



New- TOP 8 FINISHERS QUALIFY FOR THE AAU JUNIOR OLYMPIC GAMES

You do not have to qualify to compete in this meet!!!!

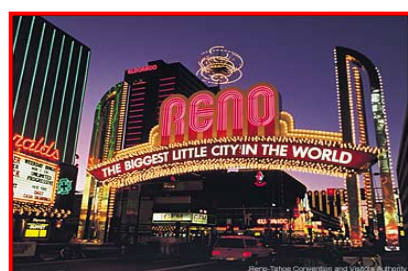
SITE: Reed High School in Reno, Nevada . 1350 Baring Blvd., Sparks (Reno), Nevada 89434

RATIONALE: The West Coast AAU Junior Olympic Games Track & Field has been designed to place an emphasis on promoting the sport of track and field in the western part of the United States.

DATES: *Tuesday, June 29, 2010* Registration deadline (registration closes at 12 midnight)
Wednesday, June 30, 2010 Packet Pickup (3:00 to 7:00 pm)
Thursday, July 1, 2010 Multi-Event Competition/Package Pickup
Friday, July 2, 2010 Multi-Event Competition/Package Pickup
Saturday, July 3, 2010 Track & Field Competition/Package Pickup
Sunday, July 4, 2010 Track & Field Competition/Package Pickup

AGE DIVISIONS: Individual events: Primary, Sub Bantam, Bantam, Sub Midget, Midget, Sub Youth
 Youth, Intermediate, Young Men/Young Women
 Relay events: Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Young Women

AGE DETERMINATION: The athlete's year of birth shall determine the age division in which he/she will compete for individual events:



AGE GROUPS

Primary*
 Sub Bantam
 Bantam
 Sub Midge
 Midget
 Sub Youth
 Youth
 Intermediate
 Young Men/Young Women**

YEAR OF BIRTH

2002 & After*
 2001
 2000
 1999
 1998
 1997
 1996
 1994 - 1995
 1992 - 1993**



**Athletes who are still eighteen (18) years of age through the final day of the West Coast AAU Junior Olympic Games shall be eligible to compete.



ON-LINE

REGISTRATION: The online entry deadline is **TUESDAY, JUNE 29, 2010**



Online entry MUST be done at www.coacho.com .

Online registration will not be reopened after closing time. Therefore, you must make all final changes and pay before closing time on TUESDAY night at 11:59 pm PACIFIC STANDARD TIME.

NO ATHLETES WILL BE ALLOWED TO ENTER AFTER THIS TIME.

WARNING: Many coaches procrastinate and wait to register the last night. As a result, they end up running out of time and have experienced problems related to high volume. Running out of time and/or experiencing technical problems is no excuse for missing the registration deadline. Make life easier by registering before Wednesday.

PLEASE DOUBLE CHECK YOUR ENTRIES USING THE EMAIL CONFIRMATION THAT YOU RECEIVE.

LOOK FOR and FIX THE FOLLOWING COMMON MISTAKES:

- 1) Correct birth date (Entering an athlete with the incorrect birth date is unsportsman-like conduct and grounds for suspending the athlete and coach. Birth date and birth certificate must match.**
- 2) Misspelled names**
- 3) Incorrect athlete gender (list is divided by male and female for easy confirmation)**
- 4) Missing relay teams or team members and alternates**
- 5) Incorrect events (especially the selection of 100 hurdles by mistake)**

TO FIX MISTAKES BEFORE THE DEADLINE:

- 1) Log back into Coach O using your account information and make revisions.**
- 2) If this doesn't work, send changes to wco2010@aol.com with ATTENTION DAVE SCHLICK in the subject line.**

TO FIX MISTAKES AFTER THE DEADLINE, BUT BEFORE CHECK-IN:

- 1) Send the change to wco2010@aol.com with ATTENTION DAVE SCHLICK**
- 2) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be made at no charge.**
- 3) All changes related to individual's events and relay teams will be allowed with a \$10 fee per change.**
- 4) Be prepared at packet pick-up/team check-in to pay \$10 cash for each change made after the deadline.**

