



# AMATEUR ATHLETIC UNION

## Region 3 Qualifier

### Track & Field / Multi-Events

JUNE 19–22, 2025

#### Facility:

- Wayne K. Curry Prince Georges' Sports & Learning Complex
- 8001 Sheriff Road Landover, MD 20785

Hosted by

**Marlboro Boys' & Girls' Club Track**

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

**MEET DIRECTOR:** Mitch Mitchell

**DEADLINE FOR ENTRIES AND FEES:**

1. The fees per athlete are Open Events = \$30.00; Multi-Events = \$30.00
2. All entries and fees must be received by Monday, June 16, 2025, at 11:59 a.m. ET.
3. All entry fees must be entered and paid by credit card online via athletic.net.

**AAU MEMBERSHIP:** All athletes and coaches must be current members of AAU in order to participate in the regional qualifier. Register on-line at [www.aausports.org](http://www.aausports.org)

**PROOF OF AGE:** Proof of age is required and must be available for review during the competition. Acceptable documents include birth certificate, U.S. Passport, U.S. Government documents, certified baptismal record, Indian tribal enrollment certificate, Bureau of Indian Affairs, or state driver's license. Athletes competing in an incorrect age group will be disqualified from that event. Intentional or repeated participation in an incorrect age group may result in disqualification from the entire competition. It is the coaches' ultimate responsibility to ensure participation in the correct age group. Age classification is the athlete's age on December 31, 2025.

**ELIGIBLE ATHLETES:** May only compete in ONE Regional Qualifier Meet and must compete within their region.

**AWARDS:** Awards will be available for pick-up when event results are announced and posted. AAU Championship medals will be awarded to 1<sup>st</sup> – 3<sup>rd</sup> place finishers and ribbons for 4<sup>th</sup> – 6<sup>th</sup> place finishers in each event. All qualifying athletes are required to register online if they wish to participate in the AAU Junior Olympics.

**ADVANCEMENT:** The Regional Qualifier is an advancement meet. The top six (6) athletes in running events, field events & relays AND the top three (3) in a multi-event shall advance to the AAU Junior Olympic Games. There will be no exceptions to the advancement procedures.

**PACKET PICK-UP:** Packets will be available for pick-up at:

**Prince George's Sports & Learning Complex** outdoor track ticket office on the following dates/times:

Thursday	June 19	7:30am – 2:00pm
Friday	June 20	7:30am – 2:00pm
Saturday	June 21	7:30am – 2:00pm
Sunday	June 22	7:30am – 2:00pm

**ADMISSION:** Daily admission for spectators will be charged: Adults and children 5 and older: \$10 per day. A multi-day pass (3 or 4-day) may be purchased for \$28 (adults). For each team registration,

one (1) coaches' pass will be given for every ten (10) athletes registered. Cash and Zelle payments will only be accepted.

**VOLUNTEERS:** Are welcome.

**PROTEST PROCEDURES:** The meet director must be notified in writing within 30 minutes of the perceived infraction and the protest must be made in writing and submitted within 30 minutes of the perceived infraction. A seventy-five (\$75.00) dollar cash **non-refundable** fee is required at the time of the protest. The decision of the jury of appeals is final.

**FACILITIES:** Eight lane track, runways, and aprons require ¼ " spikes or less.

**CLEAN UP:** Trash bags will be provided. Please keep your area clean. Coaches who fail to ensure that their respective team areas are appropriately maintained and cleaned may be precluded for further participation in the meet.

**EQUIPMENT:** Each team/athlete must supply their own field event implements, starting blocks, and batons. However, it may be necessary to select a field implement as the Official Implement to be used by all of the competitors. Blocks are only permitted in the finals of the 100m and 200m.

**IMPLEMENT WEIGH-IN:** Implements will be weighed-in 60-90 minutes prior to start of each of the throwing events on a daily basis, once the first age group starts competing, implements will not be weighed-in, only inspected implements will be allowed in the actual competition and the competition area. House implements will be provided in all the throwing events.

