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2025 AAU MARYLAND DISTRICT

TRACK & FIELD CHAMPIONSHIP

HOST CLUB: Baltimore City Track & Field Club

MEET DIRECTORS: Mary K. Haynes (443) 691-0023 Jerry Molyneaux (443) 803-7552

[mkh517track@gmail.com](mailto:mkh517track@gmail.com) jemolyneaux@comcast.net

MEET REFEREE John Steiner

JURY OF APPEALS: Eric Allen, Bill Gerhold, Pamela Muhammad and Olivia Hunter

DATES: FRIDAY, JUNE 6TH – SUNDAY, JUNE 8TH, 2025

LOCATION: TO BE DETERMINED

ENTRY FEE: $30.00 per individual athlete. Online entry only at athletic.net

DEADLINE: MONDAY, MAY 26, 2025 AT 11:59 P.M.

TEAM ENTRIES: Team coaches entering multiple athletes are advised to enter all

Athletes at the same time. Once entered and paid, the athletes are locked by athletic.net.

ELIGIBILITY: This Meet is open to any athlete that falls within the age divisions listed below. AAU Individual and Club memberships cab be obtained through the AAU National Website – [www.aausports.org](http://www.aausports.org). Each athlete aged 13-18 years 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. 19-90+ (OPEN & MASTERS) may enter in up to a maximum of 4 events RELAYS WILL NOT BE OFFERED TO OPEN & MASTERS AGE GROUP. 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.

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AGE DIVISIONS: Age Divisions are determined by the year of birth and listed below:

8 & under Girls/Boys (Born 2017 and Later) Maximum 3 Events including relays

9 Year Old Girls/Boys (Born 2016) Maximum 3 Events including relays

10 Year Old Girls/Boys (Born 2015) Maximum 3 events including relays

11 Year Old Girls/Boys (Born 2014) Maximum 3 events including relays

12 Year Old Girls/Boys (Born 2013) Maximum 3 Events including relays

13 Year Old Girls/Boys (Born 2012) Maximum 4 Events including relays

14 Year Old Girls/Boys (Born 2011) Maximum 4 Events including relays

15-16 Year Old Girls/Boys (Born 2009-2010) Maximum 4 Events including relays

17-18 Year Old Girls/Boys (Born 2007-2008) Maximum 4 events including relays

19-29 OPEN; 30-90+ MASTERS Women/Men (Born 2006 & Below)

**Athletes who are still eighteen (18) years of age through the final day of the AAU National Junior Olympic Games (August 2, 2025) shall be eligible to compete in the 17-18 year old division.**

ADMISSION: There will be a $5.00 gate fee per person, per day. All Children under 7 will be admitted free

Coaches will receive one free pass for 4 athletes, two free passes for 5 to 15 athletes and 4 free passes for 16 or more athletes in their packets. **Three** Additional coach bands per team can be purchased at packet pickup for **$10.00**. Unattached athletes can purchase one coach band at packet pick-up for **$10.00**

All Registered athletes with a Competitor Number will be admitted free. Athletes will use their bib for Entry. If the Athlete Bib is Lost or Damaged, a Replacement Bib can be purchased for $10.00.

PACKET PICKUP: Packets will be available at the track entrance starting at 5:00 p.m. on Friday, June 6th and Saturday and Sunday at 7:00 a.m. TEAM PACKETS SHOULD BE PICKED UP IN THEIR ENTIRETY. We understand exceptions may occur, but please try to have one representative pick up the packet and purchase additional coach bands. Additional Coach bands may only be purchased when the team packet is picked up.

COACHES: There will be a brief coach meeting on Friday around 5:30 p.m. and a meeting around 7:30 a.m. on Saturday and Sunday.

We will try to have Coaches’ Box At the various field event and **YOU MUST HAVE A COACH BAND TO ACCESS THIS AREA**. Any Coach that fails to follow the directions of officials, volunteers or meet administration will not be allowed in any coach box. Absolutely no usage of electronic recordings maybe used/viewed by a coach to advise an athlete during competition. Failure to follow this rule will result in disqualification for the athlete.

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ADVANCEMENT: The top **16** athletes for youthages who compete in the Maryland AAU District Championship (Qualifier) are eligible to compete in the AAU Region 3 Qualifier. Athletes **must enter the same events in the Region Qualifier** as they competed in the District Qualifier.

AWARDS: AAU District Championship medals will be awarded for 1st through 8th place.

