

2026 AAU

Region 14 Track & Field National Qualifier June 25 – June 28, 2026

Multi-Events June 25-26
Race Walk, Pole Vault & Steeple Chase June 26
Track & Field June 27-28

Grand View University
Williams Stadium
1540 Walker Street
Des Moines, IA 50316



Marvin (Marv) Allen

Iowa District Sports Director
AAU Track & Field
(515) 252-0856
aaustarter@copper.net

Region 14 Track & Field National Qualifier Track & Field and Multi Events Championships

Grandview University
1540 Walker Street
Des Moines, IA 50316

Eligibility

Competition is open to all boys and girls who have a valid/current AAU registration card and who competed and Qualified at a District Meet. To Qualify for the Regional Championship Meet the athlete had to place TOP 16 in a district meet in all Field Events and Individual Running Events. Relay teams must have competed at the district level and placed in the TOP 16 and Multi Athletes have to place TOP 16 in their District Meet. Steeplechase and Pole Vault athletes are exempt from competing at the district level. Athletes and clubs can compete in only one AAU National Qualifier Meet.

AAU Membership

All participants must have a current AAU membership. AAU membership must be obtained before the competition begins. Participants are encouraged to visit www.aatrackandfield.org for their membership.

Event Limits

There is a three (3) event maximum for the 8&U, 9, 10, 11 and 12 divisions. There is a four (4) event maximum for 13, 14, 15-16, and 17-18 divisions. EVENT MAXIMUM includes RELAYS AND FIELDS EVENTS. (Not Multi Events).

Entry Fee

An entry fee of \$30.00 per contestant MUST BE SUBMITTED ONLINE. There will not be any entries done by mail. All declarations and scratches will be done at www.Athletic.net. All relays and multi events will be entered online as well.

The \$30 Entry Deadline is Midnight CST on Tuesday, June 23.

Entry Site: www.Athletic.net

Late Registration will be \$50, and you can enter on Wednesday June 24 between 9:00am-3:00pm. There will be NO Entries accepted after 3:00pm on June 24.

Challenge Period

Any persons wanting to challenge the final results must do so via e-mail to the meet coordinator within 4 hours of the conclusion of the meet. This will be for just clerical errors (recording wrong mark) or eligibility issues. Any issues regarding competition rules will follow USATF rules guidelines.

Qualifying for the Junior Olympic Games

The top 8 finishers in each field event, the top 3 in combined events, and the top 8 finishers in running events and Top 6 relays will qualify for the 2026 National AAU Junior Olympic Games in Des Moines, IA on July 29-August 8, 2026.

Qualifiers for the 2026 AAU Junior Olympic Games in Des Moines, IA (July 29 – August 8, 2026) must declare and register for the meet online thru www.Athletic.net. The deadline for entry to the AAU Junior Olympic Games is July 21, 2026. (Must pay online by 8:59 pm EST).

Relay Forms: Please include all team members and alternates--up to 8 total members for a team

Awards: Medals will be given to top 3 places in each event.

Parking: All parking lots will be available.

Packet Pick up: Packets will be available at the track beside the main entry gate, one hour before competition starts on each day until the end of competition.

Event Schedule:

Final Meet Schedule will be posted after entries close. The event order will not change but start times may differ according to number of entries. We will only call each event two times. Age groups of like sex may be combined in distance races/ walks which have minimal participation.

Admission: The daily ticket price will be \$10 with children under 6 being free.

Coaches Education

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aatrackandfield.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

- 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.aatrackandfield.org to obtain their membership.

IMPORTANT REMINDERS ABOUT FIELD EVENTS:

Athletes for all field events must check-in and check-out with Head Official if leaving for other events or for any reason!

All field events will begin as approximately scheduled so please plan accordingly if competing in other events. 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.

EVERYONE

BE MINDFUL AS TO WHAT DAY/EVENTS ATHLETES ARE COMPETING!

