



Area 15 - 2009 AAU National Qualifier Multi-Event Schedule

Multi-Events will start at the designated time listed. It is recommended that you check in with your designated Multi-Event official at least 30 minutes before the time listed. Athletes not checked-in at their designated venue and start time will be scratched from the event.

Thursday – Day One

8:00 IB / YM Decathlon – 100M Dash, Long Jump #1, Shot Put #1, High Jump #1, 400M Dash

8:15 IG / YW Heptathlon – 100M Hurdles, Shot Put #1, High Jump #1, 200M Dash

Friday- Day Two

8:00 IG / YW Heptathlon – Long Jump #1, Javelin, 800M Run

8:00 IB / YM Decathlon – 110M Hurdles, Discus, Pole Vault, Javelin, 1500M Run

8:15 SMB / MB Pentathlon – 80M Hurdles, Long Jump #1, High Jump #1, Shot Put #1, 1500M Run

8:30 SMG / MG Pentathlon – 80M Hurdles, Long Jump #2, High Jump #2, Shot Put #2, 800M Run

8:45 SYB / YB Pentathlon – 100M Hurdles, Long Jump #1, Shot Put #1, High Jump #1, 1500M Run

9:00 SYG / YG Pentathlon – 100M Hurdles, Long Jump #2, Shot Put #2, High Jump #2, 800M Run

12:00 SBB / BB Triathlon – High Jump #1, Shot Put #1, 400M Dash

12:00 SBG / BG Triathlon – High Jump #2, Shot Put #2, 200M Dash



Area 15 - 2009 AAU National Qualifier Track & Field Schedule of Events

All Running events will start at the designated time listed each day. After the initial event your event may start as much as 30 minutes before the time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event. All events with the exception of the 100 Meter Dash and 200 Meter Dash will be contested as “Timed Finals”.

Friday Morning – Day Two

2000 Meter Steeplechase - IG / YW Combined followed by IB / YM Combined

Friday Night – Day Two

5:00 1500 Meter Racewalk – All Age Groups Combined - Sub-Bantam - Midget
5:20 3000 Meter Racewalk – All Age Groups Combined - Sub-Youth – Young M/W
6:00 3000 Meter Run – Starting with SMG – Age Groups may be combined by gender

Saturday – Day Three

4 x 800 Meter Relay – Starting with MG – Age Groups will be combined by gender
110 / 100 / 80 Meter Hurdles – TIMED FINALS - In the following order:
110 – IB / YM 100 – SYB / YB / IG / YW/ SYG/ YG 80 – SMG / SMB / MG / MB
100 Meter Dash Prelims – Starting with PG – Top 8 times advance to Finals
400 Meter Dash – Starting with PG – TIMED FINALS
200 / 400 Meter Hurdles – TIMED FINALS - In the following order:
 200H – SYG/ SYB/ YG/ YB 400H – IG/YW/IB/YM
200 Meter Dash Prelims – Starting with PG – Top 8 times advance to Finals

Sunday – Day 4

1500 Meter Run – Starting with SBG – Age Groups may be combined by gender
100 Meter Dash Finals – Starting with PG
800 Meter Run – Starting with PG
4 x 100 Meter Relay – Starting with PG
200 Meter Dash Finals - Starting with PG
4 x 400 Meter Relay – Starting with BG



Area 15 - 2009 AAU National Qualifier Field Event Schedule

All Field Events will follow the time schedule below. Each Age Group may start up to 30 minutes early before the schedule start time. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

*Triple Jump will be contested immediately following the YM and YW Long Jump for all Age Groups on Saturday.

Saturday Day 3

Time	LJ 1	LJ 2	HJ 1	HJ 1	SP 1	SP 2	Discus	Javelin
8:00	SYB	SYG	YW		SYG	YG	IG/YW	SYB/YB
9:00				YM				
10:00	YB	YG	IG		SYB	YB	IB/YM	SYG/YG
11:00				IB				
12:00	IB	IG	YG		IB	YM	SYB/YB	IG/YW
1:00				YB				
2:00	YM	YW	SYG		IG	YW	SYG/YG	IB/YM
3:00				SYB				

*All Triple Jumps

Sunday Day 4

Time	LJ 1	LJ 2	HJ 1	SP 1	SP 2	Discus	Pole Vault
8:00	MB	MG	SBB/BB	PG	PB	SMG	
9:00			SBG/BG	SBB	BB	MG	SYG - YW
9:30	SMB	SMG				SMB	
10:00			SMG/MG	SBG	BG	MB	
11:00	BB	BG	SMB/MB	SMG	MG		SYB - YM
12:00	SBB	SBG		SMB	MB		
1:00	PB	PG					

