



## 2023 AAU Track & Field Waiver Submission

To apply for a waiver you must:

1. Download the [waiver request form](#).
2. Open the waiver request in Microsoft Word and fill in all of the requested information. Failure to provide all of the requested information will only delay the review process.
3. **Educational Waivers** - Any athlete scheduled to take a college entrance exam (**SAT - May 6, 2023 or ACT - June 10, 2023**) will be waived into the Regional Qualifier by the **AAU Waivers Committee** in conjunction with the National Sport Chairman, upon receipt of proper documentation. Documentation and the request in writing must be received no sooner than April 22<sup>nd</sup> and no later than **June 3, 2023**. Requests submitted after June 4, 2023 will **NOT** be reviewed. The **AAU Waivers Committee** in conjunction with the National Sport Chairman will have sole responsibility of all decisions regarding waivers and/or advancement from the District Qualifier to a Regional Qualifier.
4. The AAU Track & Field Committee National Sports Chairman will have sole responsibility of all decisions regarding waivers and/or advancement from the Regional Qualifier into the AAU Junior Olympic Games.
5. In any District Qualifier, Regional Qualifier, or any National Championship, when making an exception to add an athlete after the entry deadline, that athlete forfeits their right to seeding.
6. Email [aauwaivers@aausports.org](mailto:aauwaivers@aausports.org) Place the athlete's name in the subject line and attach the following documents:
  - ✓ Completed waiver request form.
  - ✓ If you are applying for a participation exemption because you will be participating in SAT/ACT test, attach a scanned copy of your SAT/ACT registration document.
7. Waiver requests will only be accepted from the Head Coach or Club Contact or the parent of an unattached.
8. Waiver submission does NOT guarantee approval.
9. There are **NO** injury waivers and **NO** medical waivers.

## 2023 AAU Junior Olympic Games District/Regional Qualifier Waiver Request

Date of waiver request \_\_\_\_\_

Athlete's Name \_\_\_\_\_

Gender:     ☐ Male     ☐ Female     (please place an X in the appropriate box)

Date of Birth \_\_\_\_\_ (Month, Date, Year)

*Athletes who turn 19 on or before the last day of competition for the JO Games are not eligible to compete.*

AAU membership ID \_\_\_\_\_

AAU Club Name \_\_\_\_\_  
(Leave blank if you are an unattached athlete)

AAU Club ID \_\_\_\_\_  
(Leave blank if you are an unattached athlete)

What is your Home District? \_\_\_\_\_

Home Town Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

### MEET INFORMATION

What is the name of the meet you want to be waived through? \_\_\_\_\_

Location of meet to be waived through \_\_\_\_\_ District Qualifier# \_\_\_\_\_

What is the name of the meet you want to enter? \_\_\_\_\_

Location of meet you would like to enter \_\_\_\_\_ Regional Qualifier# \_\_\_\_\_

## 2023 AAU Junior Olympic Games District/Regional Qualifier Waiver Request

### **EVENTS**

Put a seed Mark or NM for each event athlete will compete in. (**example: 200m dash: 26.5**)

*Athletes 12 & under may only enter 3 events, athletes 13-18 may only enter 4 events.*

#### ***Sprint***

100m dash:	200m dash:	400m dash:
------------	------------	------------

#### ***Hurdle***

80m hurdles:	100m hurdles:	110m hurdles:
200m hurdles:	400m hurdles:	

#### ***Distance***

800m run:	1500m run:	3000m run:
-----------	------------	------------

#### ***Race Walk***

1500m walk:	3000m walk:	
-------------	-------------	--

#### ***Field***

long jump:	triple jump:	high jump:
shot put:	discus throw:	javelin throw:
pole vault:		

### **REASON**

Why are you requesting this waiver?

**NOTE: There are NO injury and NO medical waivers.**

**Submission of a waiver request does NOT guarantee approval.**

=====

Name of person requesting waiver: \_\_\_\_\_

E-mail address of person requesting waiver: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Coach's Email Address: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Email Address: \_\_\_\_\_