TO FIX MISTAKES AT PACKET PICK-UP/CHECK-IN: (absolute last opportunity)

- 1) All clerical type changes, such as spelling of name, team designation, gender, and date of birth will be allowed for a processing and inconvenience fee of \$5 per athlete.**
- 2) All changes related to an athlete's individual events and/or relay teams will be allowed for a fee of \$15 per change. This must be done the day before the actual competition.**
- 3) All payments must be made in cash.**

ENTRY FEE:

TRACK AND FIELD INDIVIDUAL ENTRY FEE: \$40 per athlete

The Track & Field meet entry fee is \$40.00 per athlete regardless of the number of events. Fee must be paid online at the time of registration. A convenience fee will also be assessed.

MULTI-EVENT ENTRY FEE: \$40 per athlete

The Multi-Event competition is a separate event and costs \$40. Fee must be paid online at the time of registration. A convenience fee will also be assessed.

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. Entry fees are per athlete, no substitutions allowed after submission. All athlete entries must be made online. Visa & MasterCard accepted.

RELAY TEAMS

There is no additional entry fee for relay events as long as the following criteria are met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$40.00.
- 2) The relay team represents a current 2010 AAU registered club.
- 3) All competitors must have current AAU membership
- 4) Substitutes must have an open event so in the event they are needed to run they have the space available.

Trading bib numbers to substitute an unregistered athlete is considered unsportsman-like behavior and could be grounds for the disqualification of all relays from an entire team. Therefore, make sure to add alternates.

ELIGIBILITY: Open to any athlete or club/team who holds current AAU Membership. Register instantly online at www.aausports.org. The annual fee for individual membership is \$12.00 for athletes and \$14.00 for coaches. Consult your local AAU Office for the club fee structure.

Individuals and teams that have previously competed in AAU District meets are still eligible to compete at the West Coast Junior Olympic meet and can qualify for the national JO games. If you have questions address them to: wcjo2010@aol.com ATTENTION MEET DIRECTOR.

In order for athletes to be physically and mentally prepared to compete at the AAU Championship level, it is highly recommended that athletes compete in their local AAU District meet. Contact your local AAU District at 1-800-AAU-4USA or the AAU National Headquarters 407-828-2892 for information about meets in your area.

Individual athletes (unattached) and Clubs from other organizations are also encouraged to compete in this Championship upon becoming members of the AAU.

AAU MEMBERSHIP: All relay teams and clubs/teams must present current 2010 AAU Club membership at check-in.

EVENT LIMITATIONS: All competitors in the Primary, Sub-Bantam, Bantam, Sub-Midget and Midget age divisions will be limited to a maximum of (3) three events per competitor, including relays but excluding multi-events (NO PRIMARY). Competitors in the Sub Youth, Youth, Intermediate and Young Men/Young Women age divisions will be limited to a total of (4) four events per competitor, including relays but excluding multi-events.

DIRECTIONS TO COMPLEX: Will vary depending on where you are staying. We encourage you to go to MAPQUEST and get directions. **1350 Baring Blvd., Sparks (Reno), Nevada 89434**

PACKET PICKUP: **On-Site Packet pick-up:** Check-in for all athletes and coaches participating in the 2010 West Coast AAU Junior Olympic Games Track & Field Championships will be held at the **REED HIGH SCHOOL** track and field complex.

Hours of operation at the PACKET PICKUP Center will be as follows for the 2010 AAU West Coast Junior Olympic Championships:

<u>Day/Date</u>	<u>Open Time</u>	<u>Close Time</u>
Wednesday, June 30, 2010	3:00 pm	7:00 pm
Thursday, July 1, 2010	7:00 am	End of the days competition
Friday, July 2, 2010	7:00 am	End of the days competition
Saturday, July 3, 2010	7:00 am	3:00 pm
Sunday, July 4, 2010	7:00 am	8:00 am

NOTE: If your event is one of the first events on any morning and is within two hours of the opening of registration, it is mandatory that you check-in on the day before competition to obtain your packet and race number(s).