Awards must be pick up by the conclusion of the meet by a coach or designated representative (NO PARENTS OR ATHLETES ! ! ) UNLESS THEY ARE AN UNATTACHED ATHLETE. Awards should be available after the 30 minute protest period and the event has been marked “OFFICAL”

RELAYS Each Relay Team must represent a registered AAU CLUB. Unattached athletes cannot form a relay team. Relay teams advance through qualification Not specific athletes attached to the relay. This means members of a relay MAY change as needed at the Regional or National meets. Athletes listed as relay alternates will have that relay event count towards their event limitation.

SCHEDULE: **The Schedule is a Rolling Schedule ! ! !**

FACILITY: Eight (8) Lane track, two (2) long jump pits with 4ft, 8ft and 12ft boards indicated, one (1) discus pit, and one (1) shot put pit. Spikes must be ¼ inch or less and no Christmas tree spikes allowed.

**ABSOLUTELY NO PETS ARE ALLOWED ON THE FACILITY PROPERTY; THIS IS INSIDE THE STADIUM AND SURROUNDING AREA INCLUDING THE TEAM TENT SET-UP AREA**. This is the facility rule and it will be strictly enforced.

Tents may be set up after the meet starts on Friday.

Concessions will be available, customized event apparel by Fine Designs and action photography by Root Exposure Photography will be available also.

WAIVED EVENTS: The Steeplechase, Pole Vault, Javelin (Ages 13 – 18) and the Multi-Events will not be competed at this meet. Multi-Events **will not** count towards the limitation.

Athletes that have an **ACADEMIC** conflict must complete the waiver located here at [aauwaivers@aausports.org](mailto:aauwaivers@aausports.org). Email the completed forms with supporting documentation prior to the start of the first day of district competition to the Track and Field Waiver Committee. District nor Regional Meet Director have any say in the waiver process.

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**Athletes that receive a waiver must still register for the meet and enter valid seed times**.

EVENT CALLS: It is the athletes’ responsibility to report for their event on the first call. Field Event athletes should report directly to the field event venue and

Track event athletes should report to the clerking area.

PROTESTS: Protests concerning the status or eligibility of any competitor must be made to the Meet Director prior to the commencement of the meet, or the Meet Referee during the meet. Protests relating to matters which develop during the conduct of the meet, must be filed in writing with the Meet Director accompanied by a Cash Deposit of **$50.00** no more that **30 minutes** after the result has been announced and or posted. The Meet Referee shall consider all available **OFFICIAL** Evidence. The Meet Referee’s decision is FINAL unless a written request fo an APPEAL is filed with 30 minutes of the initial decision. All appeals will be heard by a Four (4) Panel Jury of Appeals. If the protest is denied, the Cash Deposit will be Forfeited. PROTESTS CNCERNING **JUDGEMENT CALLS WIL NOT BE ACCEPTED.**

TIMING: Fully Automatic Timing (FAT) will be provided. Timing issues should be immediately brought to the attention of the timing company.

WEATHER: When lightning is detected in an 8 mile radius of the school, an alert will go out. All athletes, coaches and spectators MUST vacate the stadium and surrounding area and seek shelter. Once lightning has not been detected in the area for 30 minutes, an alert will be announced to notify everyone that it is safe to return. The meet will resume approximately 10 minutes after the “all clear” announcement.

In the event of an extreme weather delay, events may be moved to the following day or cancelled at the discretion of the meet directors. In the event of cancellation, ALL athletes affected will automatically advance to the Regional Meet. The meet will end no later than 8:00 p.m. on all three days.

MEET NOTES: Track events will be girls first followed by boys of the same age grouping.

For all events 400m and shorter (including hurdles, 4 x100 and 4 x 400), athletes ages 15-16 and 17-18 are required to use starting blocks. Blocks will be supplied by the meet. **NO PERSONAL BLOCKS ARE ALLOWED**. To expedite the meet, no blocks will be allowed for ages 14 and under in the 400m or preliminaries of the 100 and 200m. Any age group may use blocks in the100m and 200m finals.

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The 400m is a **TIMED FINAL.** The 100m dash and 200m dash each have two rounds, Preliminaries and Finals. The **top 8 times** will advance to the finals on Sunday. Per the AAU Rules, any athlete that advances to the Finals but does not show, will not advance to Regional Meet. In the event of a weather-related schedule change, the 100m and 200m Finals may be cancelled to allow for other events to be rescheduled.

