



2026 AREA 12 AAU REGIONAL QUALIFIER

June 25 – June 28, 2026

- WHERE:** Carman-Ainsworth Middle School (June 25th & June 26, 2026) - DAY 1 & 2 – **Multi-Events**
1409 Maple Rd. Flint, MI 48507
- Carman-Ainsworth Middle School (June 27th & June 28, 2026) - DAY 3 & 4 – **(Track & Field Events)**
1409 Maple Rd Flint, MI 48507
- LICENSED BY:** AAU
- HOST:** Michigan AAU Track & Field / Track Life University
Darnell & Karen Hall, Meet Directors
E-mail: hallkarentlu@gmail.com
- RULES:** In accordance with USA Track and Field and AAU Youth Athletics Guidelines
- AGE DIVISIONS:** 8 & Under Girls/Boys (Born 2018 and After) Maximum 3 Events including relays
9 Year Old Girls/Boys (Born 2017) Maximum 3 Events including relays
10 Year Old Girls/Boys (Born 2016) Maximum 3 Events including relays
11 Year Old Girls/Boys (Born 2015) Maximum 3 Events including relays
12 year Old Girls/Boys (Born 2014) Maximum 3 Events including relays
13 Year Old Girls/Boys (Born 2013) Maximum 4 Events including relays
14 Year Old Girls/Boys (Born 2012) Maximum 4 Events including relays
15-16 Year Old Girls/Boys (Born 2010-2011) Maximum 4 Events including relays
17-18 Year Old Girls/Boys (Born 2008-2009) Maximum 4 Events including relays
- *Athletes who are still eighteen (18) years of age through the final day (Aug. 8th) of the Junior Olympic Games National Track & Field Meet shall be eligible to compete in the 17-18 year olds division ** No Multi-Event competition for Primary Age Groups**
- ELIGIBILITY:** Open to all AAU Registered Athletes.
- MEET ENTRY FEE:** A \$30.00 entry fee per Track & Field & \$30.00 entry fee per Multi-Event athlete must be paid. All members of relay teams, including alternates, who have not entered an individual event, must pay a \$30.00 entry fee. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.** Entry fees are per athlete, no substitutions allowed after submission. All major credit cards accepted online. **Please note: There is an athletic.net service fee added when registering online.**
- DEADLINE DATE:** **ONLINE REGISTRATION ONLY: WWW.ATHLETIC.NET** 
REGISTRATION WILL OPEN ON APRIL 1, 2026 AND CLOSE ON JUNE 22, 2026.
- QUALIFICATION/** The **top (5) five finishers/teams** in each event of **Running/Relay** & the **top (5) five finishers** in each event of **Field** advance to the AAU Junior Olympics Games.
- ADVANCEMENT:** The **top (3) three athletes** shall advance in **multi-events** to the AAU Junior Olympic Games – Des Moines Iowa – August 1 – August 8, 2026. **There will be no exceptions to the advancement procedures.**
- CHALLENGE:** All challenges to meet results must be initiated by the end of the meet. All challenges must be emailed to the Meet Director and all challenges will be resolved by the Meet Director within 24 hours of the last day

of the meet. **AFTER 24 hours, RESULTS WILL NOT BE CHANGED.** Any issues regarding competition rules will follow USATF rules guidelines.

GATE FEES

There will be a **\$5.00 gate fee charge per person per day.** All coaches will receive **one free pass for 4 athletes, two free passes for 5 to 15 athletes, three free passes for 16 -25 athletes, four free passes for 26 to 35 and 5 free passes for 36 or more athletes** in their packet.
All Children 6 and under will be admitted free. All Registered athletes with a wristband and Competition Number will also be admitted free.

HEADQUARTERS: Carman-Ainsworth Middle School

COACHES' PACKETS: Thursday-Friday, **June 25-June 26, 2026, 7:00AM – 2:00PM** – PACKETS WILL BE AVAILABLE AT THE TRACK **CARMAN-AINSWORTH MIDDLE SCHOOL – 6/25/26 (DAY 1) & 6/26/26 (DAY 2) - MULTI-EVENTS).**

****ALL STEEPLECHASE & POLE-VAULT CONTESTANTS WILL BE WAIVED. (SUBMIT A VERIFIED MARK OTHERWISE THE MARK WILL BE SUBMITTED AS 7'0 FOR PV AND NT FOR STEEPLECHASE"******

Saturday – Sunday, **June 27 – June 28, 2026, 8:00am – 5:00pm** - PACKETS WILL BE AVAILABLE AT THE TRACK (**CARMAN-AINSWORTH MIDDLE SCHOOL - TRACK & FIELD EVENTS).**

ONLY REGISTERED COACHES OR REGISTERED UNATTACHED ATHLETES ARE ALLOWED TO PICK UP THE PACKET.