**POLE VAULT INSTRUCTIONS:** All competitors in the Pole Vault Competition on date/time will be weighed and his/her poles will be certified by the officials at least 30-60 minutes prior to the start of the competition.

**ADDITIONAL NOTES (General):** Sections, heats, flights may be combined at the discretion of the meet director or field event judges.

ONLY MEET OFFICIALS ARE ALLOWED ON THE FIELD, TRACK OR IN THE CLERKING AREA. ONLY ATHLETES WHOSE EVENT HAS BEEN CALLED ARE ALLOWED ON THE TRACK, FIELD OR IN THE CLERKING AREA. ATHLETES MUST REPORT TO THE CLERKING AREA DRESSED FOR COMPETITION.

- This event is sanctioned by the Amateur Athletic Union.
- All participants must have a current AAU membership.
- AAU membership may not be included as a part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.

- Competitive Rules: The technical rules of competition shall be those of the National Governing Body.

**BIB NUMBERS:** There will be a \$10.00 charge for replacement bib numbers.

**CONCESSIONS:** Available on-site.

**FIRST AID:** Available on-site.

**MULTI-EVENT COMPETITION:**

- ORDER OF EVENTS MAY BE CHANGED AT THE SOLE DISCRETION OF THE MEET DIRECTOR TO FACILITATE THE ORDERLY AND TIMELY CONDUCT OF THE MEET.
- ALL EVENTS WILL BE CONTESTED APPROXIMATELY NO LESS THAN 30 MINUTES AFTER THE PRECEDING EVENT IS COMPLETED. THE 30-MINUTE REST PERIOD WILL INCLUDE REST, FOOD, AND WARMUP.
- COMPETITORS MUST BE PRESENT AND ATTEMPT EVERY EVENT OF THE MULTI-EVENT COMPETITION.
- ATHLETES COMPETING IN BOTH MULTI-EVENT AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE BIB NUMBER FOR BOTH COMPETITIONS.

**DIVISIONS/EVENT LIMITS (“Max”)**

Age Groups:

- The AAU Athletics program is comprised of nine (9) age divisions. The athlete’s year of birth shall determine the appropriate age division for current year competition for all age divisions 8-Under through 17-18. For athletes born in 2007, 2008 or 2006, the DATE of birth shall be used to determine whether the athlete is eligible to compete in the 17-18 age division. Any athlete born in 2006 who does NOT turn 19 on or before the final day of the National AAU Junior Olympic Games competition is still eligible to compete in the 17-18-age division. Effective 2013, the AAU track & field age groups will no longer be classified by names. The age groups MUST be listed on all track & field related information as follows:

- Division (Girls & Boys) 2025

8-Under	2017 & After	Max of 3 events
9 years	2016	Max of 3 events
10 years	2015	Max of 3 events
11 years	2014	Max of 3 events
12 years	2013	Max of 3 events
13 years	2012	Max of 4 events
14 years	2011	Max of 4 events
15-16 years	2009-2010	Max of 4 events
17-18 years	2007-2008	Max of 4 events

- Event Maximums include relays and field events. Alternate relay team members must be declared with team members.
- Maximums do not include multi-event competitions.

**NO COACHES' BOXES.**

**F.A.T. TIMING GROUP:** QW Timing

**PARKING & DIRECTIONS TO THE PGC S&L COMPLEX:**

From I-95/495, exit 17B-(202) north toward Bladensburg. Turn left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take the immediate right to park in Green Lot D3 & D4.

**MEET INFORMATION:**

For further meet information please contact Mitch Mitchell at [mitchjamitchell@aol.com](mailto:mitchjamitchell@aol.com) 202-258-1768.