All Hurdle Events, 100m, 200m, 400 and 4 x 100 relay will be run in lanes, with up to 8 athletes per heat. The 4 x 400m relay will be run in lanes with a three-turn stagger. The 800m and 4 x800m relay will be run with a one turn stagger, and up to 16 athletes per heat, with the extra 8 being filled by doubling up the lanes, starting from the outside (Lane 8). All other events will run from a waterfall start. The 3000m may utilize an “Alley” start with 1/3rd of the athletes placed on the upper start line. If an “Alley” is used for one heat in an age/gender group, it will be used for all. Divisions may be combined for longer races where it is reasonable.

**The 1500m and 3000m events may be removed to as early as 7:30 a.m.** if administration determines that heat will be an issue. Additionally, these events will run oldest to youngest, followed by Open/Masters in an effort to complete more events during cooler morning hours.

Athletes are not allowed on the **Infield** or **Coaches box** at any time ! !

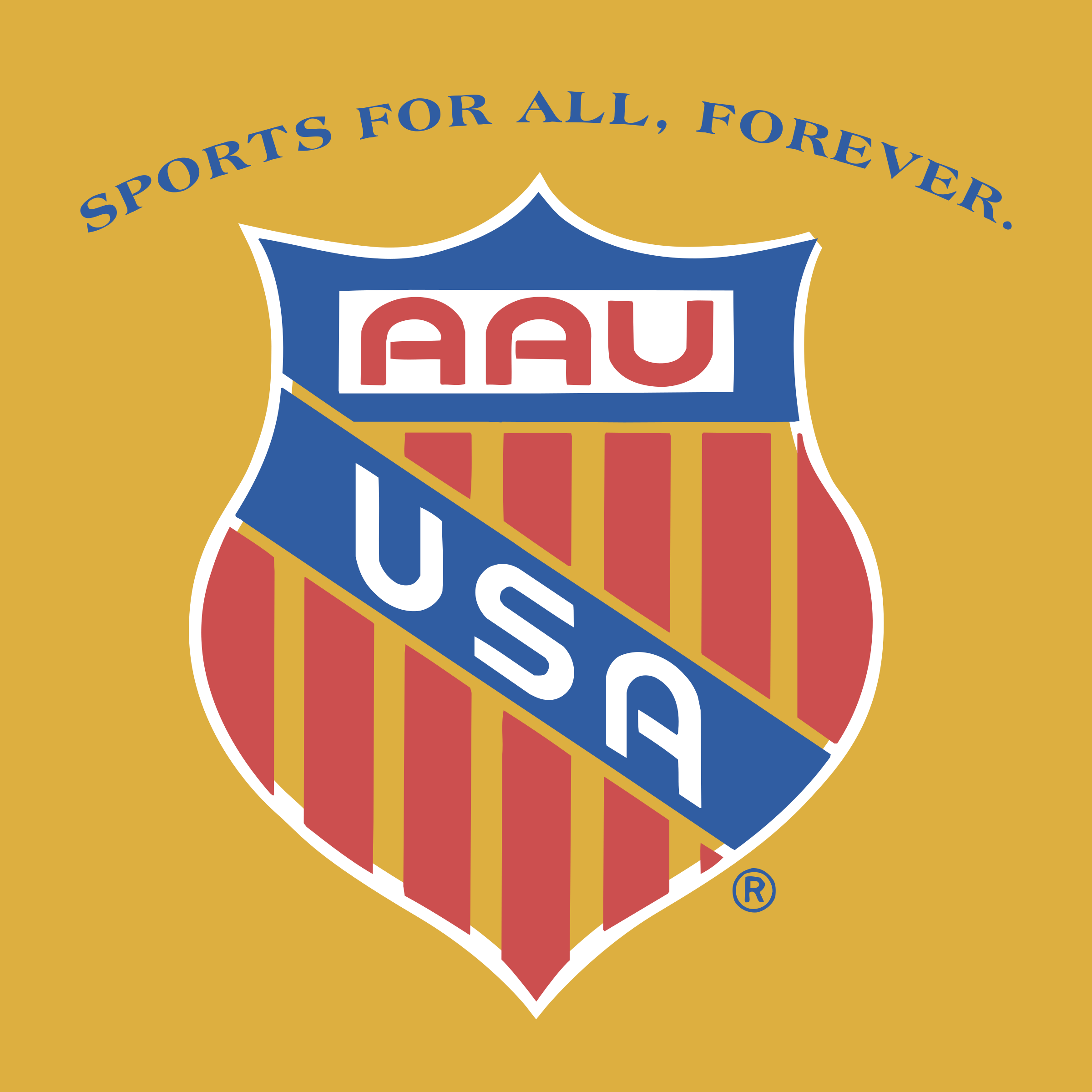
Coaches are expected to enforce this policy. Repeated violations of this rule will result in the athlete being disqualified from the meet and the affected team coaches will not be allowed to utilize the coaches boxes for the reminder of the meet.