HOST HOTELS

COMFORT INN & SUITES

929 3rd Street, Des Moines, IA 50309 * 515-282-5251

Reservation Link: <https://www.choicehotels.com/reservations/groups/zq97j6>

COUNTRY INN & SUITES

1350 NW 118th St, Clive, IA 50325 * 515-223-9254

Reservation Link: <https://www.choicehotels.com/reservations/groups/VJ37Y1>

For further meet information please contact Marv Allen at aaustarter@copper.net

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2026 AAU REGION 14 NATIONAL QUALIFIER

About Field Events

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

Throwing Implements Used

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN
8-Under (Girls & Boys)	(4 lbs)	---	Turbo (300G)
9 years (Girls & Boys)	(6 lbs)	---	Turbo (400G)
10 Years (Girls & Boys)	(6 lbs)	---	Turbo (400G)
11 Years (Girls & Boys)	(6 lbs)	1.0 KG	Turbo (400G)
12 Years (Girls & Boys)	(6 lbs)	1.0 KG	Turbo (400G)
13 Years (Girls)	(6 lbs)	1.0 KG	J – (600G)
14 Years (Girls)	(6 lbs)	1.0KG	J – (600G)
13 Years (Boys)	(4KG)	1.0 KG	600G
14 Years (Boys)	(4KG)	1.0 KG	(600G)
15 – 16 Years (Girls)	(4 KG)	1.0 KG	(600G)
15 – 16 Years (Boys)	(12 lbs)	1.6 KG	(800G)
17 – 18 Years (Women)	(4KG)	1.0 KG	(600G)
17 – 18 Years (Men)	12 lbs)	1.6 KG	(800G)

**For a list of authorized field events by age group for the AAU Track & Field Program, please refer to Authorized Individual Events in this packet.

About Outdoor Meet Hurdle Races

EVENT	AGE DIVISION	# OF HURDLES	HURDLE HEIGHT	TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
80m	11 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
	12 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
100m	13 years Girls	10	30"	13m	8.5m	10.5m
	14 years Girls	10	30"	13m	8.5m	10.5m
	13 years Boys	10	33"	13m	8.5m	10.5m
	14 years Boys	10	33"	13m	8.5m	10.5m
	15-16 years Girls	10	33"	13m	8.5m	10.5m
	17-18 years Women	10	33"	13m	8.5m	10.5m
110m	15-16 years Boys	10	39"	13.72m	9.14m	14.02m
	17-18 years Men	10	39"	13.72m	9.14m	14.02m
200m	13 years (Girls & Boys)	5	30"	20m	35m	40m
	14 years (Girls & Boys)	5	30"	20m	35m	40m
400m	15-16 years Girls	10	30"	45m	35m	40m
	17-18 years Women	10	30"	45m	35m	40m
400m	15-16 years Boys	10	36"	45m	35m	40m
	17-18 years Men	10	36"	45m	35m	40m

About Multi Events

NOTE: In order to promote a larger participation in combined events (triathlon, pentathlon, heptathlon, and decathlon), it is strongly suggested that the Multi-Events Championships be held on a date other than that of the Track & Field Championships.

*It is recommended that the order of events in the Multi-Events remain as listed in this packet. The order of events may change as deemed necessary by meet management.

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

TRIATHLON	
9 & 10 YEARS DIVISION	
BOYS	GIRLS
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
400m DASH	200m DASH
PENTATHLON	
11 years & 12 YEARS DIVISION	
BOYS	GIRLS
80m Hurdles (8 – 30")	80m Hurdles (8 – 30")
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500m Run	800m Run
PENTATHLON	
13 years & 14 YEARS DIVISION	
BOYS	GIRLS
100m Hurdles (810-33")	100m Hurdles (10-30")
Shot Put (4KG)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500m Run	800m Run
HEPTATHLON	
15 – 16 YEARS GIRLS & 17 – 18 YEARS WOMEN DIVISION	
DAY 1	DAY 2
100M Hurdles (10 – 33")	Long Jump
High Jump	Javelin (600g)
Shot Put (4 kg)	800m Run
200m DASH	
DECATHLON	
15 – 16 YEARS BOYS & 17 – 18 YEARS MEN DIVISION	
DAY 1	DAY 2
100m Dash	110 Hurdles (10 – 39")
Long Jump	Discus (1.6 kg)
Shot Put (12 lbs.)	Pole Vault
High Jump	Javelin (800g)
400m Dash	1500m Run
*The Decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the order above. The hurdle distance will be the same as in individual track events.	

