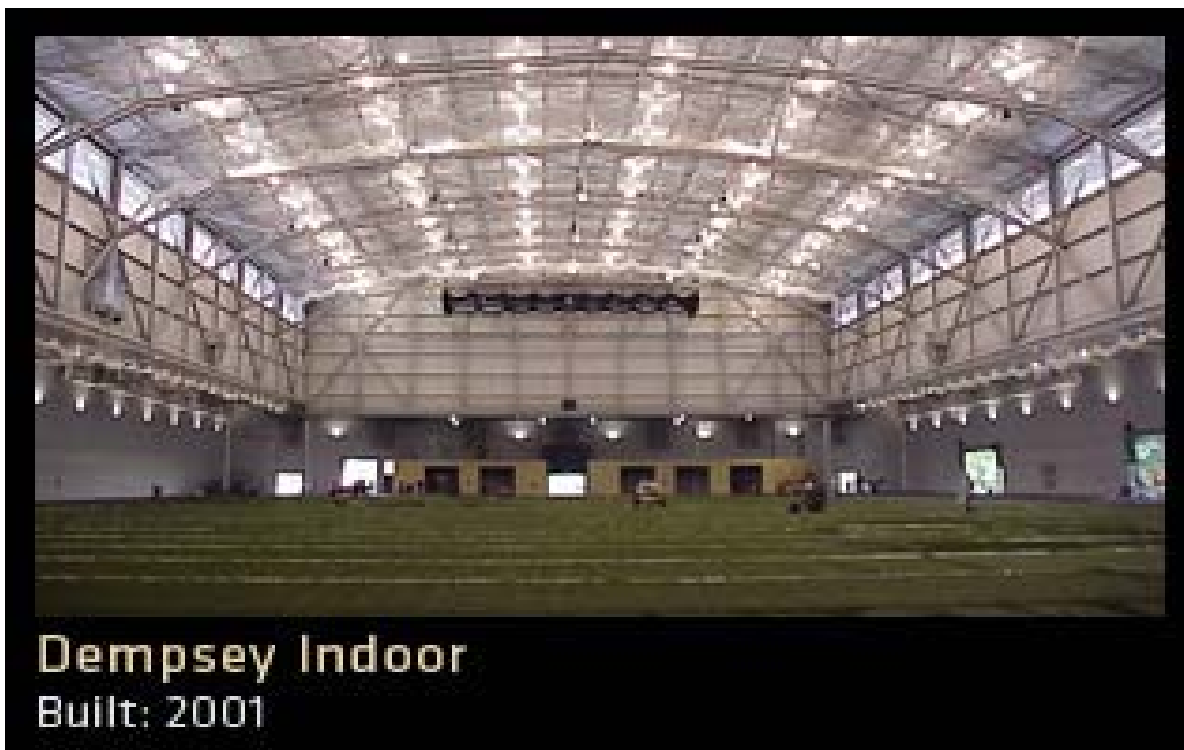


2012 AAU Seattle
Track & Field and Multi-Event
Invitational

Meet Information



Saturday and Sunday March 3-4, 2012

Dempsey Indoor Track

3800 Montlake Boulevard Northeast
Seattle, WA 98105

2012 AAU Seattle
Track & Field and Multi-Event Invitational
Saturday and Sunday, March 3-4, 2012

Sanction: Amateur Athletic Union (AAU)
Location: Dempsey Indoor Track, Seattle, WA
Rules: USA Track & Field Youth Athletics Rules and AAU Handbook

Meet Director:

Robin Brown-Beamon
Phone: (786) 390-4879
Email: rbeamon@aausports.org

Meet Administrator:

Mavis Chubb
Phone: (678) 480-9992
Email: gaaatrackandfield@yahoo.com

Eligibility:

This meet is open to any athlete that falls within the age divisions listed below. AAU Memberships can be obtained through the AAU National Website www.aausports.org. Each Youth, Intermediate and Young athlete may enter in up to a maximum of 4 events including relays. Primary, Bantam, & Midget 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.**

Age Divisions:

Age divisions are determined by year of birth. Listed below are the AAU Age Divisions.