## 2025 AAU Track & Field Region 3 Championship

Wayne K. Curry Prince Georges' Sports & Learning Complex 8001 Sheriff Road, Landover, MD 20785-4258

Meet Director: Mitch Mitchell

*Draft Schedule of Events (as of 3-31-25)*

ALL EVENTS WITH THE EXCEPTION OF THE **FIRST RUNNING AND FIELD EVENTS** OF EACH DAY MAY BE CONTESTED UP TO ONE AND A HALF HOURS (1 ½) AHEAD OF SCHEDULED START TIME.

Athletes must attempt **ALL** events of their Multi-Event Competition to continue in the competition. Multi-event order (with the exception of the first and last event) may be changed at the discretion of Meet Director.

### THURSDAY - JUNE 19, 2025

#### 8:00 AM 15-16 & 17-18 Young Men's

##### Decathlon (Day One)

100m Dash  
Long Jump  
Shot Put (12 lbs)  
High Jump  
400m Dash

#### 8:30 AM 11-12 Girls Pentathlon

80m Hurdles (10-30")  
High Jump  
Shot Put (6 lbs)  
Long Jump  
800m Run

#### 8:45 AM 13-14 Girls' Pentathlon

100m Hurdles  
Long Jump  
Shot Put Girls (6 lbs)  
High Jump  
800 M Run

#### 9:15 AM 13-14 Boys' Pentathlon

100 M Hurdles (10-33")  
High Jump  
Shot Put (4 kg)  
Long Jump  
1500m Run

#### 12:30 PM - 15-16 & 17-18 Young Women's

##### Heptathlon (Day One)

100m Hurdles (10-33")  
High Jump  
Shot Put (4 kg)  
200m Dash

#### OPEN RUNNING EVENTS:

10:00AM 3000m Racewalk (13-18)  
1:30PM 200m Hurdles (Semi) (5-30") 13/14  
Boys & Girls  
2:30PM 400m Hurdles (Semi) 15-18 Boys (10-36") & Girls (10-30")  
5:00 PM 4X800m Relay Finals (11-18)

#### OPEN FIELD EVENTS:

##### JAVELIN:

8:00 AM 13-14 Girls (600 g)  
9:30 AM 13-14 Boys (600 g)

##### LONG JUMP:

3:00 PM 15-16 Girls  
4:00 PM 17-18 Girls

##### HIGH JUMP:

3:00 PM 9-10 Boys

**FRIDAY - JUNE 20, 2025**

**8:00 AM - 15-16 17-18 Yong Men's**

**Decathlon (Day Two)**

110m Hurdles (10-39")  
Discus (1.6 kg)  
Pole Vault  
Javelin (800 g)  
1500m Run

**8:00 AM – 15-16 Girls & 17-18 Young**

**Women's Heptathlon (Day Two)**

Long Jump  
Javelin (600 g)  
800m Run

**8:00 AM 9-10 Girls' Triathlon**

Shot Put (6 lbs)  
High Jump  
200m Dash

**8:00 AM 9-10 Boys' Triathlon**

Shot Put (6 lbs)  
High Jump  
400m Dash

**8:30 AM 11-12 Boys' Pentathlon**

80 M Hurdles (8-30)  
High Jump  
Shot Put (6 lbs)  
Long Jump  
1500m Run

**OPEN RUNNING EVENTS:**

9:00 AM 80m Hurdles (Semi) (8-30") 11-12  
Boys/Girls  
9:45 AM 100m Hurdles (Semi) 13-14 Boys  
(10-33")/Girls (10-30")  
10:30 AM 100m Hurdles (Semi) 15-16 &  
17-18 Young Women (10-30")  
11:00 AM 110m Hurdles (Semi) 15-16 &  
17-18 Young Men (10-39")  
12:30 PM 100m (Semi) (All Divisions)  
4:00 PM 4 x 100m (Semi) (All Divisions)

**OPEN FIELD EVENTS:**

**DISCUS:**

10:30 AM 11-12 Girls (1.0 kg)  
12:00 PM 13-14 Girls (1.0 kg)  
1:30 PM 15-18 Young Women (1.0 kg)