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THURSDAY, JUNE 25, 2026

MULTI-EVENTS

2:00pm - Decathlon (15-16B, 17-18B)
2:30pm - Heptathlon (15-16G, 17-18G)
4:00pm - Pentathlon (11-12 B/G, 13-14 B/G)

FRIDAY, JUNE 26, 2026

MULTI-EVENTS

10:00am - Decathlon (15-16B, 17-18B)
10:00am - Heptathlon (15-16G, 17-18G)
4:00pm - Triathlon (9-10 B/G)

FIELD EVENTS

TURBO JAVELIN – Runway # 1

4:00pm - Turbo Javelin (8-U B/G)
5:00pm – Turbo Javelin (9-10 B/G)
6:00pm – Turbo Javelin (11-12 B/G)

JAVELIN – Runway # 2

4:00pm - Javelin (13-14 B/G)
5:00pm – Javelin (15-16 B/G)
6:00pm – Javelin (17-18 B/G)

TRIPLE JUMP – PIT # 1

6:00pm - Triple Jump 13G, 13B, 14G, 14B
6:45pm – Triple Jump 15-16G
7:30pm – Triple Jump 17-18G

TRIPLE JUMP – PIT # 2

6:00pm – Triple Jump 15-16B
7:00pm - Triple Jump 17-18B

Pole Vault

6:00pm – 14G, 15-16G, 15-16B, 17-18B

RUNNING EVENTS

6:30pm - 1500m Racewalk (11G)
6:30pm - 3000m Racewalk (13G, 15-16B, 17-18G)
7:00pm - Steeple Chase (15-16G, 17-18G, 15-16B, 17-18B)



HEAT SHEETS and LIVE RESULTS AT WWW.AATIMING.COM

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SATURDAY, JUNE 27, 2026

RUNNING EVENTS 9:00am (Tentative Schedule)

9:00am - 3000m Run (3 Heats)

10:00am - 80m Hurdles -FINALS (4 Heats)

10:15am - 100m Hurdles -Prelims (13 Heats)

10:30am - 110m Hurdles – Prelims (5 Heats)

10:45am - 100m Dash -Prelims (90 Heats)

-Officials Lunch Break-

1:00pm - 800m Run – Finals (17 Heats)

2:15pm - 200m Dash -Prelims (95 Heats)

4:00pm - 4x100m Relay (12 Heats)

FIELD EVENTS

LONG JUMP

8:00am – 15-16B 2 Flights PIT # 1

8:00am – 15-16G 2 Flights PIT # 2

10:00am – 17-18B 2 Flights PIT # 1

10:00am – 17-18G 2 Flights PIT # 2

SHOT PUT – RING 1 Boys

8:00am - Shot Put 17-18B

9:00am - Shot Put 15-16B

10:00am – Shot Put 13B, 14B

11:00am – Shot Put 11B, 12B

1:00pm – Shot Put 9B, 10B

2:00pm – Shot Put 8U B

SHOT PUT – RING 2 – Girls

8:00am - Shot Put 17-18G

9:00am - Shot Put 15-16G

10:00am – Shot Put 13G, 14G

11:00am – Shot Put 11G, 12G

1:00pm – Shot Put 9G, 10G

2:00pm – Shot Put 8U G

HIGH JUMP

8:00am – 15-18 Girls

9:30am – 15-18 Boys

11:00am – 13-14 Boys and Girls

1:00pm – 11-12 Boys and Girls

3:00pm – 10-Under Boys and Girls



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SUNDAY, JUNE 28, 2026

RUNNING EVENTS 9:00 AM (Tentative Schedule)

