



BLUE's Clues

Reference Sheet



AAU – The Amateur Athletic Union is a national youth sports organization. Our club is a member of AAU and we participate in AAU sanctioned meets throughout the season.

Big Brother, Killer Hill, Little Sister & The Great Wall – These are some of BTTC's best "friends". They are the 4 hills in Stephen's Lake Park that we use for pre-season strength & conditioning.

BTTC – It is a lot easier to write or type this instead of Blue Thunder Track Club every time.

Coach Q – This is the system on the web that is used to register our club/athletes into sanctioned meets.

District Qualifier (D.Q.) – This is a sanctioned meet. In the AAU process you must receive verified marks in the top 16 to participate in a National Qualifier meet in those events.

Disqualification – Most commonly used when breaking a rule in a track event (i.e. running out of lane).

Exchange Zone – Relay batons must be exchanged within a certain area on the track. If not, a disqualification will occur. These are most often marked as triangles near or on the curves on the track.

Fartlek – An interval training technique in which periods of intense effort alternate with periods of normal or less strenuous effort in a continuous workout.

Field Event – This includes the horizontal jumps (long jump & triple jump), vertical jumps (high jump & pole vault), and the throws (shot put, discus & javelin)

Flight – This is much the same as heats or sections for track events; but this is specifically for field events. It is rare that we attend meets that use flights, but it is a guarantee at the National Championships.

Heat – Considering there are only 8 lanes on a track (some tracks have less) and often more than 8 athletes entering sprinting events, meet officials place athletes in heats based upon expected performance. Sometimes heats are set up for exciting finishes (finish closely), and sometimes they are set up for easier timing (spaced out finish). Different officials have different approaches.

Long Distance – The 1,500m & 3,000m runs are long distance at this level.

Middle Distance – By our standards, this includes the 800m and sometimes the 1,500m runs. Although our "middle distance group" focuses on the 400 and 800 in our structure. Beyond high school, 1,500m is very much a middle distance run considering 5,000m and 10,000m runs are part of competition.

Multi Events – Combination of events in which points are awarded based on performance. The cumulative score from events decides winner (i.e. triathlon, heptathlon & decathlon).

National Qualifier (N.Q.) – This is a meet in which you can qualify for the national championships. Currently, the top 6 in running events, top 6 in field events, top 6 relays & top 4 multi-event athletes at the N.Q. meet punch their ticket for AAU Junior Olympics.

Pyramid – A workout in which you begin with shorter distances, build up to longer distance runs and finally ending with the distance of which you began. Sprints, Middle Distance and Long Distance groups can all run pyramids. You may also hear this type of workout referred to as a "ladder".

Race Walk – Although this is an Olympic event, many are unaware of it. This is a fast form of walking, but a foot must always be in contact with the ground and bent knees are not allowed. Our distances are 1,500m & 3,000m depending upon age group.

Region 16 – Western Missouri & North Kansas (which is our Missouri Valley District), Arkansas & Oklahoma make up this region of AAU. There are more than 20 regions in AAU track & field nationally. Each region hosts one N.Q. meet. Missouri Valley meets are most often held in the Kansas City area, or near Wichita.

Sanctioned Meet – This is a meet that has been sanctioned by one of the 2 governing bodies (AAU & USATF). To proceed through the process of getting to the national championships, you must compete in sanctioned meets.

Scratch – Most commonly this is a failed attempt at a field event, but is sometimes called a foul. You will also hear this term used if an athlete does not show for his/her event on time, or is disqualified for behavior (i.e. scratched from an event).

Section – This is much the same as "Heats" for sprints, but this is for middle distance and distance events. Sections are almost always set up so that athletes are competing with others with like abilities. Sections are not limited by 8 athletes like heats. Usually you will see as many as 16 athletes in a section depending upon the track.

Seed Mark – When registering for a meet, seed marks are requested by meet officials / organizers to "heat" athletes for events. Typically this is an athlete's best performance in a specific event at a sanctioned meet.

Sprint – Shorter hard run within a specific form. The sprint events are 100m, 200m & 400m dashes.