Age Division		Limitations
Primary	Girls/Boys (Born 2004 and later)	Maximum 3 Events including relays
Sub-Bantam	Girls/Boys (Born 2003)	Maximum 3 Events including relays
Bantam	Girls/Boys (Born 2002)	Maximum 3 Events including relays
Sub-Midget	Girls/Boys (Born 2001)	Maximum 3 Events including relays
Midget	Girls/Boys (Born 2000)	Maximum 3 Events including relays
Sub-Youth	Girls/Boys (Born 1999)	Maximum 3 Events including relays
Youth	Girls/Boys (Born 1998)	Maximum 3 Events including relays
Intermediate	Girls/Boys (Born 1996-1997)	Maximum 3 Events including relays
Young	Women/Men (Born 1993*-1995)	Maximum 3 Events including relays

****Athletes who are born in 1993 and will not turn 19 years of age during the meet are eligible to compete in the Young Womens/Mens Division)***

Fees:

Entry fee is \$25.00 for each athlete for track and field events and \$ 25.00 for multi-events. Entry fees are not refundable or transferrable. **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 2012 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online at www.coacho.com.**

Entry Process:

All teams and unattached athletes must utilize the online entry process via www.coacho.com. This will permit a very efficient registration process that is easy to use. Everyone will have until 6pm EST, Monday, February 27 to complete registration. Immediately after registering online, you 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 any issues prior to arriving in Seattle. **Absolutely no entries will be accepted after February 27, 2012.**

Packet Pickup:

A packet will be provided for each team consisting of team roster and events entered. A team representative or parent of an unattached athlete will be responsible for picking up the packets. All teams are urged to pickup packets on Friday as the lines on Saturday may be long. Packets can be picked up at the track facility on Saturday, March 3, from Noon-9:00PM and on Sunday, March 4, beginning at 7:00AM. Be sure to bring birth certificates and 2012 AAU cards with you when you pick up packets.

Awards:

In individual events, sports for all forever medals will be presented for participants who finish 1st-3rd place. All four relay participants will receive awards for 1st-3rd place finishes.

Facility:

The newest, and largest, addition to Washington's growing athletic complex is Dempsey Indoor. The 80,000-square foot home of Husky indoor track opened in September of 2001 to rave reviews. The facility includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard Field Turf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events. Dempsey Indoor was among the nation's premier indoor track destinations in 2003, with eight meets featuring many of the finest collegiate and prep athletes in the nation, as well as numerous former Olympians. The facility lived up to its reputation as one of America's fastest indoor venues, bearing witness to five top-10 2003 world marks, three top all-time U.S. marks (though not officially records), eight UW indoor records and dozens of NCAA qualifying marks.

WARNING: Only ¼" or smaller pyramid spikes are allowed. Spikes will be checked upon entering the track area, in the clerking area and at the start line.

Fully Automatic Timing & results will be used with Finishlynx Cameras interfaced with Hy-Tek Meet Manager.

No 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. There is no need to bring any with you. Those that desire to utilize personal implements must obtain clearance from the event official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

Admission:

A charge of \$5.00 admission will be assessed for everyone not competing in the meet. Teams will be given coaches passes for every 10 competitors participating in the meet up to a maximum of 5.

Hotel Information:

Hotel	Location	Phone	Rate
Courtyard by Marriott Seattle Reference # M-CMRZQT	Downtown	(800) 321-2211 (206) 213-0100	\$89.00

**2012 AAU Seattle
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Saturday and Sunday, March 3-4, 2012**

Event Schedule

Saturday, March 3

3-Mar-12	Running Events Start Time	Field Events Start Time	Multi-Event Start Time **
4:00pm			Intermediate Boys & Young Men Pentathlon
			Intermediate Girls & Young Women Pentathlon
			Sub-Youth & Youth Boys Pentathlon
			Sub-Youth & Youth Girls Pentathlon
			Sub-Midget & Midget Boys Pentathlon
			Sub-Midget & Midget Girls Pentathlon
			Sub-Bantam & Bantam Boys Triathlon
			Sub-Bantam & Bantam Girls Triathlon
5:00pm		Triple Jump (2 Pits - Sub-Youth Through Young) *	
8:00pm	800m Run Prelims (Young through Primary)		
9:15pm	200m Dash Prelims (Young through Primary)		

