

**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 COMPLEX 3750 WEST BERRY ST. FORT WORTH, TEXAS 76109

**MULTI-EVENTS DECATHLON, HEPTATHLON, 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.ausports.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	<u>GATE OPENS AT 6:30AM</u>
<u>DECATHLON HEPTATHLON PENTATHLON</u>	
<u>TRIATHLON</u>	

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