



## INTRODUCTION

The 2016 summer season marks the 24th year of club activities with over 900 athletes having participated over the years. We have a history of excellence with many of our athletes medaling at national championships including seven national champions. Many of our athletes have also won numerous state championships.

The youth program of our club is designed for those 7-18 years of age. We have a regional approach to membership and have no specific ties to individual schools. We actively encourage athletes in Northeast Tennessee and Southwest Virginia to join our program. Promotion of track & field in a fun and positive manner is the emphasis of the club. We believe that the instructional process is as important as the competitive part.

**REGISTRATION DEADLINE: JUNE 9, 2016**

## PRACTICES

Practices will be held at Daniel Boone High School track every Tuesday and Thursday at 6:30 pm. Practice is generally finished by 8:30. Practices start Tuesday, May 31, 2016.

Practices are not mandatory since we realize that families have vacations and other obligations. However, you will only get better by regular attendance at practice.

# 2016

## SCHEDULE

This is a listing of available meets. You must compete in an AAU District Qualifier to qualify for the Regional Qualifier and you must compete in the AAU Regional Qualifier to have a chance at the AAU Junior Olympic Games.

June 11, 2016  
AAU Southeastern District Qualifier  
Nashville, TN  
Top 16 in each event qualify for AAU Regional

June 26, 2016  
AAU Southeastern District Qualifier  
Hardin Valley Academy, Knoxville, TN  
Top 16 in each event qualify for AAU Regional  
(This is the one we are going to as club.)

June 29-July 2, 2016  
AAU Area 6 Regional Qualifier  
Hardin Valley Academy, Knoxville, TN  
Multi Events June 29-30  
Regular events July 1-2  
(The following qualify for the AAU Junior Olympic Games:  
Top 6 in running, Top 5 in field, Top 4 in Multis/Relays)

July 30-August 6, 2016  
50th AAU Junior Olympic Games  
Houston, TX (Humble HS)

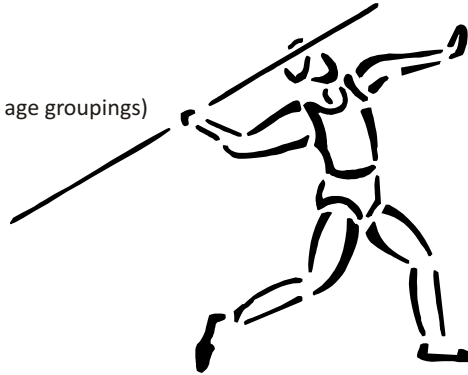
We may look at a small practice meet also.



# EVENTS

The following events are offered.

100, 200, 400, 800, 1500 - All Divisions  
3000 - 11 & older  
80 Hurdles - 11 & 12  
100 Hurdles - 13, 14, 15-16 girls, 17-18 girls  
110 Hurdles - 15-16 boys, 17-18 boys  
200 Hurdles - 13, 14  
400 Hurdles - 15-18  
2000 Steeplechase - 15-18  
Relays- 4x100, 4x400, 4x800 (Various age groupings)  
Shot Put - All Divisions  
Discus- 11-18  
Turbo-Jav - 8 & under, 9, 10, 11, 12  
Javelin - 13 & older  
Long Jump - All Divisions  
Triple Jump - 13 & older  
High Jump - 9 & older  
Pole Vault - 13 & older



Multi Events  
Triathlon - 9 & 10  
Pentathlon - 11, 12, 13, 14  
Heptathlon - 15-16 girls, 17-18 girls  
Decathlon - 15-16 boys, 17-18 boys

# AGE GROUPS

Athletes compete in age groups that goes by year of birth.

DIVISION	BORN
8 & Under	2008 & After
9	2007
10	2006
11	2005
12	2004
13	2003
14	2002
15-16	2000-2001
17-18	1998-1999*

\*Athletes born in 1997 who are still 18 through August 6, 2016 are also eligible.

# FEES

The club fee for the summer program will be \$200 per athlete. Additional children in the same family will be \$125. There will be a maximum of \$400 per family. The fee includes the following:

- AAU Membership
- Entry fee for AAU District Qualifier
- Entry fee for AAU Regional Qualifier
- Coaching and Planning

Entry fees for national or other meets are extra. If you decide to compete fees will be collected prior to entry deadline.

Travel expenses are not included in the club fee. If you are needing transportation to meets you should contact the club director early.

# UNIFORMS

Uniforms are not included in the club fee. The jersey cost is \$20. Athletes provide their own shorts and should be solid black.

To insure that we can get uniforms in prior to the meets they must be ordered by June 7.



# BAD WEATHER POLICY

Since we have a limited number of practices it is important that we conduct practice if at all possible. In the case of bad weather, parents and athletes should make a decision based on the situation near their home. Our membership is spread over a wide area so weather will be different for some. If you are unsure call Brian Buckner for the final call.