



**AAU NY Metropolitan
District Championship
June 4, 2023**

Running events start at 8:00 am

3000m run TF

1500/3000m RW TF

4 x 800m relay TF

200m hurdles TF

400 m hurdles TF

4x100m relay TF

1500m TF

400 m TF

100m TF

80m h TF

100m h TF

110m h TF

800m TF

200m TF

4x400m TF

FIELD EVENTS 8AM

Long Jump (oldest to youngest)

Followed by Triple jump (youngest to oldest)

Turbo throw will go first followed by

Shot put (youngest to oldest)

**Registration is open and closes on May 26, 2023 @ 11:59 pm on Coacho.com
\$25.00 per athlete**

There will be no open pit. Field event medals will be given out at the field event.

AWARDS TO TOP 3

Multi Events, Pole vault and Steeplechase are entered at the region (Jav, HJ and Discus TBD)

This event is licensed 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 connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership