

**2010**  
**KCHP District Qualifying Meet**  
**June 12, 2010**

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Silver Lake High School  
200 E. Silver Lake Street  
Silver Lake, KS 66539



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| <b>Hosted by: KC High Performance<br/>Track Club</b> |
| <b>Meet Director: Willie Kelly Jr.</b>               |
| <b>816.935-9595</b>                                  |
| <b>kchighperformance@hotmail.com</b>                 |

Visit [www.movalleyaautf.org](http://www.movalleyaautf.org) or [www.kchptrack.org](http://www.kchptrack.org) for latest information

## General Information

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| GOVERNANCE                  | <p>The 2010 KCHP District Qualifying Meet will be conducted under the AAU code guidelines and follow competitive rules of the NGB as modified and outlined in the AAU Youth Athletics Handbook (available at <a href="http://www.aauathletics.org">www.aauathletics.org</a>)</p> <ul style="list-style-type: none"><li>• This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.</li><li>• All participants must have a current AAU membership.</li><li>• AAU membership may not be included as part of the entry fee to the event.</li><li>• AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site <a href="http://www.aausports.org">www.aausports.org</a> to obtain their membership.</li></ul> |
| AAU MEMBERSHIP REQUIREMENTS | <p>A current 2010 AAU membership number is necessary to register for this meet. AAU membership fee is not included in the entry fee for this Meet. AAU membership can be obtained on-line at <a href="http://www.aausports.org">www.aausports.org</a>. If you already have a 2010 AAU membership card from another AAU sport, you do not need to purchase another card. All entrants must be prepared to show their AAU cards and Birth Certificate. <i>Athletes receiving awards must show their AAU Card.</i></p>   |
| ATHLETE ELIGIBILITY         | <p>All athletes within Missouri Valley are eligible to compete in this Meet. Athletes from outside of Missouri Valley must gain approval from the appropriate District Sports Chairperson to participate.</p>   |
| HOW TO ENTER                | <p>All registrations will be conducted on-line at <a href="http://www.coacho.com">www.coacho.com</a>. <b>Registration will close at 11:59PM on Saturday, June 5, 2010.</b> Additions and corrections can be made until the entry deadline. NO CHANGES can be accepted after the deadline. <b>ON-SITE &amp; LATE REGISTRATIONS ARE NOT AVAILABLE AT THIS MEET.</b></p>   |
| ENTRY FEE                   | <p>The entry fee is \$15.00. Entry fees MUST be paid on-line with a credit card to complete the registration process.</p>   |
| AGE DIVISIONS               | <p>Participants will be divided into nine (9) age divisions for boys and nine (9) age divisions for girls. YEAR OF BIRTH determines the division in which the athlete must compete. Competing in the wrong division is grounds for disqualification.</p> <p>NOTE: Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games National Championship shall be eligible to compete in the Young Men's or Young Women's age division.</p>   |
| PROOF OF AGE                | <p>Proof of age may be required at District, National Qualifier, and National Championship events and whenever required and/or challenged.</p> <p>Acceptable forms of age verification include:</p> <ol style="list-style-type: none"><li>1. Original birth certificate</li><li>2. A notarized original birth certificate from the appropriate issuing authority</li><li>3. A US Military Government Identification Card</li><li>4. A valid (not expired) passport</li><li>5. A valid US driver's license</li></ol> <p>NOTE: Other forms of documentation, including, but not limited to, letters from public or private schools and/or city and state Parks &amp; Red Departments are not acceptable.</p>  |
| EVENT LIMITS                | <p>Primary, Sub-Bantam, Bantam, Sub-Midget, and Midget: Maximum of 3 events<br/>Sub-Youth, Youth, Intermediate, Young Men/Women: Maximum of 4 events</p> <p>NOTE: Any athlete who participates in more than his/ her age division's prescribed maximum number of events will be disqualified from this meet and WILL NOT be allowed to advance to the National meet in ANY event.</p>   |

