

Sanctioned by the Amateur Athletic Union of the US, Inc.

Hosted by NC AAU Track & Field



# ***2024 Amateur Athletic Union***

## ***Region 25 National Qualifier Track & Field Meet***

Thursday-Sunday

**Meet Director:** William Bullard  
NC AAU Track & Field Sports Director

Phone: (704) 906-0160

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June 27 - June 30, 2024  
Monroe High School  
1 High School Drive  
Monroe, NC 28112

Online Entry at [www.coacho.com](http://www.coacho.com)



# Check-In Requirements

A packet will be provided for each team consisting of competition numbers, team roster, and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 7:30AM every day.

# Admission

Daily admission charge of \$10.00 will be assessed for everyone not competing in the meet. Cash and Credit Card

# Advancement

Top 8 Running Events, Top 8 Field Events, Top 3 Multi-Events, & Top 6 Relays Advance to the AAU National Junior Olympics held in Greensboro, NC

# Awards

AAU Championship Medals are awarded to the top three (3) finishers in each event and division. Awards will not be mailed to the athlete's home. It is the responsibility of athlete, coach or parent to pick up awards before leaving the meet.

# Notifications

Download the TeamReach App Group code: AAURQ25 for event updates

# Facility

The track is an 8-lane all-weather surface. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

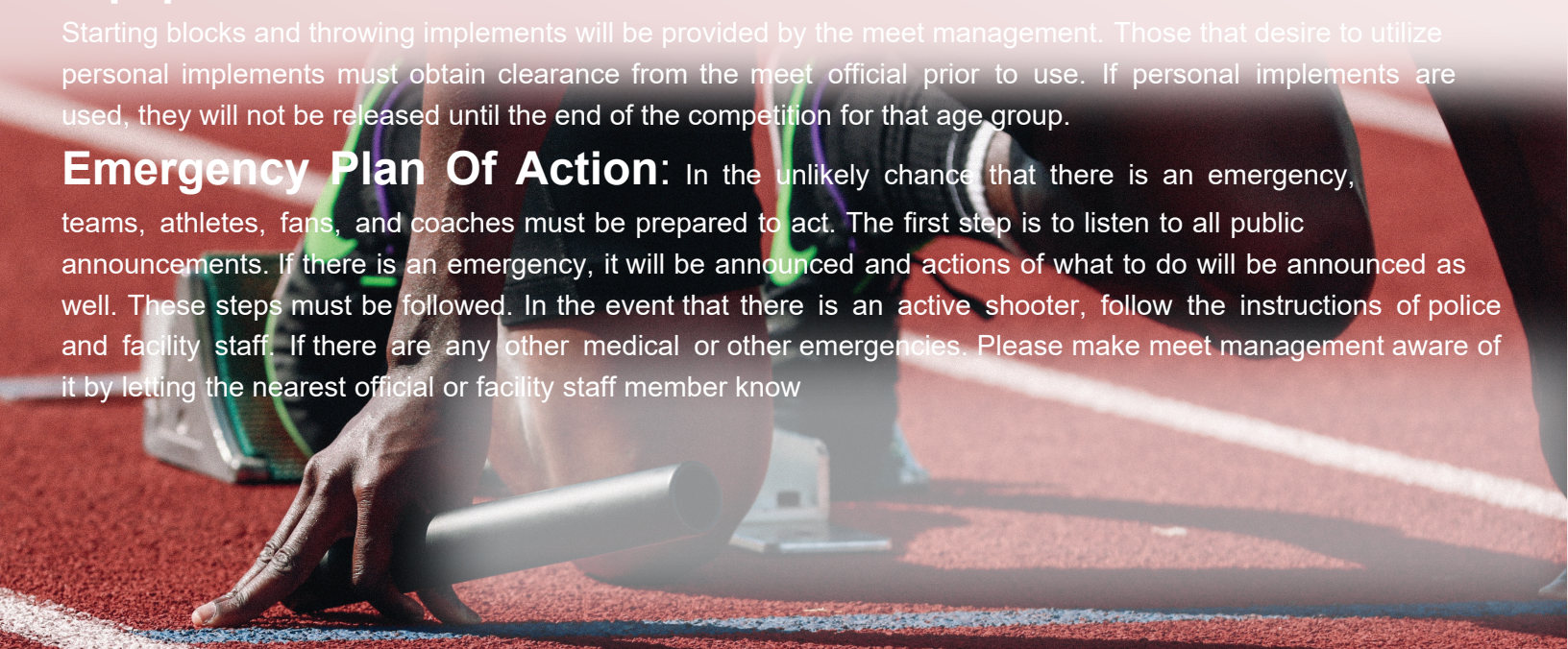
# Refreshments

Full Service Concession Stand-(Cash Only) will be provided as well as food trucks.

