



# 2009 Coach O AAU Indoor Track & Field Invitational

*Co-Hosted by the Titan Track Club*

**Sunday, January 18, 2009**

Illinois Wesleyan University Shirk Athletic Complex  
302 E. Emerson St., Bloomington, IL 61701

**Sanction:** Amateur Athletic Union (AAU)

**Meet Director:**

Marchan Adkins

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[www.CoachO.com](http://www.CoachO.com)



**Fees:**

Entry fee is \$15.00 for each **athlete**. No entry fee will be transferred or refunded.

**Entry will not be processed unless entry fee is paid by deadline. Bring a legible copy of a birth certificate or proof of age, along with a 2009 AAU membership card for each athlete entered; Do not send in advance. All entry fees must be paid online.**

## Eligibility:

This meet is open to any athlete that falls within the age divisions listed below. AAU Memberships can be obtained through the AAU National Website [www.aausports.org](http://www.aausports.org) or your local District Membership Chair. Each Youth, Intermediate, and Young athlete may enter in up to a maximum of 4 events including relays. Primary, Bantam, & Midget age brackets may only enter in 3 events including relays. ***If an athlete is entered into too many events, meet management reserves the right to reject the athlete from one or more events without notification.***

## Age Divisions:

Age divisions are determined by year of birth. Listed below are the events that will take place in each age division. The Young Mens/Womens division is open to anyone who was born in or prior to 1993 and has not turned 19 years of age.

<i>Coach O Indoor Invitational</i>	55	200	400	800	1500	3000	1500	5500	LJ	TJ	SP	HJ	PV	4X
Age Divisions							RW							
Primary (2001-later)	X		X	X					X		X			
Bantam (1999-2000)	X	X	X	X	X		X		X		X	X		X
Midget (1997-98)	X	X	X	X	X	X	X	X	X		X	X		X
Youth (1995-96)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Intermediate (1993-94)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Young (1990*-92)	X	X	X	X	X	X	X	X	X	X	X	X	X	X

## Entry Process:

### Teams:

All teams and unattached athletes must utilize the online entry process via [www.coacho.com](http://www.coacho.com). This will permit a very efficient registration process that is easy to use. Everyone will have until 11pm, Monday, January 12, to complete registration.

Immediately after registering online, you will receive a receipt from the website, which will produce a list of all athletes registered for the meet. This receipt should be used as your transcript of your meet entries. If your athletes do not appear on the confirmation, they are not registered for the meet. Please take care of these issues prior to arriving in Bloomington, if at all possible. ***Absolutely no entries will be accepted after January 12, 2009.***

## Check-In Requirements:

A packet will be provided for each team consisting of team roster and events entered. A team representative will be responsible for picking up the packets. Packets can be picked up at the track facility beginning at 7:00am on meet day. Be sure to bring birth certificates and AAU cards with you when you pick up packets.

**Awards:**

In individual events, awards will be presented for participants who finish 1<sup>st</sup>-6<sup>th</sup> place. Relay participants will receive awards for 1<sup>st</sup> -3<sup>rd</sup> place finishes.

**Facility:**

The Shirk Athletic Complex is an awesome track facility. Illinois Wesleyan University served as the host of the 2000 & 2005 NCAA Division III Indoor National Track & Field Championships at the venue. The facility boasts an 8-lane straightaway as well as providing 6 lanes around the oval. Only ¼” or smaller pyramid spikes are allowed. Fully Automatic Timing & results will be done by AdkinsTrak Timing Associates using Finishlynx Ethernet 2000 Cameras interfaced with Hy-Tek Meet Manager. No radios, glass containers, or alcoholic beverages are allowed in the facility.

**Refreshments:**

A Full Service Concession Stand will be provided as well as a hospitality area for officials.

**Equipment:**

Starting blocks will be provided by the meet management. There is no need to bring any with you. Those that desire to utilize personal implements must obtain clearance from the event official prior to use. If personal implements are used, they will not be released until the end of the competition for that age group.

**Admission:**

A charge of \$5.00 admission will be assessed for everyone not competing in the meet.

**Officials:**

Anyone desiring to officiate at this meet is encouraged to contact Marchan Adkins via email at [Marchan@AdkinsTrak.com](mailto:Marchan@AdkinsTrak.com). Your assistance is greatly appreciated.

**Airline Travel:**

Central Illinois Regional Airport in Bloomington (BMI) has direct flights from American, United, Delta, Northwest and AirTran Airlines..

**Host Hotel:**

There are several good lodging facilities in the area. The Best Western University Inn will serve as the host hotel for the meet. Listed below is detailed information on the host hotel.

Hotel	Location	Phone	Amenities	Rate
Best Western University Inn	6 Traders Cir, Normal, IL 61761	309-454-4070	Free Breakfast Shuttle Service to/from Track	\$68.00 Double

Please be sure to indicate that you are participating in the AAU Track & Field Indoor Meet when requesting rooms at this facility.

## Event Schedule

Running Events	Field Events
<b>8:30am</b> <b>1500m Run</b> (Bantam-Young) <b>9:30am</b> <b>55m Hurdles Finals</b> (Sub-Midget-Young) <b>55m Dash Trials</b> (All) <b>55m Dash Finals</b> (All) <b>800m Run</b> (All) <b>400m Dash</b> (All) <b>3000m Run</b> (Midget-Young) <b>200m Dash</b> (All) <b>4X400m Relay</b> (All)	All Field Events will begin at 9:00am and will run concurrently <b>Long Jump</b> (Youngest-Oldest) <b>Triple Jump</b> (Youth-Young) <b>High Jump</b> (Oldest-Youngest) <b>Shot Put</b> (Youngest-Oldest) <b>Pole Vault</b> (Youth-Young)

**A detailed schedule will be printed after all entries have been submitted**



**View of the Indoor Track from  
Second level of Shirk Center**

**Driving Directions to  
Illinois Wesleyan University  
Shirk Athletic Center  
302 E. Emerson St.  
Bloomington, IL 61701**

**From Chicago, IL**

(Approximately 130 miles) Take I-55 South to Veterans Parkway South (Business 55 - exit #167). Proceed about 4 miles and turn right onto Route 9 (Pekin West exit). Travel about 2 miles to Park Street and turn right.

