



LA CROSSE TRACK CLUB -- SUMMER YOUTH TRACK & FIELD 2019

AAU team / AAU meet information

The AAU (Amateur Athletics Union) is a national amateur sports organization. The AAU hosts a national Junior Olympics program, with track & field meets at the state, regional, and national level.

The La Crosse Track Club is offering an AAU team option in its 2019 registration choices for the summer youth track & field season. It is *optional*, and intended for those who wish to compete at the Wisconsin AAU track and field meet, and possibly other AAU meets. If you want to do this, you must do the following things:

1. **Obtain an individual AAU athlete membership from the AAU's website www.aauathletics.org.** If you have already obtained your AAU membership in another sport for 2019, and have a valid AAU number, you do not need to repeat this. Note that there is an "AB extended coverage option" offered by AAU, which is probably not useful for you or any of our youth club members, but your needs or individual circumstances may vary. Also note that the AAU does not require age verification at the time that membership is obtained. However, the AAU does instruct parents to bring a copy of the athlete's birth certificate to all AAU meets in case a question arises.
2. **Register for the La Crosse Track Club's summer youth track & field program online: www.lacrossetrackclub.org starting in mid-April 2019.** When registering, **be sure to choose the AAU team option** for an additional fee. This AAU team fee will include the Wisconsin AAU meet fees in 2019. Athletes in the La Crosse Track Club who choose the AAU team option will also have the option to check-out a competition uniform top (tank top/singlet) for the summer season.

The AAU's sequence of track & field events is as follows:

DISTRICT meet >> REGIONAL (qualifier) meet >> NATIONAL AAU Junior Olympics meet

The state level meets are referred to as "District" meets because some districts include several states, while other highly populated states may have multiple districts. One must qualify from one in order to compete at the next. You are not required to compete at the next level if you don't want to.

Wisconsin AAU District (i.e. state) Track & Field Meet. This will be held on Saturday June 22nd 2019 at Wauwatosa West High School (Milwaukee area). Families are individually responsible for arranging their own travel and hotel reservations. The La Crosse Track Club has a group hotel block with discounted room rates in a nearby hotel. Hotel information will be sent to all La Crosse Track Club summer track participants who choose the AAU team option. The top 16 finishers in each age group at the Wisconsin AAU District meet will qualify for participation in the AAU Regional meet.

AAU Regional (national qualifier) Track & Field Meet. This will be held June 27-30th 2019 at Hart Park Stadium in Wauwatosa, WI. There will again be a hotel block for La Crosse Track Club athletes and families. Travel and hotel reservations are again on-your-own. The complete schedule for the AAU Regional meet is here: <http://image.aausports.org/dnn/athletics/2019/19AT-Region14MeetInfo.pdf>

The top 6 finishers in the Regional AAU meet in each running event, field event, and relay team event and the top 4 multi-event athletes (e.g. pentathlon, heptathlon, decathlon) will qualify for nationals. Again, the choice to compete at the next level is up to you.

National AAU Junior Olympic Games Track & Field Meet. This will be held July 26th-Aug 2nd in Greensboro, NC at North Carolina A&T – Aggie Stadium. More information: <http://aaujrogames.org/Sports/TrackFieldMultiEvents.aspx>

The La Crosse Track Club will take care of registering all Track Club athletes for their chosen events approximately 2 weeks prior to the AAU Wisconsin meet. Detailed information will be sent to all registered La Crosse Track Club athletes who have chosen the AAU team option. The La Crosse Track Club will also continue to register all Track Club athletes who qualify and who choose to continue to the AAU Regional meet (and likewise for the National AAU meet.)

FREQUENTLY ASKED QUESTIONS REGARDING THE AAU TEAM AND AAU MEETS:

Q: If I did not choose the AAU team option at the initial time that I registered for La Crosse Track Club, but my youth athlete is now interested in AAU, is there still time?

A: You can still add the AAU team option, up to June 17th. An additional late fee will apply. Contact coach Dan if you are interested.

Q: Are the AAU track meets more competitive than the local youth mini-meets?

A: Yes, these meets are MUCH more competitive.

Q: Are there other major difference in AAU meets compared to our local mini-meets?