CHALLENGE PERIOD: Any persons wanting to challenge the final results must do so via email at wcjo2010@aol.com ATTENTION MEET CHANGE within 24 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

**JUNIOR OLYMPIC
DECLARATION &
REGISTRATION
INFORMATION:**

Qualifiers for the National Junior Olympic Games in Virginia Beach, Virginia must declare and register for the meet at www.CoachO.com before July 17, 2010. No entries will be accepted after Midnight EST (9:00pm on the West Coast). **DO NOT** jeopardize your athletes opportunity to compete by failing to complete this mandatory step before the deadline. **REGISTRATION WILL BE AVAILABLE AFTER THE 24 HOUR CHALLENGE PERIOD IS COMPLETED.** (Approximately July 6, 2010)

**FINAL NATIONAL
JO GAMES
SCHEDULE OF
EVENTS:**

PLEASE NOTE THIS: The FINAL AAU Junior Olympic Games Schedule will be posted on July 25, 2010 at www.aauathletics.org

WCJO PARKING: Daily parking fees will apply at some of the venues.

Also, please note that some hotels will charge for parking at their location. These prices vary. Please contact your hotel directly for more information on parking fees.

**SPECTATOR
TICKETS:**

Spectator tickets are available at the main gate to the track and field facility. Daily passes are \$8.00 and a pass valid for all competition days is \$15.00. Children six (6) and under are free. Only cash will be accepted

**COACHES
PASSES:**

1-8 Athletes NO (0) complimentary Coaches Credentials issued.
9-16 Athletes One (1) complimentary Coaches Credential per club
17-25 Athletes Two (2) complimentary Coaches Credentials per club
Over 25 Athletes* Three (3) complimentary Coaches Credentials per club

***A Maximum of three (3) complimentary Coaches Credentials will be given to any given club. All coaches must be a current registered member of the AAU and must produce current membership card to receive the complimentary pass. If AAU memberships are not presented at this time, Credentials will be forfeited. Absolutely NO Replacements for LOST or Stolen Credentials. Coaches will receive their credentials at packet pick up.**

[AAU memberships will not be sold at the meet!!!!](#)

MEDICAL: A medical area will be stationed near the finish line.

FLUIDS: Water stations will be located at all event areas, clerking tent, and at the finish areas of the track. However, the AAU strongly encourages you to have water with you whether you're a competitor, coach, parent, or fan.

WEATHER: The average high temperature in Reno during the month of July is in the high 90's with low humidity.

PROTESTS: Protests concerning the status or eligibility of any competitor must be made to the AAU Youth Athletics Committee prior to the commencement of the meet, or the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result has been announced. Protests **MUST** be filed on official protest forms and presented to the Protest Table. The Referee shall consider all available official evidence. When the Referee renders his/her decision, there is still the right of appeal to the Jury of Appeals, accompanied by a cash deposit of \$150.00. The Jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

HOUSING: For a complete listing of accommodation options and rates, please visit the web site www.wcaaujrogames.org. Special rates have been negotiated for the event.

TRANSPORTATION: Participants are responsible for their own transportation during their stay.

SECURITY: All 2010 West Coast AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the Games.