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| RELAY LIMITS         | <p>Participation of relay teams will be limited to those clubs which hold a current (2010) valid club membership in the AAU. Relay teams consist of four (4) members and may list up to four (4) alternates. All Relay Team members must be registered participants in the Meet.</p> <p>Relays are conducted in the Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Women divisions ONLY. The Sub-Bantam divisions may run in the Bantam divisions, the Sub-Midget divisions may run in the Midget divisions, and the Sub-Youth divisions may run in the youth divisions only in the relays.</p> <p>NOTE: Each entry in a relay is considered one of each of these athlete's individual entries and counts toward the maximum number of events allowed.</p> |
| TENTS & CANOPIES     | Tents and canopies will <b>not</b> be permitted in the bleachers. Tents and canopies are permitted around the outside of the track in designated areas.   |
| FOOD & DRINK         | There will be concessions available. Medium-sized coolers may be brought into the Stadium. No glass containers are permitted.   |
| MEET PROGRAM         | A Meet Program ( <i>if available</i> ) will be sold at the Meet.  |
| GATE ADMISSIONS      | <b>Athletes &amp; Coaches: FREE with proof of valid 2010 AAU membership. Adults: \$4.00; Age 6 - 12: \$2.00; 5 &amp; Under: FREE</b>  |
| PARKING              | Parking in designated areas for Officials & Handicapped. Special Bus Parking available.   |
| RESTROOMS            | Stadium restroom facilities are located next to the main entrance and additional restrooms are adjacent to the field event area.  |
| INCLEMENT WEATHER    | The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather and resuming when weather permits. The format of the meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and the Games Committee.   |
| T-SHIRTS             | 2010 AAU District Qualifying Meet T-Shirts will be on sale.   |
| CHECK-IN             | <b>Saturday, June 12, 2010, 6:30 AM – 8:30 AM at the Track.</b>   |
| REPORTING FOR EVENTS | Coaches, parents, and athletes are fully responsible for athletes reporting to their events on time. This meet will be run on a rolling schedule. It is not the fault of the Meet Management if any athlete misses his/her event.   |
|                      | <b>NO EXCUSES WILL BE ACCEPTED.</b>   |
| UNIFORMS             | <p>There is no specific uniform required except as follows:</p> <ol style="list-style-type: none"> <li>1. All athletes must wear clothing that is clean and, in the opinion of the officials, in good taste. A jersey (top) must be worn by all competitors.</li> <li>2. Shoes or foot coverings must be worn by all competitors.</li> <li>3. All members of a relay team must wear jerseys &amp; shorts of the same color.</li> <li>4. Speed suits &amp; one-piece uniforms are acceptable as long as the chest area is covered.</li> <li>5. Bare mid-riffs <i>are not</i> acceptable.</li> </ol>  |
| SPIKES               | Only 1/4" spikes are allowed. Needle type spikes are prohibited. Athletes will not be allowed to compete with spikes that do not comply.  |
| AWARDS               | <p>First through Third place finishers in each division and event will be awarded AAU Medals.</p> <p><b>Coaches or parents are required to pick up all medals for Bantam – Midget age divisions. Youth – Young Men/Women may pick up their own medals. Relay medals must be picked up as a team.</b></p>  |
| ADVANCEMENT          | All athletes having received a verified mark/time in their Event will be eligible to advance to a National Qualifying Meet.   |

