

**2023 AAU REGION 18 TRACK & FIELD REGIONAL MEET
SCHEDULE OF EVENTS**

MULTI EVENT SCHEDULE AT TCU ON FRIDAY AND SATURDAY

JUNE 23RD AND JUNE 24TH

LOWDON TRACK & FIELD CLOMPLEX 3750 WEST BERRY ST. FORT WORTH, TEXAS 76109

**MULTI-EVENTS DECATHLON, HEPTAHILON, PENTATHLON,
TRIATHLON**

**MULTI-EVENT PAYMENT AND CREDENTIALS
CAN BE PICKED UP AT THE GATE ON EITHER
DAY OF THE MEET**

(please note: This schedule of subject to change without prior notification)

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**

This meet is on a timed schedule for multi-events. Athletes must check-in when events are called or risk disqualification. Gates will open at 6:30am on each day. We do not allow early tent set-up or athlete practice at the stadium the day before the meet starts. During competition days, everyone entering the stadium must have on appropriate credentials.

COMBINED EVENT SCHEDULE - Multi-events may start up to 30 minutes earlier or later than the designated time based on the final number of entries for the event. It is recommended that athletes check-in with the designated event official at least 45 minutes before the time listed for the event. Athletes not checked in at their venue when the event starts will be scratched from competition even if the event begins earlier or later than the time listed.

DAY 1 MULTI-EVENTS FRIDAY JUNE 23RD GATE OPENS AT 6:30AM
DECATHLON HEPTAHILON PENTATHLON
TRIATHLON

8:30AM	100MH	15/16G	17/18G	33"
	100MH	13/14B		33"
	100MH	13/14G		30"
	80MH	11/12G		30"
	80MH	11/12B		30"

8:45AM	100M	15/16B		17/18B		
9AM	SHOT PUT	9/10G		9/10B		6 LBS
	SHOT PUT	11/12G		11/12B		6 LBS
	SHOT PUT	13/14G		13/14B		6 LBS=GIRLS 4KG=BOYS
	HIGH JUMP	15/16G		17/18G		
	LONG JUMP	15/16B		17/18B		
9:30AM	HIGH JUMP	9/10G	9/10B	11/12G	11/12B	13/14G
	SHOT PUT	15/16G	17/18G	= 4KG		
	SHOT PUT	15/16B	17/18B	= 12 LBS		
	200M	9/10G				
	400M	9/10B				
10AM	LONG JUMP	11/12G	11/12B	13/14G	13/14B	
	200M	15/16G		17/18G		
	HIGH JUMP	15/16B		17/18B		
10:30AM	800M		11/12G		13/14G	
	400M		15/16B		17/18B	
	1500M		11/12B		13/14B	

DAY 2 SATURDAY -JUNE 24 - -MULTI - EVENTS- DECATH, HEPTATH, PENTATH,TRIATH

GATE OPENS AT 6:30 AM

7:30AM	110MH 15/16B 17/18B 39"
	LONG JUMP 15/16G 17/18G
8:00AM	JAV 15/16G 17/18G 600G
	DISCUS 15/16B 17/18B 1.6KG
8:30AM	800M 15/16G 17/18G
	POLE V 15/16B 17/18B
9:00AM	JAV 15/16B 17/18B 800G
9:30AM	1500M RUN 15/16B 17/18B