VOLUNTEERS: Every participating team with more than 5 athletes must provide at least one meet volunteer. Volunteers will receive free entry to the entire meet receive a meal.

AAU NOTE: This event is licensed by the Amateur Athletic Union of the U.S. Inc.

All participants **must** have a current AAU Membership. AAU Membership is not included as part of the entry fee to the event. AAU

Athlete membership must be obtained before an athlete can be registered for the meet.



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 2025 MARYLAND AAU DISTRICT 

TRACK & FIELD CHAMPIONSHIP

ORDER OF TRACK EVENTS

**FRIDAY, JUNE 6TH – START 6:00 P.M.**

4 X 800 Meter Relay (All Divisions – Youngest to Oldest) – FINAL

10m Dash (All Divisions) – Youngest to Oldest) Premliminary

**SATURDAY, JUNE 7TH – START 8:00 A.M.**

1500m run (All Divisions), Youngest To Oldest followed by Open/Masters – Final

200m Dash (All Divisions) – Preliminary

4 X 100m Relay (All Divisions) – Final

200m Hurdles (13 – 14 Girls and Boys) – Final

400m Hurdles (15 – 16 Girls and Boys) – Final

400m Dash (All Divisions) – Final

**SUNDAY, JUNE 8TH – START 8:00 A.M.**

3000m run (11- Masters), oldest to youngest followed by Open/Master – Final

80m Hurdles (11 -12 Girls and Boys 30 inches) – Final

100m Hurdles (13 – 14 Girls 30 inches) – Final

100m Hurdles (13 – 14 Boys 33 inches) – Final

100m Hurdles (15 – 18 Girls 33 inches) – Final

110m Hurdles (15 – 18 Boys 39 inches) – Final

1500m Racewalk (9 – 12 Girls and Boys) – Final

3000m Racewalk (13 – Masters Girls / Boys / Women /Men) – Final

200m Dash (All Divisions) – Final

800m Run (All Divisions) – Final

100m Dash (All Divisions) – Final

4 x400m Relay (9 – 18 Girls and Boys) – Final



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TRACK & FIELD CHAMPIONSHIP

ORDER OF FIELD EVENTS

**FRIDAY, JUNE 6TH – START 6:00 P.M.**

High Jump (13 – 18, Open/Masters Girls, Boys, Women and Men) – Final

Shot Put (8 & under to 9 – 10 Age Divisions Girls and Boys)

**SATURDAY, JUNE 7TH – START 8:00 A.M.**

Long Jump (8 – 12 Girls and Boys, simultaneous, Youngest to Oldest) – Final

Discus (11 – 18 Girls and Boys, Women and Men Oldest to Youngest) – Final

Triple Jump (13 – 18 Girls and Boys, Women and Men Youngest to Oldest) – Final

**SUNDAY, JUNE 6TH – START 8:00 A.M.**

Turbo Javelin (8 & Under Girls and Boys 300g. 9 – 12 Girls and Boys 400g

(Youngest to Oldest) – Final

Shot Put (11 – 18 Girls and Boys, Women and Men Oldest to Youngest) – Final

High Jump (9 – 12 Girls and Boys , Youngest to Oldest) – Final

Long Jump (13 – 18, Open/Masters Girls, Boys,Women and Men) – Final

**\***In the Throws and Long Jump, Each Competitor will have four (4) attempts. There will be **NO FINALS ! ! !**

**\***Field Event gender and age divisions may be combined depending on the number of entries.

**\***All field events, except long jump, will be girls first followed by boys of the same age group,

**\*As a Reminder, ALL Long Jump Athletes, regardless of age, Must jump from a”Board”. This is an AAU Rule and MUST be followed ! !**

**\***No “Run Backs” allowed for Long Jump or Turbo Javelin during competition or warm-ups. Athletes will be immediately disqualified for failure to follow this rule.

**\***Implements will be provided by the Host club. Athletes that intend to use their own implements MUST have them approved by the Meet Referee 60 munites prior to the start of their event. **NO EXCEPTIONS ! ! !** To have implement inspected, report to the bullpen and ask for the Meet Referee.

**\***Athletes who must leave for another event MUST CHECK-OUT with the Event Official. If excused during a round, theathlete must return prior to the conclusion of that round or foreit remaining attempts.

**\***Triple Jump will NOT be Contested if there are less that 16 athletes for each age/gender division. A Valid Mark MUST be entered on athletic.net during registration for all Triple Jump entries so that an appropriate mark can be passed to the regional meet.

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