				

- 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 attempt.



# 2011 AAU Maryland District Track & Field Championship



## 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 conditions to be unsafe, I/ the minor will immediately discontinue further participation in the Activity. FULLY 2). UNDERSTAND that:
  - (a) ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, 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 Baltimore City Track Club, and Poly/Western 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 NEGLIGENT RESCUE OPERATIONS, NEGLIGENT 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 NEGLIGENT 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)