# Equipment

Starting blocks and throwing implements will be provided by the meet management. Those that desire to utilize personal implements must obtain clearance from the meet official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

**Emergency Plan Of Action:** In the unlikely chance that there is an emergency, teams, athletes, fans, and coaches must be prepared to act. The first step is to listen to all public announcements. If there is an emergency, it will be announced and actions of what to do will be announced as well. These steps must be followed. In the event that there is an active shooter, follow the instructions of police and facility staff. If there are any other medical or other emergencies. Please make meet management aware of it by letting the nearest official or facility staff member know



# AAU Region 25 Championship Event Schedule

Thursday

June 27, 2024

9:00AM	Triathlon	High Jump, Shot Put 6lb, 200M (Girls) 400m (Boys)	9 & 10 G/B
10:00AM	Decathlon Day #1	100m, Long Jump, Shot Put 12lb, High Jump, 400m	15-16B/17-18B
11:30AM	Heptathlon Day #1	100m hurdles, High Jump, Shot Put 4k, 200m	15-16G/17-18G
12:00PM	Pentathlon	80m Hurdles, High Jump, Shot Put 6lb, Long Jump 800m (Girls) 1500m (Boys)	11 & 12 G/B

Friday

June 28, 2024

9:00AM	Pentathlon	100mh,LJ, SP, HJ, 800m(G), 1500m(B)	13 & 14 G/B
9:30AM	3000M Run	Timed Finals	ALL DIVISIONS
11:00AM	Heptathlon Day #2	Long Jump, Javelin, 800m	15-16G/17-18G
11:30AM	1500M Race Walk		ALL DIVISIONS
12:00PM	Decathlon Day #2	110mh, Discus, PV, Javelin, 1500m	15-16B/17-18B
12:30PM	3000M Race Walk		ALL DIVISIONS
2:30PM	4x800M Relay	Timed Finals	ALL DIVISIONS
4:00PM	200M Dash	Semi-Finals	ALL DIVISIONS
		<b><u>Field Events</u></b>	
1:00PM	Long Jump	(4 attempts)	13-UP
2:00PM	Turbo-Javelin	(4 attempts)	8-Under Boys and Girls only
3:00PM	Discus	(4 attempts)	15-18 G/B

# Saturday

June 29, 2024

9:00AM	200M Hurdles	Timed Finals	13 & 14 G/B
	400M Hurdles	Timed Finals	15-18G, 15-18B
	100M Run	Semi-Finals	All Divisions
	800M Run	Timed Finals	All Divisions
	80M,100M,110M Hurdles	Semi-Finals	All Divisions
	400M Dash	Timed Finals	All Divisions
	4x100M Relay	Timed Finals	All Divisions
<b>Field Events</b>			
9:00AM	Shot Put	(4 Attempts)	All Divisions
9:00AM	Long Jump	(4 Attempts)	12-Under G/B
9:00AM	High Jump		14-Under G/B

# Sunday

June 30, 2024

9:00AM	1500M Run	Timed Finals	All Divisions
	200M Dash	Finals	All Divisions
	80m Hurdle Finals	Finals	11 &12 G/B
	100m Hurdle Finals	Finals	13,14 G/B,15-16G
	110m Hurdle Finals	Finals	15-16B,17-18B
	100M Dash	Finals	All Divisions
	4x400M Relay	Timed Finals	All Divisions
<b>Field Events</b>			
9:00AM	High Jump		15-18 G/B
9:00AM	Triple Jump		13-18 G/B
9:00AM	Discus		11-14 G/B

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*All participants must have a current AAU membership.*

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*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 an event.*

*Due to background screenings, please allow up to 10 days for adult memberships to be processed.*

*Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership*