



2016 AAU-NJ ALL COMERS TRACK AND FIELD INVITATIONAL

Date: Saturday July 23, 2016

Location: Thomas Edison Park, Edison, NJ

Start Time: 8:30am (facility opens at 7:30am)

Host: New Jersey Athletic Administrative Club

Meet Director: Ron McBride (732-545-7614)

Divisions contested based on birth year as of 12/31/16 – Division 1: 5-6 years old, Division 2: 7-8 years old, Division 3: 9-10 years old, Division 5: 11-12 years old, Division 7: 13-14 years old, Division 8: 15-19 years olds\, Division 9: 19-55 years old.

REGISTRATION WILL BE ONLINE ONLY at www.coacho.com. REGISTRATION DEADLINE IS 11:59 PM Wednesday July 20th. Additions and corrections can be made continuously online up to the 11:59 PM deadline. NO CHANGES WILL BE MADE AFTER DEADLINE!

SATURDAY 23rd, 2016 –Track Events - 9:00AM (FAT)

3000 Meter Run (MG, MB, YG, YB, HSG, HSB, OW, OM)	F
*400 Meter Hurdles (HSB, OM, HSG, OW)	F
200 Meter Hurdles YG, YB)	F
400 Meter Relay (All Divisions)	F
300 Meter 5-6 Year Olds ONLY	F
400 Meter Dash (All Divisions)	F
1500 Meter Run (All Divisions)	F
50 Meter 5-6 Year Olds ONLY	F
100 Meter Dash (All Divisions)	S/ F
*110 Meter Hurdles (HSB, OM)	F
*100 Meter Hurdles (YG, YB, HSG, OW)	F
*80 Meter Hurdles (MG, MB)	F
150 Meter 5-6 Year Olds ONLY	F
800 Meter Dash (All Divisions)	F
200 Meter Dash (All Divisions)	S/F
1600 Meter Relay (All Divisions)	F

Saturday July 23rd, 2016 - Field Events-9AM

Long Jump (All Divisions Youngest to Oldest)

Triple Jump (YG, YB, HSG, HSB, OW, OM)

High Jump (All Divisions Oldest to Youngest)

Shot-Put (BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, SBG, SBB, OW, OM)

Discus Throw (IG, IB, YW, YM, SMG, SMB, MG, OM, OW, MB, SYG, SYB, YG, YB)

Javelin (YG, YB, YB, HSG, HSB, OW, OM)

Turbo-Jav (SBG, SBB, BG, BB, MG, MB)

*****IN ORDER CALLED. NO OPEN PIT*****

AWARDS: Medals 1st -3rd place in each individual event and 1st place relay.

Ribbons 4th – 6th individual events only

Participation Ribbon for all 5-6 year olds

A track and field meet can start one hour early or late. The Games Committee has no obligation to schedule meet events to the pleasure of those attempting multiple event entry. Intermediate and Young M/W will be combined into a High School Division, if the entries warrant it.

Packet Pick up: Sunday 8am at the track.

This event is licensed 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 Youth Athlete membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.

Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership