



OZARK INDOOR SERIES

HIGH SCHOOL & YOUTH



Gussie Crawford Invitational December 11, 2022

LOCATION: Principia College, One Front Gate Road, Elsah, IL 62028

ENTRY FEES: \$20.00 per athlete entered online at www.coacho.com by Thursday, December 8, 2022, by 11:59 p.m. The meet is open to clubs and unattached athletes. NO LATE ENTRIES or MODIFICATIONS. Fees must be paid online by the close of the meet registration.

ENTRY LIMITATIONS: 7 & under thru 11-12 divisions – 3 events. 13-14 thru 17-18 enter 4 events. Athletes who are still 18 years of age on the day of the AAU Junior Olympic National Championship Meet shall be eligible to compete in the open division.

ENTRIES: ALL ENTRIES MUST BE COMPLETED ON-LINE BY THURSDAY, DECEMBER 8th BY 11:59 p.m. **ALL ATHLETES MUST HAVE A VALID AAU CARD TO PARTICIPATE.**

MEET DIRECTORS: Vince Bingham (Ozark AAU Youth Chair), Karen Chism (Ozark AAU Youth Chair), Martise Scott (AAU Youth Committee), and Cindy Bell Contact: vdbingham@gmail.com

TIMING: Championship Timing

EQUIPMENT: Athletes must bring their own indoor throwing implements and Pole Vault poles. No spikes longer than 1/8" will be allowed on the track.

CONCESSIONS: Available at the facility.

SPECTATOR ADMISSIONS: \$5.00 / 5 & Under Free.

**Please remember Principia College is a smoke-free, alcohol-free facility.
No pets allowed in the facility.**

- 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, except where the event operator has a laptop available with an internet connection.
- Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.
- Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

Sunday, December 11, 2022

EVENTS:

Running Events: 60M, 200M, 400M, 800M, 1500M, 3000M, 60MH, 4x400M, 4x800M, Race Walk

Field Events: Pole Vault, Long Jump, Triple Jump, High Jump, Shot Put, Weight Throw

ALL RUNNING EVENTS ARE TIMED FINALS.

ALL FIELD EVENTS –THROWS/JUMPS, 4 ATTEMPTS (High Jump/Pole Vault excluded)

ORDER OF EVENTS:

9.00 AM – Field Events

Long Jump	7U	8	9	10	11	12	13	14	15-16	17-18	Open/Master
Triple Jump							13	14	15-16	17-18	Open/Master
Pole Vault							13	14	15-16	17-18	Open/Master
High Jump			9	10	11	12	13	14	15-16	17-18	Open/Master
Shot Put	7U	8	9	10	11	12	13	14	15-16	17-18	Open/Master
Weight Throw									15-16	17-18	Open/Master

***Triple Jump will begin immediately at the conclusion of the Long Jump. ***

***Weight Throw will begin at the conclusion of the Shot Put ***

9:00 AM – Running & Walking Events

(Events will be ran in the following order Girls followed by Boys, Youngest to Oldest. Exception: See note below)

60 Meter Prelim	7U thru Open/Master
60 Meter Hurdle Prelim	11 – Open/Master
4 x 800 Meter Relay Final	11 thru Open/Master
Racewalk 1500/3000 Meter Final	9 thru Open/Master
60 Meter Hurdles Final	11 – Open/Master
60 Meter Dash Final	7U thru Open/Master
1500 Meter Run Final	7U thru Open/Master
400 Meter Dash Final	7U thru Open/Master
800 Meter Run Final	7U thru Open/Master
200 Meter Dash Final	7U thru Open/Master
3000 Meter Run Final	11 thru Open/Master
4 x 400 Meter Relay Final	9 thru Open/Master

Note:

- All events will be run girls first, then boys.
- We may combine age groups and gender together in all Running events.
- We may combine age groups and gender in all Field events.