

AMATEUR ATHLETIC UNION OF THE US, INC.



CENTRAL AAU DISTRICT TRACK & FIELD QUALIFIER



2025 AAU Central District Qualifier Track & Field Meet

Hosted by AdkinsTrak Track Club

Sat-Sun, June 7-8, 2025

Auburn High School

5110 Auburn St.

Rockford, IL 61101

Sanction: Amateur Athletic Union of the US, Inc. (AAU)

Meet Director: Marchan Adkins, Athletics Chairman, (309) 838-4130,

Email: Marchan@AdkinsTrak.com,

Fees:

Entry fee is \$25.00 for each athlete. No entry fee will be transferred or refunded. **Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2025 AAU membership card for each athlete entered; AAU memberships must be purchased in advance and cannot be processed onsite. You can obtain your AAU membership by visiting www.aauathletics.org. All entry fees must be paid online, no exceptions will be granted.**

Eligibility:

This meet is open to any athlete that falls within the age divisions listed below. Athletes aged 13 and older may enter in up to a maximum of 4 events including relays. Younger age brackets may only enter in 3 events including relays. 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.

Entry Process:

Teams:

All teams and unattached athletes must utilize the Coach O online entry process via www.coachoregistration.com and follow the district qualifying meet links. This will permit a very efficient registration process that is easy to use. Teams will have until 9pm CDT, Wednesday, June 5 to complete registration. Please note that you must pay for your entries with a credit card online or your entries will not be accepted.

Immediately after registering online, teams will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving at the meet, if at all possible.

Age Divisions:

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The 17-18 division is open to anyone who was born in or after 2006 and will not turn 19 years of age on the final day of the national meet.

	100	200	400	800	1600	3200	1 mile	3 mile	800	1 mile	2 mile	4 mile	L	T	D	S	H	4	4	4
	0	0	0	0	5	0	5	0	0	0	0	0	J	J	T	P	J	X	X	X
	0	0	0	0	0	0	0	0	H	0	0	0						1	4	8
					0	0	0	0	H	H	H	H						0	0	0
						R	R	R										0	0	0
						W	W	W												
Age Divisions																				
8 & Under (2017 & Younger)	X	X	X	X	X								X			X		X		
9 Years (2016)	X	X	X	X	X		X						X			X	X			
10 Years (2015)	X	X	X	X	X		X						X			X	X	X	X	
11 Years (2014)	X	X	X	X	X	X	X		X				X		X	X	X			
12 Years (2013)	X	X	X	X	X	X	X		X				X		X	X	X	X	X	X
13 Years (2012)	X	X	X	X	X	X		X		X		X	X	X	X	X	X			
14 Years (2011)	X	X	X	X	X	X		X		X		X	X	X	X	X	X	X	X	X
15-16 (2009-10)	X	X	X	X	X	X		X		G	B		X	X	X	X	X	X	X	X
17-18 (2006*-2008)	X	X	X	X	X	X		X		W	M		X	X	X	X	X	X	X	X
Open/Masters (2006-*)	X	X	X	X	X	X		X		W	M		X	X	X	X	X	X	X	X

Check-In Requirements:

A packet will be provided for each team consisting of competition numbers, team roster, and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility from 7:00am through Noon on meet day. Be sure to bring birth certificates and AAU cards with when you pick up packets.

Awards:

In individual events, medals will be presented for participants who finish 1st-3rd place. Medals will be presented for the top 3 relay teams.

Facility:

The track is an 8-lane all-weather surface. Only ¼" or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done using Finishlynx Cameras interfaced with Hy-Tek Meet Manager. No smoking, radios, glass containers, or alcoholic beverages are allowed in the facility.

Refreshments:

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

Equipment:

Starting blocks will be provided by the meet management. Athletes must provide their own throwing implements but must obtain clearance from the meet official prior to use.

Admission:

A daily admission charge of \$10.00 will be assessed for everyone not competing in the meet.

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
 - All participants must have a current AAU membership.
 - AAU membership may not be included as part of the entry fee to the event.
 - AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Schedule

Saturday

June 7, 2025

9:00am	1500m Run Timed Finals		ALL
	4X800m Relay		11-18G&B
	1500m Racewalk		9-12G&B
	3000m Racewalk		13-18G&B
	200m Dash Finals		ALL
	800m Run		ALL
	200m Hurdles		ALL
	400m Hurdles		ALL
	4X100m Relay		ALL
Field Events			
9:00am	Shot Put	Oldest-Youngest (4 Attempts)	ALL
9:00am	Long Jump	Youngest-Oldest (4 Attempts)	11-18G&B
9:00am	High Jump	Oldest-Youngest	9-18Girls
9:00am	Turbo Javelin	Youngest-Oldest (4 attempts)	8&U-12G&B

Sunday

June 8, 2025

9:00am	3000m Run		11-18G&B
	400m Dash Timed Finals		ALL
	80m Hurdle Finals	30" - 12m to 1st Hurdle - 7.5m Spacing	11-12G&B
	100m Hurdle Finals	30" - 13m to 1st Hurdle - 8.5m Spacing	13-14G
	100m Hurdle Finals	33" - 13m to 1st Hurdle - 8.5m Spacing	13-14B/15-18G
	110m Hurdle Finals	39" - 13.72m to 1st Hurdle - 9.14m Spacing	15-18B
	100m Dash Finals		ALL
	4X400m Relay Finals		9-18G&B
Field Events			
9:00am	Long Jump	Youngest-Oldest	10 & Younger G&B
9:00am	High Jump	Oldest-Youngest	9-18Boys
9:00am	Triple Jump	Youngest-Oldest (4 attempts)	13-18G&B
9:00am	Discus	Oldest-Youngest (4 attempts)	11-18G&B