- FOOD:** All 2010 West Coast AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the event.
- NO GUARANTEE:** The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

TRACK & FIELD VENUE INFORMATION

- TENTS:** Tents will be allowed only on the top five rows of the stadium. The tents cannot be staked down, and tent tops must be removed at night or during inclement weather. Meet management reserves the right to change this policy at any time.
- SHOWER & LOCKER ROOMS:** There are no shower or locker room facilities available at the track & field venue. All competitors need to dress at their hotel and arrive at the complex ready to compete.
- RESTROOM FACILITIES:** Restroom facilities will be available at the track & field venue.
- COMPETITOR NUMBERS:** Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their bib numbers on the front at all times of competition. There is a ten dollar (\$10.00) replacement fee for lost bib numbers. The trading of bib numbers is considered unsportsman-like conduct and will result in athlete/relay team disqualification. Individual athletes and relays teams attempting to run under a different name will be stripped of all medal and disqualified from all events. This is a serious violation. Coaches, do not put your athletes in this situation. The purpose of youth athletics is to teach youngsters sportsmanship and strong character.
- HIP NUMBERS:** Hip numbers will be issued at clerk of the course and will be required for all running event competitors during their event. The clerk of course will indicate which side and location to wear the hip numbers at check-in time.
- IMPLEMENTS:** The Central California AAU District will be supplying implements for use at this event. Athletes may bring their own implements to use during competition. However, personal implements will be required to be weighed-in prior to reporting to the event site. Implement weigh-in will occur in a tent near the clerking and warm-up areas of the event. Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition.
- ATHLETE WARM-UP:** The warm up area will be located outside the stadium.
- COMPETITOR CHECK-IN:** Competitors will be given a final call to check-in 1 hour prior to the start of their event. Any athlete not checked in at this time will be scratched from the event.
- COOLERS:** As part of security and safety measures by **REED HIGH SCHOOL**, coolers will be allowed as follows at the facility (1) five gallon per team, and (1) one gallon per individual. **NO GLASS CONTAINERS**. Provisions are in place to handle medications, infant products, and special dietary foods. All coolers, bags, backpacks, and duffels will be subject to the existing security inspection process.
- OTHER POLICIES:** The following items will not be allowed into complex:
- Pets or animals, except service animals.
- Alcohol, tobacco, and illegal drugs
- SCHEDULES:** Time specific schedules will be posted at registration.
- QUALIFICATION:** This meet is OPEN to any current 2010 AAU member in the United States.



Meet contact information:

GUY FOWLER
MEET COORDINATOR
559-358-0850
wcjoaau@aol.com

DAVE SCHLICK
MEET REGISTRATION
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wcjo2010@aol.com

KAREN FOWLER
AAU MEMBERSHIPS
209-845-9868



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West Coast AAU Junior Olympic Games Multi Event Championships

SCHEDULE OF EVENTS

THURSDAY, JULY 1, 2010

8:00am	2000m Steeplechase	IB, YM, IG, YW (Final Track & Field Event)	TF
	Triathlon	SBB, BB (Combined)	HJ, SP, 400M
	Triathlon	SBG, BG (Combined)	SP, HJ, 200M
8:30am	Decathlon	IB, YM (Combined)	100M, LJ, SP, HJ, 400M
8:45am	Heptathlon	IG, YW (Combined)	100H, HJ, SP, 200M
9:00 am	Pentathlon	SYB, YB (Combined)	100H, LJ, SP, HJ, 1500M
9:15 am	Pentathlon	SYG, YG (Combined)	100H, HJ, SP, LJ, 800M
10:00 am	Pentathlon	SMB, MB (Combined)	80H, LJ, SP, HJ, 1500M
10:15 pm	Pentathlon	SMG, MG (Combined)	80H, LJ, SP, HJ, 800M

FRIDAY, JULY 2, 2010

8:00am	Decathlon	IB, YM (Combined)	110H, DT, JT, PV, 1500M
	Heptathlon	IG, YW (Combined)	LJ, JT, 800M

Multi-Events Information

- **The goal is that all events will be run in the order listed above. Adjustments may be made based on availability of field event competition areas.**
- **Intermediate Boys and Young Men pole vaulters may compete on separate pits (if available). Starting height will be 6' or 1.83m.**
- **All events will be contested approximately 30 minutes after the preceding event is completed. The 30 minute rest period will include rest, food, measuring steps, and warm ups. Be ready.**
- **Each "Final" Event will be contested according to the point totals of all of the preceding events. All possible medal winners must run together.**

West Coast AAU Junior Olympic Games Track and Field Championships

SCHEDULE OF EVENTS

YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS TENTATIVE AND SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. A REVISED MEET SCHEDULE WILL BE AVAILABLE UPON CHECK-IN.

