

**AAU Region 4 Junior Olympic National Qualifier**  
**June 26 – 29, 2008**  
**Winter Park High School**  
**2100 Summerfield Road • Winter Park, FL • 32792**

Athletes must have qualified in one of the AAU Area Qualifying Meets in order to advance to this National Qualifier with the exceptions of pole vault, steeplechase, javelin and the multi-events.

**Must bring proof of a 2008 AAU membership [www.aausports.org](http://www.aausports.org)**

**Online Registration:**

[www.coacho.com](http://www.coacho.com)

**Registration Deadline June 18, 2008 11:59 pm**

Payment due on site at Packet Pick-up

**Entry Fee 15.00 per athlete 15.00 For Multi Events**

**Cash, Cashier's check or Money Order only**

**No personal or club checks will be accepted**

**Packet Pick-up on site:**

Wednesday, June 25, 2008 – 5:00 pm – 7:00 pm

Thursday, June 26, 2008 – 7:00 am – conclusion of meet

Friday, June 27, 2008 – 7:00 am – conclusion of meet

Saturday, June 28, 2008 – 7:00 am – conclusion of meet

Sunday, June 29, 2008 – 7:00 am – conclusion of meet

**Proof of age:**

**Must bring proof of age acceptable forms are:**

**Original birth certificate, notarized original birth certificate from the appropriate issuing authority; US Military Government ID card; valid passport (not expired) and/or; valid US driver's license**

**Hotel Information:**

**Host Hotel**

La Quinta Inn

Room Rate 59.00 per night

626 Lee Road

Orlando, FL 32810

407-645-5600

**Coaches Meeting 8:00 pm Thursday, June 26, 2008 – 8:00 pm**

Comfort Inn

Room Rate 65.00 per night plus tax

830 Lee Road

Continental Breakfasts

Orlando, FL 32810

407-629-4000

**AAU Age Divisions:**

**Note that the maximum number of events includes Relays.**

**Athletes may not compete in a younger age division.**

Primary

2000 & After Max of 3 events

Sub Bantam

1999 Max of 3 events

Bantam

1998 Max of 3 events

Sub Midget

1997 Max of 3 events

Midget

1996 Max of 3 events

Sub Youth

1995 Max of 4 events

Youth

1994 Max of 4 events

Intermediate

1992 – 1993 Max of 4 events

Young

1990 – 1991 Max of 4 events

**Contact Info:**

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<b>AAU Age Divisions &amp; Events</b>					
<b>Primary Division 2000 &amp; after Maximum of 3 Events</b>					
100m	200m	400m	800m		
Long Jump	Shot Put (4lbs)	Turbo Jav *	4 x 100m		
<b>Sub-Bantam 1999 &amp; Bantam 1998 Maximum of 3 Events</b>					
100m	200m	400m	800m	1500m	
1500m RW	Long Jump	High Jump	Shot Put		
Turbo Jav *		4 x 100m Bantam	4 x 400m Bantam	Triathlon	
<b>Sub-Midget 1997 &amp; Midget 1996 Maximum of 3 Events</b>					
100m	200m	400m	800m	1500m	
1500m RW	3000m	80m Hurdles	Long Jump	High Jump	
Shot Put	Discus	Turbo Jav *	4 x 100m Midget		
	4 x 400m Midget		4 x 800m Midget	Pentathlon	
<b>Sub-Youth 1995 &amp; Youth 1994 Maximum of 4 Events</b>					
100m	200m	400m	800m	1500m	
3000m	3000m RW	100m Hurdles (Girls 30")	High Jump	100m Hurdles (Boys 33")	
200m Hurdles	Long Jump	Triple Jump		Pole Vault	Shot Put
Discus	Javelin	4 x 100m Youth		4 x 400m Youth	
	4 x 800m Youth	Pentathlon			
<b>Intermediate Division 1992 - 1993 Maximum of 4 Events</b>					
100m	200m	400m	800m	1500m	
3000m		2000m Steeplechase		3000m Race Walk	
100m Hurdles (Girls 33")		110m Hurdles (Boys 39")			
400m Hurdles (Girls 30")		400m Hurdles (Boys 36")		Long Jump	
Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin
4 x 100m	4 x 400m	4 x 800m	Decathlon	Heptathlon	
<b>Young Men/Women 1990 - 1991 Maximum of 4 Events</b>					
100m	200m	400m	800m	1500m	
3000m		2000m Steeplechase		3000m Race Walk	
100m Hurdles (Girls 33")		110m Hurdles (Boys 39")			
400m Hurdles (Girls 30")		400m Hurdles (Boys 36")		Long Jump	
Triple Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin
4 x 100m	4 x 400m	4 x 800m	Decathlon	Heptathlon	

