

Jim Ryun Season Opener Celebration 8/24/2019



Celebrate the Cross Country opener as 2019 marks the 54 Year Anniversary for Jim's Historic 3:59 HS Mile.

Following is some of Jim's High school athletic achievements

In 1964 Ryun became the first high school runner to break four minutes for the mile, running 3:59.0 as a junior at East High School in Wichita, Kansas.

AAU division competition will be individual competition only.

See Age divisions and distance below:

AAU Age Division (Girls & Boys)	Race Distance
6 and under	1000m (1K) - exhibition
7years -8 years	2000m (2K)
9 years – 10 years	3000m (3K)

Awards will be AAU awards for the 1st – 3rd Medals for each age division.

Location: Holloway Park, 2402 Holloway Drive, Lakeland, Florida 33812

Races times:

9:20 Girls AAU 9-10yrs

9:40 Boys AAU 9-10yrs

10:00 7-8yrs 2K

10:20 6 and under 1K

Registration is \$10.00 online at www.CoachO.com. Look for Jim Ryun Opener in the Calendar Section.

Parking is \$5 parking except for team buses

Event Organization: Global Track & Field Association

Meet Contact ~ Jacques Raphael, www.stone480@aol.com, 352-895-6396

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 Youth Athlete 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 an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

Note: any contacts listed within this flyer MUST have a current AAU Membership.