CLASSIFICATION

PG-Primary Girls	PB-Primary Boys
SBG-Sub-Bantam Girls	SBB-Sub-Bantam Boys
BG-Bantam Girls	BB-Bantam Boys
SMG-Sub-Midget Girls	SMB-Sub-Midget Boys
MG-Midget Girls	MB-Midget Boys
SYG-Sub-Youth Girls	SYB-Sub-Youth Boys
YG-Youth Girls	YB-Youth Boys
IG-Intermediate Girls	IB-Intermediate Boys
YW-Young Women	YM-Young Men

S = Semifinals

TF= Timed Finals

F = Finals

In all running events, EXCEPT RELAYS, where "all divisions" are indicated, the order will be: PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM

SATURDAY, JULY 3, 2010

RUNNING EVENTS

***If not enough runners in the SF, heat will be run as final at the scheduled time.**

*** Some distance races (example 1500m) might be combined**

NEW RULE: All IG, IB, YW, YM are required to use starting blocks for races of 400m and less.

8:00am	3000M Racewalk	SYG, SYB, YG, YB, IG, IB, YW, YM (Combined when possible)	TF
	1500M Racewalk	SBG, SBB, BG, SMG, SMB, MG, MB (Combined when possible)	TF
	4 x 100 Relay	PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	TF
	1500M	SBG, SBB, BG, BB, SMG, SMB, MG, MB	TF
	100M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	SF
	110H	IB, YM	TF
	100H (33")	SYB, YB, IG, YW	TF
	100H (30")	SYG, YG	TF
	80H (30")	SMG, SMB, MG, MB	TF
	400M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB	TF
	400M	SYG, SYB, YG, YB, IG, IB, YW, YM	SF
	400IH	IB, YM, IG, YW	TF
	200LH	SYG, SYB, YG, YB	TF
	800M	SYG, SYB, YG, YB, IG, IB, YW, YM	TF
	200M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	SF
	4 x 800 Relay	MG, MB, YG, YB, IG, IB, YW, YM	TF

FIELD EVENTS

Age divisions might be combined with other divisions (example IB and YM). It is strongly suggested that athletes be ready to go at the scheduled time. The javelin will compete first, followed by the discus.

8:00am	Long Jump	YW, YM, IG, IB, YG, YB, SYG, SYB, MG, MB, SMG, SMB, BG, BB, SBG, SBB, PG, PB (2 PITS)	F
	High Jump	SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
	Javelin	YW, YM, IG, IB, YG, YB, SYG, SYB	F
	FOLLOWED BY		
	Discus	SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F