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| ACCESS TO TRACK AND INFIELD | <p>Only the Meet Director, meet workers, and competing athletes will be allowed on the field. Any unauthorized individuals on the track, or in the field, may result in a disqualification of their athlete or team or ejection of the unauthorized individual from the meet.</p> <p><b>THIS RULE WILL BE STRICTLY ENFORCED.</b></p>   |
| WARM-UP AREA                | Athletes may warm-up outside of the Stadium at the baseball field. <b>No warm-ups will be allowed on the track.</b>  |
| COACHES MEETING             | A Coaches' meeting will be held after the 3000M Run.   |
| PROTESTS                    | <p>Protests relating to matters which develop during the conduct of the meet must be made to the Referee in writing. Protests should be filed immediately; but, in any case, not more than 30 minutes after the results have been announced. A \$50.00 cash deposit must accompany the protest. The Referee shall follow the 2010 AAU Athletics Handbook and the 2009 USATF Rulebook in rendering his decision. When the Referee renders his decision, there is still the right to appeal to the Jury of Appeals. The decision of the Jury of Appeals is final.</p> <p><b>IF THE PROTEST IS DENIED, THE CASH DEPOSIT IS FORFEITED.</b></p>   |
| IMPLEMENTS                  | All Shot Put and Discus implements to be used in competition will be either pooled from the competitors or provided by Meet Management.  |
| WEIGH-IN                    | All meet implements must be checked in at the registration area at the track between 7 AM - 11 AM on Saturday, June 12, 2010. All implements will be brought to the competition site one hour prior to the event.  |
| RUNNING EVENTS              | All Running Events will start at the designated time listed and contested as <b>Timed Finals.</b>  |
| FIELD EVENTS                | <p>All Field Events will begin at 8:00 AM and be on a rolling schedule. 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.</p> <p>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.<br/> <i>*Triple Jump for all Age Groups will be contested immediately following the YM and YW Long Jump on Saturday.</i></p> <p><b>DT – Discus (Pit)    JAV – Javelin (Ring)    HJ(#) – High Jump (Pit)    LJ(#) – Long Jump</b><br/> <b>SP(#) – Shot Put (Ring)    PV – Pole Vault</b></p> |

## SCHEDULE OF EVENTS:

|                | Primary | Sub-Bantam | Bantam | Sub-Midget | Midget | Sub-Youth | Youth | Intermediate | Young Women | Young Men |
|----------------|---------|------------|--------|------------|--------|-----------|-------|--------------|-------------|-----------|
| <b>7:30 AM</b> |         |            |        |            |        |           |       |              |             |           |
| 1500M RW       | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 3000M RW       |         |            |        |            |        | X         | X     | X            | X           | X         |
|                |         |            |        |            |        |           |       |              |             |           |
| <b>8:00 AM</b> |         |            |        |            |        |           |       |              |             |           |
| Shot Put       | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| Discus         |         |            |        | X          | X      | X         | X     | X            | X           | X         |
| High Jump      |         | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| Triple Jump    |         |            |        |            |        | X         | X     | X            | X           | X         |
| Long Jump      | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| Javelin        |         |            |        |            |        | X         | X     | X            | X           | X         |
| Pole Vault     |         |            |        |            |        |           |       | X            | X           | X         |
| <b>8:00 AM</b> |         |            |        |            |        |           |       |              |             |           |
| 3000M Run      |         |            |        | X          | X      | X         | X     | X            | X           | X         |
| 80M Hurdles    |         |            |        | X          | X      | X         | X     | X            | X           | X         |
| 100M Hurdles   |         |            |        |            |        | X         | X     | X            | X           |           |
| 110M Hurdles   |         |            |        |            |        |           |       | X            |             | X         |
| 4x800M Relay   |         |            |        |            | X      | X         | X     | X            | X           | X         |
| 100M Dash      | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 400M Dash      | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 1500M Run      |         | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 200M Hurdles   |         |            |        |            |        | X         | X     |              |             |           |
| 400M Hurdles   |         |            |        |            |        |           |       | X            | X           | X         |
| 4x100M Relay   | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 800M Run       | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 200M Dash      | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |
| 4x400M Relay   | X       | X          | X      | X          | X      | X         | X     | X            | X           | X         |

1. All Events, unless otherwise noted will be contested Girls first, followed by Boys.
2. All Track & Field Events will run on a rolling schedule from the Meet Start. Athletes are reminded that Track Events take precedence over Field Events; however, athletes should not check out of their Field Event until 10 minutes prior to their race and must report back to their Field Event within 10 minutes of the end of their race or forfeit their remaining Jumps/Throws.
3. All Field Events (with the exception of HJ) will have 3 preliminary attempts with the top 8 advancing to the finals. Finalists will be allowed three (3) final attempts.
4. All Events are finals unless specifically noted. Any Event with 8 or few competitors is considered a final at that time.
5. In Distance Events, age groups may be combined by gender.