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**All events will be contested on a Rolling Schedule**

**Directions to Winter Park High School:**  
**From Jacksonville:**

I-95 South.  
Merge onto I-4 W via Exit 260B toward Orlando  
Take the CR-46A/ SR-417-Toll exit, Exit 101AB, toward Sanford/ International Airport.  
Take the SR-417 exit, Exit 101B, toward Int'l Airports/Sanford  
Merge onto FL-417 S/  
Central FL Greenway/Seminole Expy (Portions toll).  
Take the SR-426 exit, Exit 38, toward ALOMA AVE.  
Merge onto FL-426 W toward Winter Park  
Turn LEFT onto FL-436 S/N Semoran Blvd  
Turn RIGHT onto Banchory Road  
Turn LEFT onto S. Ranger Blvd.  
Turn RIGHT onto Summerfield Road

**Directions from Tallahassee:**

I-10 East toward Lake City  
I-75 South via Exit 296A toward Tampa  
Merge onto Florida's Turnpike South via Exit 328 on the Left toward Orlando  
SR-408 Toll East Exit 265 toward Orlando/Titusville  
FL-408 E/ East / West Expway (Portions toll).  
Take Exit 14 toward SR – 436 / Semoran Blvd Int'l Airport  
Turn slight left onto Lake Underhill Road  
Turn Left onto FL -436 West/S Semoran Blvd  
Turn left onto Banchory Road  
Turn Left onto S. Ranger Blvd.  
Turn Right onto Summerville Road

**Directions from the South**

Florida Turnpike North  
Take the SR-70 exit, Exit 152, toward Ft. Pierce / Vero Beach  
Turn Right Okeechobee Road / FL -70 East.  
Merge onto I-95 N toward Daytona Beach  
Take the SR-528-TOLL W exit, Exit 205, toward Orlando.  
Merge onto FL -528 West  
Take the SR-417-toll North Exit, Exit 16, toward Orlando Sanford  
Merge onto FL-417 North / Central Florida Greenway  
Take the SR-408 toll West Exit, Exit 33B, toward Orlando  
Merge onto FL-408 West / East Expy  
Take Exit 14 toward SR-436/ Semoran Blvd / Int'l Airport  
Turn Left onto Camelia Drive / Camellia Drive  
Turn Right onto S Semoran Blvd / FL 436 West  
Turn Left onto Banchory Road  
Turn Left onto S Ranger Blvd.  
Turn Right onto Summerfield Road

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**Thursday, June 26, 2008 Multi-Events**

**9:30 am**

Decathlon (Day One) .....IB – YM

100 Meter, Long Jump, Shot Put, High Jump, 400 Meter

Pentathlon .....SYG - YG

100 Meter Hurdles, Long Jump, Shot Put, High Jump, 800 Meter

Heptathlon (Day One) .....IG – YW

100 Meter Hurdles, Shot Put, High Jump, 200 Meter

Pentathlon .....SYB - YB

100 Meter Hurdles, Long Jump, Shot Put, High Jump, 1500 Meter

**Thursday, June 26, 2008**

**8:00 am**

3000 Meter (Finals) ...SMG, MG, SYG, YG, IG, YW, SMB, MB, SYB, YB, IB, YM

1500 Meter Race Walk (Finals)... SBG, BG, SMG, MG, SBB, BB, SMB, MB

3000 Meter Race Walk (Finals)... SYG, YG, IG, YW, SYB, YB, IB, YM

**Friday, June 27, 2008**

**8:00 am**

Decathlon (Day Two) .....IB – YM

110 Meter Hurdles, Discus, Pole Vault, Javelin, 1500 meter

Heptathlon (Day Two) .....IG – YW

Long Jump, Javelin, 800 Meter,

Triathlon .....SBB, BB, SBG, BG

High Jump, Shot Put, 200 Meter (girls), 400 Meter (boys)

