

2022 AAU REGION 5 NATIONAL QUALIFIER
JUNE 23-26th

Highland Springs High School
200 S. Airport Dr., Highland Springs, VA 23075

ADVANCEMENT :

Advancement from Region 5 National Qualifier to the **AAU Junior Olympic Games:**

- **Running Events:** The top six (6) athletes advance
- **Field Events:** The top six (6) athletes advance
- **Multi-Events:** The top four (4) athletes advance
- **Relays:** The top six (6) relays advance
- **Meet Management reserves the right to advance athletes based on number of competitors in each event.**

SPECTATOR ADMISSION FEE:

There will be a \$15.00 gate fee charge per person per day. An All-Event Pass can be purchased for \$45 for all 4 days of competition. **CASH ONLY**. All Children 4 and under will be admitted free.

Thursday - June 23rd EVENT SCHEDULE

	MULTI-EVENTS – 8:00 AM (Day #1)		
	Decathlon	15-16B, 17-18B	100M, LJ, SP, HJ, 400M
	Heptathlon	15-16G, 17-18G	100H, HJ, SP, 200M
	Pentathlon	13B, 14B	100H, SP, HJ, LJ, 1500M
	Pentathlon	13G, 14G	100H, SP, HJ, LJ, 800M
	Pentathlon	11G, 12G	80H, SP, HJ, LJ, 800M
	Pentathlon	11B, 12B	80H, SP, HJ, LJ, 1500M
	Triathlon	9B, 10B	HJ, SP, 400M
	Triathlon	9G, 10G	HJ, SP, 200M



Friday - June 24th EVENT SCHEDULE

MULTI-EVENTS – 8:00 AM (Day #2)

Decathlon	15-16B, 17-18B (110H, DT, PV, JT 1500M)
Heptathlon	15-16G, 17-18G (LJ, JT, 800M)
RUNNING EVENTS - 9:00 AM	
3000m RW (F)	Age 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B
1500m RW (F)	Age 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
200 Meter (S)	All Age Divisions
4X800 Relay (F)	Age 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B
200m Hurdles (TF)	Age 13G, 14G, 13B, 14B
400m Hurdles (TF)	Age 15-16G, 17-18W, 15-16B, 17-18M
Steeplechase (F)	Age 15-16G, 17-18W, 15-16B, 17-18M (DRY STEEPLECHASE)
FIELD EVENTS - 8:30 AM	
Pole Vault (F)	13, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B, Youngest to Oldest Girls followed by Boys
DISCUS (F)	Age 11G,12G,13G,14G,15-16G, 17-18G, Girls followed by Boys 11B,12B,13B,14B,15-16B, 17-18B
JAVELIN (F)	Age 13B,14B,15-16B, 17-18B, Boys followed by Girls 13G,14G,15-16G, 17-18G
HIGH JUMP (F)	Age 13G,14G,15-16G,17-18G Youngest to Oldest Girls followed by Boys 13B,14B,15-16B,17-18B
TRIPLE J. (F) PIT #1	Age 13G,14G,15-16G, 17-18G
TRIPLE J. (F) PIT #2	Age 13B,14B,15-16B,17-18B
SHOT PUT(F)	Age 8B,9B,10B,11B,12B Youngest to Oldest, Boys followed by Girls 8G,9G,10G,11G,12G



**AAU REGION 5 NATIONAL QUALIFIER
Saturday - June 25th EVENT SCHEDULE**

RUNNING EVENTS - 8:00 AM	
400m (F)	Age 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
400m (S)	Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
4x100m Relay (F)	All Age Divisions
1500m Run (F)	All Age Divisions
100m (S)	All Age Divisions

FIELD EVENTS – 8:00 AM	
Long Jump (Pit 1)	Age 17-18G, 15-16G, 14G, 13G, 12G, 11G, 10G, 9G, 8UG Oldest to Youngest
Long Jump (Pit 2)	Age 17-18B, 15-16B, 14B, 13B, 12B, 11B, 10B, 9B, 8UB Oldest to Youngest
High Jump	Age 9G, 10G, 11G, 12G, 9B, 10B, 11B, 12B Youngest to Oldest Girls followed by Boys
Shot Put (F)	Age 17-18W, 15-16G, 14G, 13G Oldest to Youngest, Girls followed by Boys, 17-18M, 15-16B, 14B, 13B
Turbo Javelin	Age 8UG, 9G, 10G, 11G, 12 Girls, followed by Boys, Age 8UB, 9B, 10B, 11B, 12B



**AAU REGION 5 NATIONAL QUALIFIER
Sunday - June 26th EVENT SCHEDULE**

RUNNING EVENTS - 8:00 AM	
3000m Run (F)	Age 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B
200m (F)	All Age Divisions
80m Hurdles (F)	Age 11G, 11B, 12G, 12B
100m Hurdles (F)	Age 13G, 14G, 13B, 14B, 15-16G 17-18W
110m Hurdles (F)	Age 15-16B, 17-18M
400m Dash (F)	Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M
100m Dash (F)	All Age Divisions
800m (TF)	All Age Divisions
4x400m Relay (F)	9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M