**From Madison, WI**

(Approximately 200 miles) Take I-39/90 South to Rockford, IL and continue on I-39 South. Turn on to Route 51 South (Business Exit #2) and turn left at the end of the ramp. Proceed about 6 miles to Emerson Street and turn left at the light. The Shirk Center is located 2 blocks down the street on the left-hand side.

**From Indianapolis, IN**

(Approximately 165 miles) Take I-74 West to Route 51 (North Business Exit #135). Travel about 2 miles to Veterans Parkway North (Business 55 Chicago) exit. Proceed about 3.5 miles, turn left onto Route 9 (Pekin West Exit). Travel about two miles to Park Street and turn right.

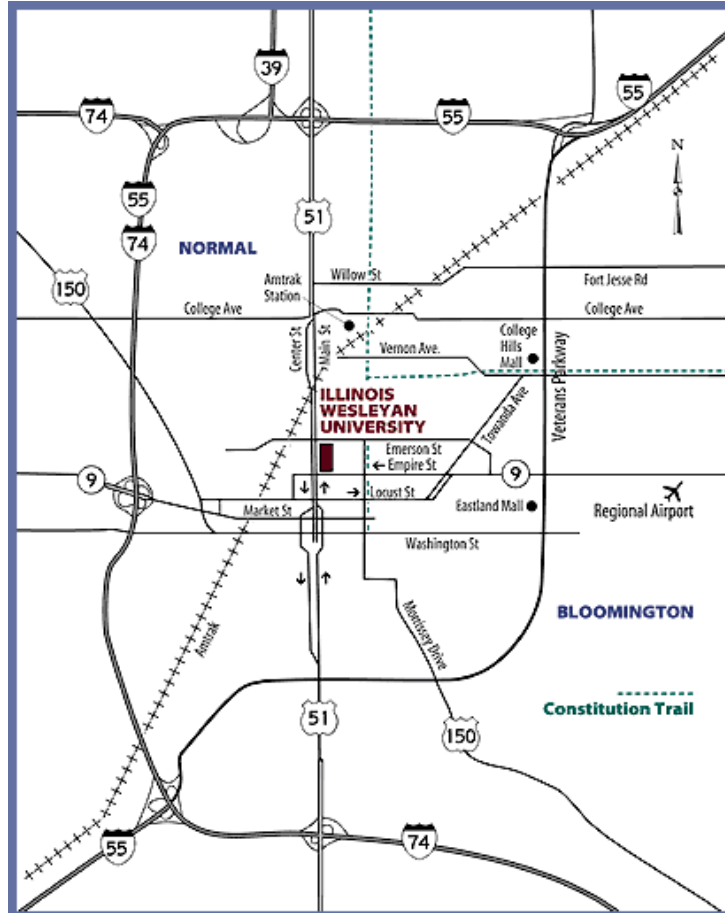
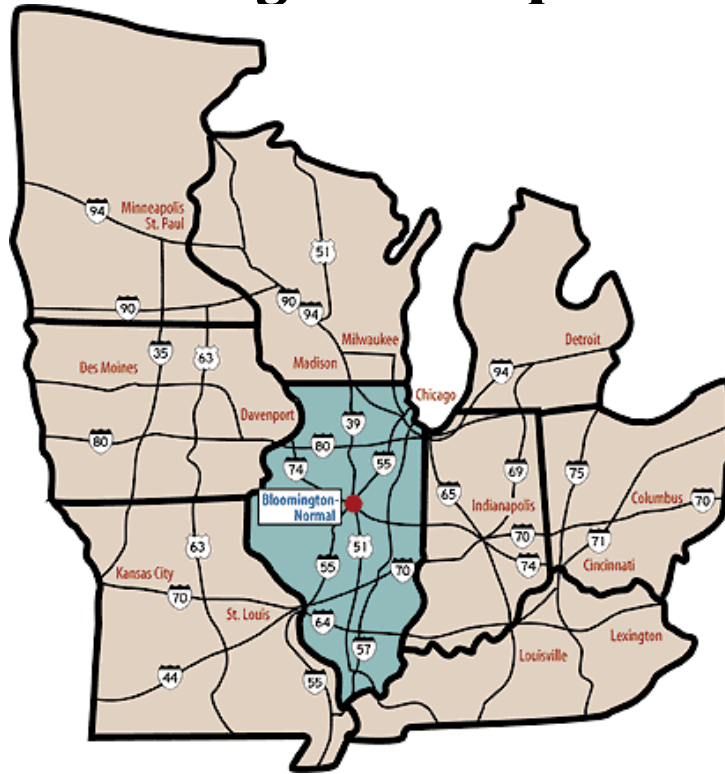
**From Peoria, IL**

(Approximately 40 miles) Take I-74 East to I-55 North (Chicago Exit #127). Follow to Route 51 South (Business Exit #165A). Proceed about 3 miles to Emerson Street and turn left at the light. The Shirk Center is located 2 blocks down the street on the left-hand side.

**From St. Louis, MO**

(Approximately 160 miles) Take I-55 North to Veterans Parkway North (Business 55 Exit #157B). Proceed about 6 miles and turn left onto Route 9 (Pekin West Exit). Travel about 2 miles to Park Street and turn right.

# Regional Map



Bloomington City Map