RESULTS: Results will be posted on line at www.aautrackandfield.org and www.athletic.net

AAU JUNIOR OLYMPIC GAMES DECLARATION & REGISTRATION INFORMATION:

Those athletes that qualify for the AAU Junior Olympic Games in Des Moines, IA you must declare and register for the meet at www.athletic.net or www.aautrackandfield.com no later than **Tuesday, July 14, 2026 at 11:59 p.m. EST. No entries will be accepted after the deadline date.** Do not jeopardize your athlete's chance of competing in the AAU Junior Olympic Games by not completing this step in the registration process. – **NO LATE ENTRIES**

FINAL NATIONAL JO GAMES SCHEDULE OF EVENTS:

PLEASE NOTE THIS: The FINAL AAU Junior Olympic Games Schedule will be posted on July 22, 2026 at - www.aautrackandfield.org

FLUIDS: It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

WEATHER: The average high temperature in Michigan during the month of July is in the high 80's with high humidity.

TRACK & FIELD VENUE INFORMATION

TENTS: Tents will be allowed only on the top five (5) rows of stadium on the visitor's side. Meet management reserves the right to change this policy. Some individual tents will be allowed to be erected in a limited area and tent tops must be removed at night or during inclement weather.

SHOWER & LOCKER ROOMS: There are no shower or locker room facilities available at the track & field venue. All competitors must come to the track dressed and ready to compete.

RESTROOM FACILITIES: Restroom facilities will be available at the track & field venue.

COMPETITOR Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their

BIB NUMBERS: bib numbers on the front of your competition singlet at all times of competition. **There is a ten-dollar (\$10.00) replacement fee for lost bib numbers.** Replacement bib numbers can be purchased at the Registration Table/Tent.

IMPLEMENTS:

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 field event area 1-hour prior to the start of the scheduled event.** Implements will be impounded and delivered to the event area. Implements will be returned to the athletes after competition.

PROTESTS:

Protests concerning the status or eligibility of any competitor must be made to the Region 12 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 accompanied by a cash deposit of \$100.00. 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. 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.***

**ATHLETE
WARM-UP:**

There will be a designated area for athlete warm up. The track will open one hour prior to the 1st running event of each day.

**COMPETITOR
CHECK-IN:**

Check-in shall be conducted as stated on the 2026 Area 12 AAU Regional Qualifier Schedule of Events

COOLERS:

As part of security and safety measures by **CARMAN-AINSWORTH MIDDLE SCHOOL**, coolers will be allowed. **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.

SCHEDULES:

The time specific "Schedule of Events" will be strictly followed as listed.

APPAREL:

AAU and Regional Qualifier will be available at the venue.

- This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.



2026 Area 12 Regional Qualifier Multi-Event Schedule

CARMAN-AINSWORTH MIDDLE SCHOOL

Multi-Events will start at the designated time listed. It is recommended that you check in with your designated Multi-Event official at least 30 minutes before the time listed. Athletes not checked-in at their designated venue and start time will be scratched from the event. **PLEASE NOTE THAT THE ORDER OF EVENTS FOR MULTI-EVENTS ARE SUBJECT TO BE CONTESTED OUT OF ORDER TO PREVENT WAIT TIME OR DELAY.**

CARMAN-AINSWORTH MIDDLE SCHOOL (DAY 1) 1409 Maple Rd. Flint, MI 48507

Thursday – June 25, 2026 (DAY 1 OF MULTI-EVENTS @ CARMAN-AINSWORTH MS)

9:00 AM 15-16B / 17-18M Decathlon – 100M, Long Jump #1, Javelin, High Jump #1, 400M
9:15 AM 15-16G / 17-18W Heptathlon – 100M H, High Jump #1, Javelin, 200M

Friday – June 27, 2025 (DAY 2 OF MULTI-EVENTS @ CARMAN-AINSWORTH MS)

9:00 AM 15-16G / 17-18W Heptathlon – Long Jump #1, Shot Put #1, 800M
9:05 AM 15-16B / 17-18W Decathlon – 110MH, Discus, ***Pole Vault, Shot Put #1, 1500M
9:15 AM 11B / 12B Pentathlon – 80M H, Shot Put #1, High Jump #1, Long Jump #2, 1500M
9:45 AM 11G / 12G Pentathlon – 80MH, Shot Put #1, High Jump #1, Long Jump #2, 800M
10:15 AM 13B / 14B Pentathlon – 100M H, Shot Put #1, High Jump #1, Long Jump #2, 1500M
10:45 AM 13G / 14G Pentathlon – 100M H, Shot Put #1, High Jump #1, Long Jump #2, 800M
11:15 AM 9B / 10B Triathlon – Shot Put #1, High Jump #1, 400M
11:45 AM 9G / 10G Triathlon – Shot Put #1, High Jump #1, 200M



2026 Area 12 Regional Qualifier Track & Field Schedule

CARMAN-AINSWORTH MIDDLE SCHOOL
1409 Maple Rd. Flint, MI 48507

All Running events will start at the designated time listed each day. After the initial event, your event may start as much as 30 minutes before the time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event.