SUNDAY, JULY 4, 2010

RUNNING EVENTS

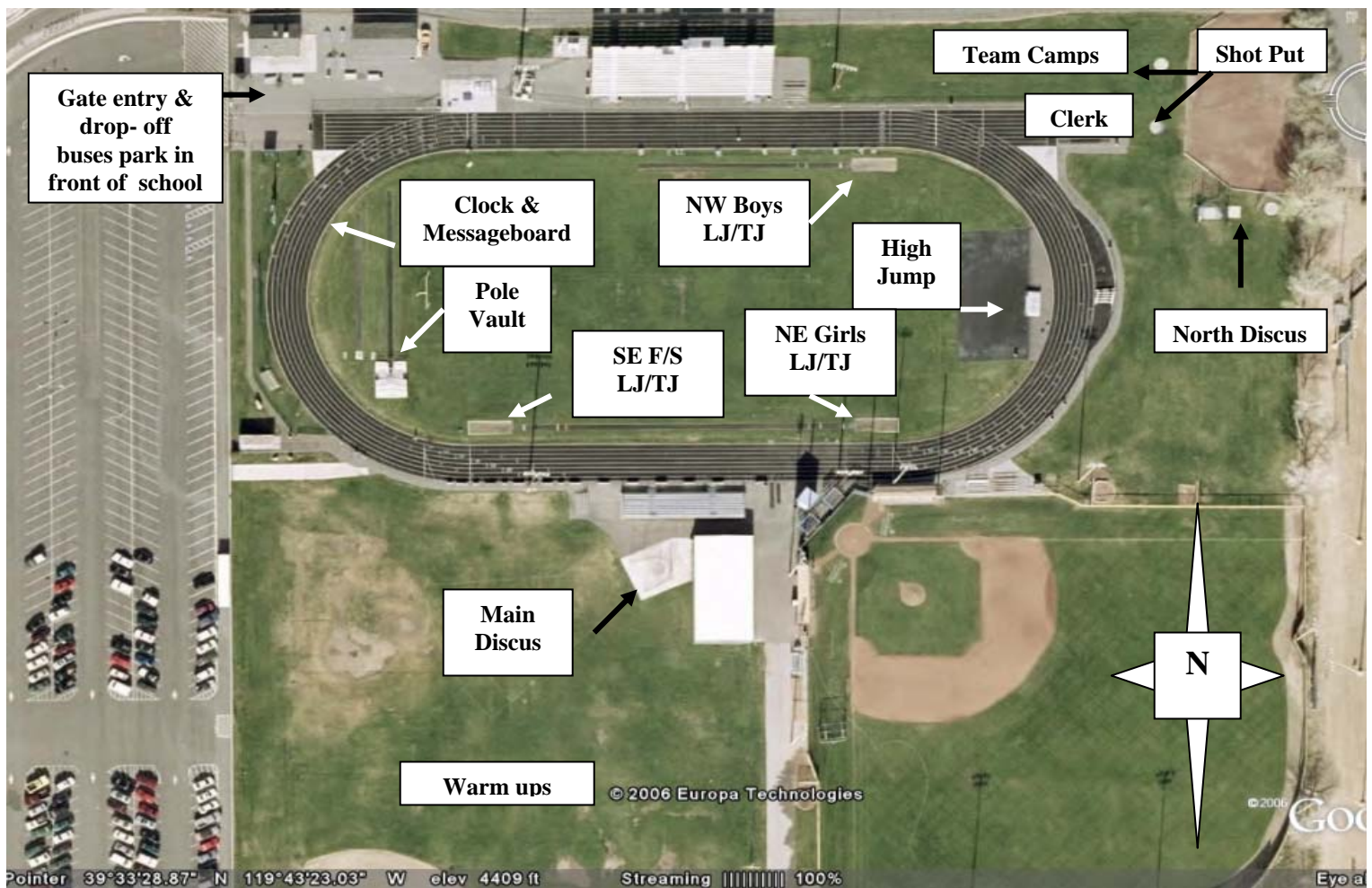
*If not enough runners in the SF, heat will be run as final at the scheduled time.
* Some distance races (example 1500m) might be combined

8:00am	3000M	SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	TF
	100M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
	400M	SYG, SYB, YG, YB, IG, IB, YW, YM	F
	1500M	SYG, SYB, YG, YB, IG, IB, YW, YM	TF
	800M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB	TF
	200M	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
	4 X 400 relay	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	TF

FIELD EVENTS

Age divisions might be combined with other divisions (example IB and YM).
It is strongly suggested that athletes be ready to go at the scheduled time.

8:00am	Shot Put	PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM	F
	Triple Jump	SYG, SYB, YG, YB, IG, IB, YW, YM	F
	Pole Vault	SYG, SYB, YG, YB, IG, IB, YW, YM	F



Aerial View of Reed High School

Reed High School
1350 Baring Blvd., Sparks, NV 89434