

**2007 AAU REGION I YOUTH MULTI-EVENTS AND TRACK AND
FIELD CHAMPIONSHIPS
MEMORIAL STADIUM, NEW BRUNSWICK, NEW JERSEY**

DATE: June 29th thru July 1st

HOST CLUB: THE SUPERSONICS TRACK CLUB

SUPPORT ORGANIZATIONS: AAU Region I Administrative Committee

AAU-New Jersey District

New Brunswick high School

City of New Brunswick Parks and Recreation Dept.

Meet Director: Ron McBride, AAU Region I Youth Athletics Director

**Meet Coordinator: Charlene Cumberbatch, AAU Vice-Region I Youth
Athletics Director**

Multi-Event Director: Donny Bellamy, AAU-NJ Multi-Event Director

Ron Hush: Meet Manager

This is a pre-entry meet only. Track and Field entry fee is \$20/athlete. Multi-Event entry fee is \$27/athlete (Triathlon), \$28/athlete (Pentathlon) and \$30/athlete (Heptathlon and Decathlon). You must qualify through your District Championship for Track and Field. Multi – Event is direct entry at your District Championships or online registration. Entry fee is paid to local district meet director or their assignees on date of qualifying meet. Deadline for online registration is midnight June 18th for Multi – Event only. All other deadlines are as set by your respective District Championships. Region I Districts are Adirondack, Connecticut, Metropolitan New York, New England, New Jersey and Niagara.

AGE GROUPS: Primary (8 and under) born 1999 or later

Sub-Bantam (born 1998)

Bantam (born 1997)

Sub-Midget (born 1996)

Midget (born 1995)

Sub-Youth (born 1994) * New Age Sub Group as of 2005

Youth (born 1993)

Intermediate (born 1991-1992)

Young Men/Woman (1989-1990)

Order of Events: FRIDAY June 29, 2007 – Start Time 10:00AM

MULTI-EVENTS: Decathlon and Heptathlon

Decathlon: Day 1 - 100m, Discus Throw, Pole Vault, Javelin and 400m

Heptathlon: Day 1 - 100m Hurdles, High Jump, Shot Put and 200m

Events: Please check in 30 minutes prior to start of event

B-Sub-Bantam, Bantam/Triathlon	HJ, SP (6#), 400m Dash	12:30PM
G-Sub-Midget, Midget/Pentathlon	80m H (8-30"), HJ, SP (6#), LJ,	800m 11:30AM
B-Sub-Midget, Midget/Pentathlon	80m H (8-30"), HJ, SP (6#), LJ,	1500m 11:00AM
Sub-Youth Girls/Pentathlon	100mH (10-30"), LJ, SP (6#), HJ,	800m 10:30AM
Sub-Youth Boys/Pentathlon	100mH (10-33"), LJ, SP (4 kg), HJ,	1500m 10:30AM
Youth Girls/Pentathlon	100mH (10-30"), LJ, SP (6#), HJ,	800m 10:30AM
Youth Boys/Pentathlon	100mH (10-33"), LJ, SP (4 kg), HJ,	1500m 10:30AM

All events will be run in the time order listed above. All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready. Time limit between attempts will be strictly enforced.

2000 Meter Steeplechase	(IB, IG, YM, YW)	FINAL
3000 Meter Racewalk	(SYB, SYG, YB, YG, IB, IG, YM, YW)	FINAL
1500 Meter Racewalk	(SMB, SMG, MB, MG)	FINAL
Pole Vault	(YG, IG, YW, YB, IB, YM)	FINAL

SATURDAY June 30, 2007 – Track Events – 9:00AM

Decathlon: Day 2 – 110m Hurdles, Long Jump, Shot put, High Jump and 1500m
Heptathlon: Day 2 - Long Jump, Javelin and 800m