****BOYS RUN FIRST****

Friday Morning – June 26, 2026

2000 Meter Steeplechase – 15-16G / 17-18W Combined followed by 15-16B / 17-18M Combined

(THIS RUNNING EVENT WILL BE WAIVED. PLEASE SUBMIT A VERIFIED TIME OTHERWISE THE TIME WILL BE SUBMITTED AS NO TIME**)**

Saturday – June 27, 2026

This is a rolling schedule

10:00AM

1500 Meter Run – **Starting with 7-8 Year Old** – Age Groups may be combined by gender
110 / 100 / 80 Meter Hurdles – **SEMI-FINAL** - In the following order:
110 – **15-16B / 17-18M** 100 – **13B / 14B / 15-16G / 17-18W / 13G / 14G** 80 – **11G / 11B / 12G / 12B**
100 Meter Dash – **SEMI-FINAL** – **Starting with 7- 8 Year Old** – Top 8 times advance to Finals
400 Meter Dash – **Starting with 7-8 Year Old** – **TIMED FINALS**
200 / 400 Meter Hurdles – **TIMED FINALS** - In the following order:
200H – **13G / 13B / 14G / 14B** 400H – **15-16G / 17-18W / 15-16B / 17-18M**
1500 Meter Race-walk – All Age Groups Combined - **9 Year Olds – 12 Year Olds**
200 Meter Dash – **SEMI-FINAL** – **Starting with 7-8 Year Old** – Top 8 times advance to Finals
4 x 800 Meter Relay – **Starting with 11-12 Year Old** – Age Groups will be combined by gender

****BOYS RUN FIRST****

Sunday – June 28, 2026

This is a rolling schedule

10:00AM

3000 Meter Run – **Starting with 11 Year Old** – Age Groups may be combined by gender
110 / 100 / 80 Meter Hurdles – **FINALS** - In the following order:
110 – **15-16B / 17-18M** 100 – **13B / 14B / 15-16G / 17-18W / 13G / 14G** 80 – **11G / 11B / 12G / 12B**
100 Meter Dash – **FINALS** – **Starting with 7-8 Year Old**
800 Meter Run – **Starting with 7-8 Year Old**
4 x 100 Meter Relay – **Starting with 7-8 Year Old**
3000 Meter Race-walk – All Age Groups Combined – **13 Year Olds – 17-18 Year Olds**
200 Meter Dash – **FINALS** - **Starting with 7-8 Year Old**
4 x 400 Meter Relay – **Starting with 9-10 Year Old**

- **NOTE: If there are not enough runners in Semi-Final, event will be run as a Final at that time.**
- **NOTE: Some distance races may be combined due to the number of participants.**



2026 Area 12 Regional Field Event Schedule

CARMAN-AINSWORTH MIDDLE SCHOOL
1409 Maple Rd. Flint, MI 48507

All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event official – ONLY** - at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event after their running event** and be ready to compete.

Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

*Triple Jump will be contested immediately following the 17-18M and 17-18W Long Jump for all Age Groups on Saturday.

Please note **ALL POLE-VAULT CONTESTANTS WILL BE WAIVED. (SUBMIT A VERIFIED MARK OTHERWISE THE MARK WILL BE SUBMITTED AS 7'0"****

This is a rolling schedule

Thursday-6-25-26

	LONG JUMP	SHOT PUT		TURBO JAVELIN	
12:00pm	13B/13G	15-16G /15-16B		8G/8B	
	14G/14B	17-18W/17-18M		9G/10G	
		14B/ 14G		9B/10B	
		13B / 13G		11B/12B	
				11G/12G	

Friday-6-26-26

3:00pm	SHOT PUT	5:30pm	LONG JUMP		
	8G/8B		8B/8G(ONLY)		
	9G/9B				
	10G/8B				
	11G/11B				
	12G/12B				

Saturday-6-27-26

9:00am	LONG JUMP		DISCUS		HIGH JUMP
	15-16B/15-16G		17-18W/17-18M		14G/ 14 B
	17-18M/17-18W		13G / 13 B		15-16G / 15-16B
Triple Jump will be contested immediately following the 17-18M and 17-18W Long Jump for all Age Groups on Saturday			14G/ 14B		17-18W /17-18W
			15-16G / 15-16 B		13G / 13B

Sunday-6-28-26

9:00am	LONG JUMP		DISCUS	JAVELIN	HIGH JUMP
	9B/9G		11G/11B	17-18M/15-16M	11G/12G
	10B/10G		12G/12B	17-18W/15-16G	11B/12B
	11B/11G			14B / 13B	9G/10G
	12B/12G			14G / 13G	9B/10B