**POLE VAULT:**

8:00 AM 13-18 Boys/Girls/Young  
Men/Young Women

**LONG JUMP:**

10:00 AM 8U Girls & 8U Boys  
12:00 PM 13-14 Girls & 13-14 Boys  
2:00 PM 9-10 Girls & 9-10 Boys

**HIGH JUMP:**

1:00 PM 13-14 Girls & 13-14 Boys  
3:00 PM 11-12 Girls

## **SATURDAY - JUNE 21, 2025**

### **OPEN RUNNING EVENTS**

8:00 AM 3000m Run (Final) (11-18)  
10:00 AM 400m Run (Final) (All)  
12:30 PM 1500m Racewalk (9-12  
Boys/Girls) Final  
2:00 PM 800m Run (Final)(All)  
4:00 PM 200m Run (Semi)(All)

### **OPEN FIELD EVENTS**

#### **LONG JUMP:**

8:00 AM 17-18 Young Men  
10:00 AM 15-16 Boys  
11:30 AM 11-12 Girls  
1:00 PM 11-12 Boys

#### **SHOT PUT**

11:00 AM 15-16 & 17-18 Girls (4 kg)  
12:30 PM 13-14 Girls (6 lbs)  
2:00 PM. 11-12 Girls (6 lbs)  
3:30 PM 9-10 Girls (6 lbs)

#### **DISCUS**

8:00 AM 11-12 Boys (1.0 kg)  
9:30 AM 17-18 Young Men (1.6 kg)

#### **TURBO JAVELIN**

9:00 AM Mini Javelin 8U Girls (300 g)  
10:30 AM Mini Javelin 8U Boys (300 g)  
12:00 PM Mini Javelin 9-10 Girls (400 g)  
1:30 PM Mini Javelin 9-10 Boys (400 g)  
2:30 PM Mini Javelin 11-12 Girls (400 g)  
3:30 PM Mini Javelin 11-12 Boys (400 g)



## **SUNDAY – JUNE 22, 2025**

### **OPEN RUNNING EVENTS**

8:00 AM 1500m Run Final  
10:45AM Hurdles Finals 80m 100m 110m Final  
12:00 PM 100m Dash Final  
1:00 PM 200m Hurdles Final  
1:30 PM 400m Hurdles Final  
2:00PM 200m Dash Final  
2:30 PM 4x100m Relay Final  
3:30PM 4x400m Relay Final

**\*\*\*Steeple Chase will not be competed and will be advanced directly to the AAU Junior Olympics. Athletes must register for the event at the Regional in order to be advanced\*\*\***

### **OPEN FIELD EVENTS**

#### **DISCUS THROW:**

10:30 AM 13-14 Boys (1.0 kg)  
12:00 PM 15-16 Boys (1.6 kg)

#### **HIGH JUMP:**

8:00 AM 9-10 Girls  
8:00 AM 11-12 Boys  
10:30 AM 15-16 & 17-18 Young Women  
12:30 PM 15-16 & 17-18 Young Men

#### **SHOT PUT:**

8:00 AM 8U Girls (4 lbs) & 8U Boys (4lbs)  
10:00 AM 15-16 & 17-18 Boys (12 lbs)  
12:00 PM 13-14 Boys (4 kg)  
1:00 PM 11-12 Boys (6 lbs)  
2:00 PM 9-10 Boys (6 lbs)

#### **TRIPLE JUMP:**

8:00 AM 13 Boys & 13 Girls  
9:30 AM 14 Boys & 14 Girls  
11:00 AM 15-16 Boys & 15-16 Girls  
12:30 PM 17-18 Young Men & 17-18 Young Women

#### **JAVELIN:**

8:30 AM 15-16 Girls (600 g)  
9:45 AM 15-16 Boys (800 g)  
11:00 AM 17-18 Women (600 g)  
12:30 PM 17-18 Men (800 g)