2026 AAU Qualifying Process:

Top 16 performances from each of the District Qualifying meets will qualify for the N.Q. meet in **Oklahoma City, OK**. You are only to compete at one D.Q. meet. The top 5 in running events, top 5 in field events, top 5 relays & top 3 multi-event athletes at the N.Q. meet qualify for the AAU Jr. Olympics in **Des Moines, IA**.

Age Groups for AAU Sanctioned Meets (age is determined by year born, not your actual age)

Your Age Group		2026 Season	2027 Season	2027 Season
8-Under	If you were born in:	2018 & After	2019 & After	2020 & After
9 year old*	If you were born in:	2017	2018	2019
10 year old*	If you were born in:	2016	2017	2018
11 year old*	If you were born in:	2015	2016	2017
12 year old*	If you were born in:	2014	2015	2016
13 year old*	If you were born in:	2013	2014	2015
14 year old*	If you were born in:	2012	2013	2014
15-16 year olds	If you were born in:	2010-2011	2011-2012	2012-2013
17-18 year olds	If you were born in:	2008-2009	2009-2010	2010-2011

*USATF meets and some AAU meets will use 2 year age groups instead of single year age groups. For instance 9 year olds compete with 10 year olds in the same division. Keep in mind that age divisions are determined by YEAR BORN, not actual / current age.

Events Available at AAU Meets by Age Groups

8 & Under	9-10 Years	11-12 Years	13-14 Years	15-16 Years & 17-18 Years
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
400m	400m	400m	400m	400m
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
4x100m Relay	1500m Race Walk	3000m	3000m	3000m
Long Jump	4x100m Relay	1500m Race Walk	3000m Race Walk	3000m Race Walk
Shot Put (4#)	4x400m Relay	80m Hurdles 8-30"	100m Hurdles 10-33" (b) 10-30" (g)	110m Hurdles 10-39" (b) 100m Hurdles 10-33" (g)
Turbo Javelin (300g)	High Jump	4x100m Relay	200m Hurdles 5-30"	400m Hurdles 10-36" (b) 10-30" (g)
	Long Jump	4x400m Relay	4x100m Relay	2000m Steeple (30" g / 36" b) 18 hurdle jumps (5 water)
	Shot Put (6#)	4x800m Relay	4x400m Relay	4x100m Relay
	Turbo Javelin (400g)	High Jump	4x800m Relay	4x400m Relay
		Long Jump	High Jump	4x800m Relay
		Shot Put (6#)	Pole Vault	High Jump
		Discus (1.0 kg)	Long Jump	Pole Vault
		Turbo Javelin (400g)	Triple Jump	Long Jump
			Shot Put 4 kg (b), 6# (g)	Triple Jump
			Discus (1.0 kg)	Shot Put 12# (b), 4 kg (g)
			Javelin (600g)	Discus 1.6kg (b), 1.0kg (g)
				Javelin 800g (b), 600g (g)

*All events may not be available at every sanctioned meet.

Multi-Events by Age Groups

The Multi-Event competitions usually only take place at the National Qualifier meet and of course the National Championships. At the end of each event, amount of points is given for the performance. After all events have completed, all points are totaled to determine the champion. This is a separate registration from the track meet.

Bantam Groups Triathlon Shot Put (6lb) High Jump 400m Dash (boys) 200m Dash (girls)	Midget Groups Pentathlon 80m Hurdles (8-30") Shot Put (6lb) High Jump Long Jump 800m Dash (girls) 1500m Dash (boys)	Youth Groups Pentathlon 100m Hurdles (10-30" girls) 100m Hurdles (10-33" boys) Shot Put (6lb girls) Shot Put (4kg boys) High Jump Long Jump 800m Dash (girls) 1500m Dash (boys)	Intermediate & Young Women Groups GIRLS Heptathlon Day 1 100m Hurdle (10-33") High Jump Shot Put (4 kg) 200m Dash Day 2 Long Jump Javelin (600g) 800m run	Intermediate & Young Men Groups BOYS Decathlon Day 1 100m Dash Long Jump Shot Put (12lbs) High Jump 400m Dash Day 2 110m Hurdles (10-39") Discus (1.6 kg) Pole Vault Javelin (800g) 1500m Run
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Be sure to keep yourself informed by visiting the BTTC website. Just about everything you will need to know can be found there. Take your time and get to know it well.

www.BlueThunderTrackClub.com