3200 Meter Relay	(MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
3000 Meter Run	(MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
400 Meter Hurdles	(IG, YW, IB, YM)	SEMI
200 Meter Hurdles	(SYG, YG, SYB, YB)	SEMI
400 Meter Relay	(All Divisions – Except Primary)	FINAL
80 Meter Hurdles	(SMG, MG, SMB, MB)	SEMI
100 Meter Hurdles	(SYG, SYB, YG, YB, IG, YW)	SEMI
110 Meter Hurdles	(IB, YM)	SEMI
110 Meter Hurdles	(Multi-Event Only)	
100 Meter Dash	(All Divisions)	SEMI
400 Meter Dash	(PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB)	FINAL
400 Meter Dash	(SYG, SYB, YG, YB, IG, IB, YW, YM)	SEMI
800 Meter Dash	(Multi-Event Only)	
1500 Meter Run	(Multi-Event Only)	
200 Meter Dash	(All Divisions)	SEMI

SATURDAY July 1, 2007- Field Events - 9AM

**Long Jump- (PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG,
MB, SYG, SYB, YG, YB, IG, I B, YW, YM)**

**High Jump-(SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG,
SYB, YG, YB)**

**Shot Put- (BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB,
PG, PB, BG, SBB)**

**Discus Throw- (IG, IB, YW, YM, SMG, SMB, MG, MB, SYG,
SYB, YG, YB)**

*******IN ORDER CALLED. NO OPEN PIT*******

SUNDAY July 1, 2006—Track Events – 9:00AM

400 Meter Hurdles (IG, YW, IB, YM) FINAL

200 Meter Hurdles (SYG, YG, SYB, YB) FINAL

1500 Meter Run (All Divisions – Except Primary) FINAL

80 Meter Hurdles (SMG, MG, SMB, MB) FINAL

100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW) FINAL

110 Meter Hurdles (IB, YM) FINAL

400 Meter Dash (SYG, SYB, YG, YB, IG, IB, YW, YM) FINAL

100 Meter Dash (All Divisions) FINAL

800 Meter Dash (All Divisions) FINAL

200 Meter Dash (All Divisions) FINAL

1600 Meter Dash Relay (All Divisions – Except Primary) FINAL

SUNDAY June 26, 2005- FIELD EVENTS – 9:00AM

TRIPLE JUMP (SYG, SYB, YG, YB, IG, IB, YW, YM)

HIGH JUMP (IG, IB, YW, YM)

SHOT PUT (IG, IB, YW, YM)

JAVELIN (SYG, SYB, YG, YB, IG, IB, YW, YM)

******* IN ORDER CALLED. NO OPEN PIT*******

A track and field meet can start one hour early or late. The Games Committee has no obligation to schedule meet events to the pleasure of those attempting multiple event entry.

Directions: Memorial Stadium, New Brunswick

287 N/S to Exit 10 (Easton Ave.) follow Easton Ave., (to New Brunswick) until it ends at the train station. Turn right onto French St. Go under train trestle to first light. Turn left onto Joyce-Kilmer Ave. Follow Joyce Kilmer to Memorial Stadium (approximately 4-5 miles).

Route 1 N/S to Livingston Ave Exit. Follow Livingston Ave. to New Brunswick High School. Turn left at the first street after high school – stadium straight ahead.

Take New Jersey Turnpike North/South to Exit 10 (Metuchen). Follow Route 287N to Exit (Route 1 South) to Livingston Ave. Exit or follow 287N to Exit 10 Easton Ave.

Host Hotel: RAMADA CONFERENCE CENTER

999 Route 1 South, North Brunswick, NJ 08902

Local (732) 246-3737 National Reservations (800) 272-6232

Directions:

- 1. North Jersey and New York: take the Garden State Parkway South to exit 130 to route one south. Proceed for approximately 10.5 miles and hotel is on the right, past Wal-Mart Shopping Center and Fridays.**
- 2. South Jersey: take the Garden State Parkway North to the first exit after the Raritan Bridge (#127). Follow signs for interstate 287 north exit 1-B to route one south. Proceed on route one south for approximately 7 miles and hotel is on right, past Wal-Mart Shopping Center and Fridays.**
- 3. North Jersey and New York Via NJ Turnpike: Take the NJ Turnpike south to exit 9 to route 18 north, On 18 north take the exit route one south. Proceed on route one south for approximately 2.8 miles and hotel is on right, past Wal-Mart Shopping Center and Fridays.**
- 4. North Jersey & Upstate NY Via I-287: Take I-287 south to the route south. Proceed on route one south for approximately 7 miles and hotel is on right, past Wal-Mart Shopping Center and Fridays.**