A: In addition to the level of competition, the manner in which the meets are run is more intense with more rules compared to the informal local meets. For example, parents are typically not allowed to accompany their youth on the track immediately before events. Parents can accompany their children to the check-in area, but at that point the meet officials take the athletes to the starting line and athletes are expected to pay attention and follow instructions. Field events also follow strict rules for how warm-ups may proceed, and for checking in and checking out of an event if the athlete needs to compete in a running event at the same time. Stress levels also tend to run higher, among everyone (parents, officials, and the competing athletes) so there is a bit of a learning curve if you've never been to an AAU meet or USATF meet before. *If you are completely new to track & field and your athlete is young, you may want to get an entire season of local track meets under your belt before venturing into the AAU meets.*

Q: Which events are offered at the AAU meets?

A: See below for the full list. Note that the tri-/penta-/hepta-/decathlon events (the "multi" events) will not be contested at the Wisconsin District AAU meet, but will be offered at the Regional (National qualifier) meet the following week, and also at the National AAU Junior Olympic Games.

Events:**Female Events****Sprint**

[100] 100m dash 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[200] 200m dash 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[400] 400m dash 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters

Hurdle

[80H] 80m hurdles 11 12
[100H] 100m hurdles 13 14 15-16 17-18 Open/Masters
[200H] 200m hurdles 13 14
[400H] 400m hurdles 15-16 17-18 Open/Masters

Distance

[800] 800m run 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[1500] 1500m run 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[3000] 3000m run 11 12 13 14 15-16 17-18 Open/Masters

Walk

[1500W] 1500m walk 9 10 11 12
[3000W] 3000m walk 13 14 15-16 17-18 Open/Masters

Field

[LJ] long jump 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[TJ] triple jump 13 14 15-16 17-18 Open/Masters
[DT] discus throw 11 12 13 14 15-16 17-18 Open/Masters
[SP] shot put 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[HJ] high jump 9 10 11 12 13 14 15-16 17-18 Open/Masters

Relay

[400] 4x100m relay 8 & Under 9+10 11+12 13+14 15-16 17-18 Open/Masters
[1600] 4x400m relay 9+10 11+12 13+14 15-16 17-18 Open/Masters
[3200] 4x800m relay 11+12 13+14 15-16 17-18 Open/Masters

Male Events**Sprint**

[100] 100m dash 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[200] 200m dash 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[400] 400m dash 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters

Hurdle

[80H] 80m hurdles 11 12
[100H] 100m hurdles 13 14
[110H] 110m hurdles 15-16 17-18 Open/Masters
[200H] 200m hurdles 13 14
[400H] 400m hurdles 15-16 17-18 Open/Masters

Distance

[800] 800m run 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[1500] 1500m run 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
[3000] 3000m run 11 12 13 14 15-16 17-18 Open/Masters

Walk

[1500W] 1500m walk 9 10 11 12
[3000W] 3000m walk 13 14 15-16 17-18 Open/Masters

Field

[LJ] long jump 8 & Under 9 10 11 12 13 14 15-16 17-18 Open/Masters
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Q: How are AAU age groups determined?

A: Unlike local mini-meets, age groups for AAU meets (and most other large track & field meets) are defined based on year of birth, rather than actual age during the meet. And another big difference are that single-year age groups are used for many ages. See below:

Age Divisions: 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 athletes must compete. Competing in the wrong age division is grounds for disqualification.

Division	Year of Birth	Age in 2019
8 & under	2011 & After	8 or younger
9 year old	2010	9
10 year old	2009	10
11 year old	2008	11
12 year old	2007	12
13 year old	2006	13
14 year old	2005	14
15-16 year olds	2003-2004	15 or 16
17-18 year olds	2001-2002	17 or 18

Note: Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games shall be eligible to compete in the Young Men's or Young Women's age division.

Proof of Age: Proof of age may be required at District, Regional Qualifier and National Championship events and whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. U.S. Military Government Identification Card
3. A valid passport
4. A valid U.S. driver's license.

Event Limits: 8 & under, 9, 10, 11 and 12-year olds: Maximum of 3 events.
13, 14, 15 & 16 and 17 & 18 year olds: Maximum of 4 events.

Relay Teams: Relay teams consist of four (4) members and can list up to four (4) alternates.

Relays are conducted in the 8 & under, 9 & 10, 11 & 12, 13 & 14, 15 & 16, 17 & 18 divisions **ONLY**. These ages may run in the same division **ONLY IN THE RELAYS**.
An entry in a relay is considered one of each athlete's individual entries.