



*2019 AAU Northern Indoor National  
Track & Field  
Championship*

**Sat-Sun, January 19-20, 2019**  
Auburn High School Fieldhouse  
5110 Auburn St.  
Rockford, IL 61101

# *2019 AAU Indoor National Track & Field Championship January 19-20, 2019*

**Sanction:** *Amateur Athletic Union (AAU)*

**Location:** *Auburn High School Fieldhouse, Rockford, Illinois*

**Host:** *Rockford F.I.R.E.*

**Rules:** *USA Track & Field Youth Athletics Rules and AAU Handbook*

**Meet Director:**

Marchan Adkins  
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Email: [Marchan@AdkinsTrak.com](mailto:Marchan@AdkinsTrak.com)

**Eligibility:**

This meet is open to any athlete that falls within the age divisions listed below. AAU individual and club memberships can be obtained through the AAU National Website [www.aausports.org](http://www.aausports.org). Each athlete aged 13-18 may enter in up to a maximum of 4 events including relays. Athletes aged 12 and younger based on year of birth below, may only enter in 3 events including relays. Athletes aged 19 & older aren't restricted to **If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.**

**Age Divisions:**

Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.

**Age Division**

8 & Under Girls/Boys (Born 2011 and later)  
9 Year Old Girls/Boys (Born 2010)  
10 Year Old Girls/Boys (Born 2009)  
11 Year Old Girls/Boys (Born 2008)  
12 year Old Girls/Boys (Born 2007)  
13 Year Old Girls/Boys (Born 2006)  
14 Year Old Girls/Boys (Born 2005)  
15-16 Year Old Girls/Boys (Born 2003-04)  
17-18 Women/Men (Born 2000\*-2002)  
19 & Older Women/Men (Born 2000 & Earlier)

**Limitations**

Maximum 3 Events including relays  
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Maximum 4 Events including relays  
Maximum 4 Events including relays  
Maximum 4 Events including relays  
Unlimited Events

***\*Athletes who are born in 2000 and will not turn 19 years of age during the meet are eligible to compete in the 17-18 Womens/Mens divisions. Anyone who is 19 or older must compete in the Open division.***

**Fees:**

Entry fee is \$35.00 for each **athlete** for Youth track and field events. No entry fee will be transferred or refunded. **Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2019 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online.**

**Entry Process:****Teams:**

All teams and unattached athletes must utilize the online entry process via [www.aauathletics.org](http://www.aauathletics.org). Everyone will have until 9pm CST, Monday, January 14 to complete registration.

Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. ***Absolutely no entries will be accepted after January 14.***

**Packet Pickup:**

A packet will be provided for each team consisting of team roster and events entered. A team representative will be responsible for picking up the packets. All teams are urged to pickup packets on Friday as the lines on Saturday can be long. Packets can be picked up at the Residence Inn on Friday, January 18 from 6:00-7:00pm, Saturday, January 19, from 7:00AM-3:00PM and on Sunday, January 20, from 7:00AM-9:00AM. Be sure to bring birth certificates and 2019 AAU cards with you when you pick up packets.

**Awards:**

In individual events, awards will be presented for participants who finish 1<sup>st</sup>-8<sup>th</sup> place. Relay participants will receive awards for 1<sup>st</sup> -3<sup>rd</sup> place finishes.

**Team Awards:**

Each event will be scored. Teams that finish 1<sup>st</sup> in each age division will be awarded a plaque. The top 3 teams that accumulate the most points throughout the meet will be awarded trophies as well. Team awards will be presented at the conclusion of the meet in an award ceremony.

**Facility:**

The facility boasts an entirely new 9-lane straightaway as well as providing 6 lanes around the oval. **Only 1/8" or smaller pyramid spikes are allowed.** Fully Automatic Timing & results will be done by AdkinsTrak Timing Associates using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No radios, glass containers, or alcoholic beverages are allowed in the facility.

**Refreshments:**

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

**Equipment:**

Starting blocks will be provided by the meet management. There is no need to bring any with you. Those that desire to utilize personal implements must obtain clearance from the event official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

**Admission:**




A charge of \$7.00 admission will be assessed for everyone not competing in the meet. Teams will be given coaches passes for every 10 competitors participating in the meet up to a maximum of 5.

**Airline Travel:**

Rockford is a little more than 1 hour from O'Hare (ORD) and almost 2 hours away from Midway (MDW) airports. Rockford has its own regional airport as well.

**Host Hotel:**

The Fairfield Inn & Suites will serve as the host hotel for the meet. Hotel information is listed below:

Hotel	Location	Phone	Amenities	Rate
	7651 Walton Street Rockford, IL 61108	815-398-7400	Free Breakfast Indoor Pool	TBD
	615 Clark Drive Rockford, IL 61107	815-229-0404	Free Breakfast Indoor Pool	TBD
	7675 Walton Street Rockford, IL, 61108	815-229-3322	Free Breakfast Indoor Pool	TBD

Please be sure to indicate that you are participating in the AAU Track & Field Indoor Meet. Rooms must be reserved by **December 20** to ensure you get the best rate.

# Event Schedule

(Schedule may be adjusted if entries are larger than historical numbers)

## Saturday, January 19 *Track & Field*

- 9:00 3000 Meter Run Finals** Ages 11-18 Girls and Boys
- 10:00 200 Meter Dash Prelims**  
**All Age groups starting with 8&U – (Top 8 times to Finals)**
- 12:00 800 Meter Run Timed Finals**  
**All age groups starting with 8&U (Timed Finals)**
- 1:30 60 Meter Hurdles Prelims (top 8 times to finals)**  
Ages 11-18 Girls and Boys
- 2:15 60 Meter Dash Prelims –**  
**All age groups starting with 8&U (top 8 times to finals)**
- 4:00 1500 Meter Racewalk Finals**  
.....Ages 9-12 Girls and Boys
- 4:00 3000 Meter Racewalk Finals**  
.....Ages 13-18 Girls and Boys
- 4:30 4X200 Meter Relay Finals –**  
8G, 8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

### Field Events - (NOTE: All events begin at 8:30am)

- 9:00 High Jump** (*No Spikes can be used – non spikeable surface*)  
8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
- 9:00 Long Jump**  
11G, 11B, 12G, 12B, 13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B
- 9:00 Pole Vault**  
13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B
- 9:00 Shot Put**  
8G, 8B, 9G, 9B, 10G, 10B,

## **Sunday, January 20 – Track Events**

**Running Events - (NOTE: First event will start at 8:30am. Rolling Schedule thereafter)**

**60 Meter Hurdles Finals**

Ages 11-18 Girls and Boys (**top 8 times from Prelims**)

**60 Meter Dash Finals**

**All age groups starting with 8U (top 8 times from Prelims)**

**200 Meter Dash Finals**

**All Age groups starting with 8&U – (Top 8 times from Prelims)**

**1500 Meter Run Finals (Age groups may be combined)**

**All girls age groups starting with 8U**

**400 Meter Dash Finals**

**All age groups starting with 8&U (Timed Finals)**

**1500 Meter Run Finals (Age groups may be combined)**

**All boys age groups starting with 8U**

**4 x 400 Meter Relay Finals**

9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

**Team Award Presentations**

**Field Events - (NOTE: First event will start at 8:30am. Rolling Schedule thereafter)**

**High Jump (No Spikes can be used – non spikeable surface)**

13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B

**Long Jump**

8G, 8B, 9G, 9B, 10G, 10B

**Triple Jump**

13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B

**Shot Put**

13G, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B