

**Florida AAU**  
**Karate**  
**Florida West Coast Invitational**  
**March 15, 2025**  
**Hosted by John and Cindy Ingram**  
**Ingrams Okinawan Karate, hudson, FL**

**AGE GROUPS:** 5-17 Yrs Old, 18-34 Yrs Old, 35 + Yrs Old  
**ENTRY FEE:** \$75.00  
**ENTRY FEE PAYABLE TO:** John or Cindy Ingram  
**SIGN UP AT:** [www.sporteventadministrators.com](http://www.sporteventadministrators.com)  
**AWARDS:** Medals. 1st 2nd 3rd . participation  
**RULES:** AAU modified on flyer

**FOR MORE INFORMATION:**

Cindy T Ingram  
[walkon2@verizon.net](mailto:walkon2@verizon.net)

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 memberships to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.