Pentathlon .....SMB, MB, SMG, MG

80 Meter Hurdles, High Jump, Shot Put, Long Jump, 800 Meter (girls) 1500 Meter (boys)

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**Friday, June 27, 2008**

**Running Events**

**9:30 am**

100 Meter .....PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB  
4 x 800 Relay .....MG, MB  
400 Meter .....PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB  
1500 Meter .....SBG, SBB, BG, BB, SMG, SMB, MG, MB  
4 x 100 Relay .....PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB  
200 Meter .....PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB

**Friday, June 27, 2008**

**Field Events**

**9:00 am**

Long Jump .....PG, PB  
High Jump .....SMG, SMB, BG  
Shot Put .....MG, MB  
Long Jump .....BG, SBG, SBB  
High Jump .....MG, MB  
Shot Put .....SMG, SMB  
Long Jump .....BB, SMG, SMB  
Discus ..... MG, MB  
Shot Put .....PG, PB  
Discus .....SMG, SMB

**Saturday, June 28, 2008**

**Running Events**

**8:00 am**

100 Meter .....SYG, SYB, YG, YB, IG, IB, YW, YM  
4 x 800 Relay .....YG, YB, IG, IB, YW, YM  
200 Meter Hurdles ....SYG, YG, SYB, YB  
400 Meter Hurdles ....IG, YW, IB, YM  
400 Meter .....SYG, SYB, YG, YB, IG, IB, YW, YM  
1500 Meter .....SYG, SYB, YG, YB, IG, IB, YW, YM  
200 Meter .....SYG, SYB, YG, YB, IG, IB, YW, YM  
4 x 100 Relay (Finals)... All Age Divisions

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**Saturday, June 28, 2008**

**Field Events**

**8:00 am**

High Jump .....IB, SYG, YG  
Shot Put .....IG, YW, IB, YM  
Discus .....SYG, SYB  
Long Jump .....IG, YW, IB, YM  
High Jump .....SBG, BB, SBB  
Triple Jump .....SYG, YG, SYB, YB

**Sunday, June 29, 2008**

**Running Events**

**8:00 am**

1500 Meter (Finals) ..... SYG, YG, IG, YW, SYB, YB, IB, YM  
100 Meter (Finals) ..... All Age Divisions  
80 Meter Hurdles (Semi-finals) .....SMG, MG SMB, MB  
100 Meter Hurdles (Semi-finals) ...SYG, YG, IG, YW, SYB, YB  
110 Meter Hurdles (Semi-finals)....IB, YM  
400 Meter (Finals) .....All Age Divisions  
80 Meter Hurdles (Finals) .....SMG, MG, SMB, MB  
100 Meter Hurdles (Finals) .....SYG, YG, IG, YW, SYB, YB  
110 Meter Hurdles (Finals) .....IB, YM  
800 Meter (Finals) .....All Age Divisions  
200 Meter (Finals) .....All Age Divisions  
Steeplechase (Finals) .....IG, IB, YW, YM  
4 x 400 Relay (Finals) .....All Age Divisions

**Sunday, June 29, 2008**

**Field Events**

**8:00 am**

Javelin (Finals) .....SYG, YG, IG, YW, SYB, YB, IB, YM  
Shot Put (Finals) .....SBG, BG, SBB, BB  
Long Jump (Finals) .....MG, MB, SYG, YG, SYB, YB  
Pole Vault (Finals) .....SYG, YG, IG, YW, SYB, YB, IB, YM  
Discus (Finals) .....IB, YM  
High Jump (Finals) .....IG, YW, IB, YM  
Triple Jump (Finals) .....IG, YW, IB, YM