- 9:00am** - 4x800m Relay Timed Final (1 Heat)
9:15am - 100m Hurdles / 110m Hurdles -Finals
9:30am - 100m Dash -Finals
10:00am - 400m Dash Timed Final (70 Heats)
12:15am - 200m Hurdles Timed Final (6 Heats)
12:30pm - 400m Hurdles Timed Final (10 Heats)
1:00pm - 200m Dash -Finals
1:45pm - 1500m Run Timed Finals (9 Heats)
2:45pm - 4x400m Relay Timed Final (4 Heats)

FIELD EVENTS

LONG JUMP – PIT # 1 Girls

- 8:00am - Long Jump 8-U Girls 2 Flights
9:30am – Long Jump 9yr Girls
10:30am – Long Jump 10yr Girls 2 Flights
12:00pm – Long Jump 11yr Girls
1:00pm – Long Jump 12yr Girls
2:00pm – Long Jump 13yr Girls
3:00pm – Long Jump 14yr Girls 2 Flights

LONG JUMP – PIT # 2 Boys

- 8:00am - Long Jump 8-U Boys 2 Flights
10:00am – Long Jump 9yr Boys
11:00am – Long Jump 10yr Boys
12:00am – Long Jump 11yr Boys
1:00pm – Long Jump 12yr Boys
1:45pm – Long Jump 13yr Boys 2 Flights
3:00pm – Long Jump 14yr Boys

DISCUS THROW

- 8:00am – Discus 11G, 12G
8:45am – Discus 11B, 12B
9:30am – Discus 13G
10:30am – Discus 13B, 14B
11:15am – Discus 14G
12:15pm – 15-16B
1:15pm – 15-16G
2:15pm – 17-18B
3:30pm – 17-18G



HEAT SHEETS and LIVE RESULTS AT WWW.AATIMING.COM

MEET OFFICIALS

COORDINATOR & MEET DIRECTOR

Marvin (Marv) Allen
Iowa District Sports Director
AAU Track & Field
(515) 988-8925
aaustarter@cooper.net

HEAD REFEREE

Cortez Nichols
Xcaliburs2003@yahoo.com

ONLINE SITE SUPPORT

Brett Carney
AmesAllAmerican@gmail.com

REGISTRATION QUESTIONS

Brett Carney 515-203-9557
AmesAllAmerican@gmail.com

Results website:

www.AATiming.com

GRAND VIEW UNIV. HEAD TRACK & FIELD COACH

Miradieu Joseph
mjoseph@grandview.edu

AAU Membership Contact

Katie Santiazo
(407) 470-1942
Katie@aausports.org
NOTE: Please get your membership card early

CHALLENGES:

Any person wishing to challenge the Final Results must do so via email to Brett Carney. His email is AmesAllAmerican@gmail.com within 8 hours after the competition ends. This process is intended to resolve clerical errors or eligibility issues only. Issues regarding Rules of Competition will follow the AAU Athletics Handbook.

“Sports for All, Forever”



AREA ACCOMODATIONS

1.

Courtyard Ankeny Marriott

2405 SE Creekview Drive

Ankeny, Iowa 50021

515-422-5555

[CLICK HERE FOR RESERVATION SITE](#)

2.

Holiday Inn – Downtown Mercy Campus

1050 6th Avenue

Des Moines, IA 50314

515-283-0151

[CLICK HERE FOR RESERVATION SITE](#)

3.

La Quinta Inn & Suites

1390 N. W. 118th Street

Clive, Iowa 50325

515-221-9200

4.

Homewood Suites by Hilton Des Moines

7201 SW 22nd St

Des Moines, IA 50321

515-285-7201

Williams Stadium Complex

1540 Walker St
Des Moines, IA 50316



****ADDITIONAL PARKING AT DES MOINES EAST HIGH SCHOOL THAT IS 2 BLOCKS AWAY****