AAU T&F

ELEMENTARY and MIDDLE SCHOOL INVITE.

**Location: Boo Williams Sportsplex
5 Armistead Pointe Pkwy
Hampton, VA 23666**

Host: TECHNIQUE TC
LICENSED BY: AAU TRACK & FIELD
For information, please Contact:
Meet Director: William Moore
aauvatrack@gmail.com (757) 593-6985

**Entry Information: $5 per athlete, same day entries will not be ACCEPTED!!
Online Registration at milestat.com is required.
Entry deadlines:
Meet #1 December 1, 2023
Meet #2 December 5, 2023
Meet #3 December 8, 2023
Meet #4 December 13, 2023**

ALL COACHES AND SPECTATOR FEE $5
**(NO FAST FOOD OR COOLERS WILL BE ALLOWED INTO THE FACILITY
ALL BAGS ARE SUBJECT TO INSPECTION BY SECURITY)**

- 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 event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

(Meet #1) Monday, December 4th, 2023
Girls followed by Boys Running Events (Youngest to Oldest)

Doors Open: at 4:30pm, First Call at 5:15pm for running and field events!
Combined Grade Divisions: 1st-2nd, 3rd-4th, 5th-6th, and 7th-8th.

55m Dash (F) – ALL DIVISIONS
1500m Run (F) - 3rd-4th, 5th-6th, 7th-8th
200m Dash (F) - ALL DIVISIONS
800m Run (F) - ALL DIVISIONS
400m Dash (F) – ALL DIVISIONS

(Meet #2) Thursday, December 7th, 2023
Girls followed by Boys Running Events (Youngest to Oldest)

Doors Open: at 4:30pm, First Call at 5:15pm for running and field events!
Combined Grade Divisions: 1st-2nd, 3rd-4th, 5th-6th, and 7th-8th.

55m Dash (F) – ALL DIVISIONS
1500m Run (F) - 3rd-4th, 5th-6th, 7th-8th
200m Dash (F) - ALL DIVISIONS
800m Run (F) - ALL DIVISIONS
400m Dash (F) – ALL DIVISIONS

(Meet #3) Sunday, December 10th, 2023

Doors Open: at 8:00am, First Call at 8:45am for running and field events!
Combined Grade Divisions: 1st-2nd, 3rd-4th, 5th-6th, and 7th-8th.

Girls followed by Boys Running Events (Youngest to Oldest)

55m Dash (SF) – ALL DIVISIONS	**SP / LJ, 3 – Attempts, No Final**
400m Dash (F) – ALL DIVISIONS	*LJ – Oldest to Youngest, Age ALL DIVISIONS*
1500m Run (F) - 3rd-4th, 5th-6th, 7th-8th	
55m Dash (F) – ALL DIVISIONS	*SP – Oldest to Youngest, Age - 3rd-4th, 5th-6th, 7th-8th*
200m Dash (F) - ALL DIVISIONS	
1500m RW (F) 5th-6th, 7th-8th	*High Jump – Age 5th-6th, 7th-8th Boys followed by Girls*
800m Run (F) - ALL DIVISIONS	
4x200 Relay (F) 3rd-4th, 5th-6th, 7th-8th	

(Meet #4) Friday, December 15th, 2023

Doors Open: at 4:30pm, First Call at 5:15pm for running and field events!
Combined Grade Divisions: 1st-2nd, 3rd-4th, 5th-6th, and 7th-8th.

Girls followed by Boys Running Events (Youngest to Oldest)

55m Dash (SF) – ALL DIVISIONS	**SP / LJ, 3 – Attempts, No Final**
400m Dash (F) – ALL DIVISIONS	*LJ – Oldest to Youngest, Age ALL DIVISIONS*
1500m Run (F) - 3rd-4th, 5th-6th, 7th-8th	
55m Dash (F) – ALL DIVISIONS	*SP – Oldest to Youngest, Age - 3rd-4th, 5th-6th, 7th-8th*
200m Dash (F) - ALL DIVISIONS	
1500m RW (F) 5th-6th, 7th-8th	*High Jump – Age 5th-6th, 7th-8th Boys followed by Girls*
800m Run (F) - ALL DIVISIONS	
4x200 Relay (F) 3rd-4th, 5th-6th, 7th-8th	