Sunday, March 4

Mar-12	Running Events Start Time	Field Events Start Time
8:00am	1500m Run Final (Primary Through Young) *	Long Jump (2 Pits - Primary Through Young)
9:00am		Pole Vault (2 Pits - Young Through Sub-Youth) *
9:30am	400m Dash Final (Primary Through Young)	
10:30am		Shot Put (2 Pits - Primary Through Young) *
11:30am	50m Hurdles Prelims (Sub-Midget Through Young)	
12:30pm	50m Dash Prelims (Primary Through Young)	High Jump (Sub-Bantam Through Young) *
1:30pm	800m Run Final (Primary Through Young)	
2:15pm	50m Hurdles Final (Sub-Midget Through Young)	
2:45pm	50m Dash Final (Primary Through Young)	
3:15pm	200m Dash Final (Primary Through Young)	
5:00pm	4x400m Relay Final (Primary Through Young)	

* Age Groups May Be Combined By Gender



Driving Directions to the Dempsey Indoor Track 3800 Montlake Boulevard Northeast Seattle, WA 98105

From Hwy 520 West:

1. Exit Hwy 520 at Montlake Blvd.
2. Cross the Montlake Bridge and proceed through the first traffic signal after the bridge (Pacific Ave.) before turning into Husky Stadium at the second traffic signal, immediately adjacent to the stadium's west end.
3. A parking permit for lot E12, immediately to the south of the stadium, may be purchased at the gatehouse for \$5 on non-basketball game days, or for \$11 on basketball gamedays.*
4. Park in lot E12, as close to the lake as possible. An access road between Husky Stadium and Lake Washington provides easy access from the northeast end of the E12 lot to Dempsey Indoor. Dempsey Indoor, as identified by the large "W" on the exterior wall, is located adjacent to Husky Stadium's northeast corner.

From I-5 North or South:

1. Roughly one mile north of downtown Seattle, exit I-5 onto Hwy 520 E (Bellevue/Kirkland).
2. Go 1/4 mile on 520 E before exiting at Montlake Blvd./Husky Stadium. Go left (north) at the light and cross the Montlake Bridge.
3. Proceed through the first traffic signal after the bridge (Pacific Ave.) before turning into Husky Stadium at the second traffic signal, immediately adjacent to the stadium's west end.
4. A parking permit for lot E12, immediately to the south of the stadium, may be purchased at the gatehouse for \$5 on non-basketball game days, or for \$11 on basketball gamedays.*
5. Park in lot E12, as close to the lake as possible. An access road between Husky Stadium and Lake Washington provides easy access from the northeast end of the E12 lot to Dempsey Indoor. Dempsey Indoor, as identified by the large "W" on the exterior wall, is located adjacent to Husky Stadium's northeast corner.

******* Important Note Regarding Parking at Husky Stadium *******

The directions above refer drivers to park in lot E12 after purchasing a permit from the guard at the Husky Stadium gatehouse. Due to the early start times of many UW home indoor meets, it is possible that the gatehouse may be unmanned at the time of your arrival. If this is the case, do not park in lot E12, as you will be ticketed if found without a permit. Instead, return to Montlake Boulevard and continue north past Husky Stadium to the large E1 parking lot, adjacent to the baseball and soccer fields. A permit for the E1 lot (also \$5 standard, \$11 on basketball gamedays) can be purchased from the electronic meters as you enter the lot. The electronic meter does not make change. After parking, follow the access road to Husky Stadium before proceeding downhill to the left to Dempsey Indoor.

For Directions from other areas please use your favorite search engine ie..

www.mapquest.com, www.randmcnally.com or google