



**The Dick Cook Invitational  
April 21, 2024**

**Festus High School  
501 Westwind Dr.  
Festus, MO 63028**

All Proceeds will be donated to  
Wound Care Department Dr. Weber  
at  
Jefferson Mercy Hospital

**Mercy**  
**Health Foundation**

Meet Director Vincent Bingham  
[vdbingham@gmail.com](mailto:vdbingham@gmail.com) cell 636-638-5325

- 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](http://www.ausports.org) to obtain their membership.



Age Division: 8 & Under, 9-10, 11-12, 13-14 Girls and Boys

Entry Fee: \$20 per athlete

Awards: medals 1st thru 3rd place and ribbons 4th thru 6th place

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order of events

field events

long jump girls 8 & Under, 9-10, 11-12, 13-14

long jump boys 8 & Under, 9-10, 11-12, 13-14

high jump girls then boys 13-14, 11-12, 9-10gg

shot put girls then boys 8 & Under, 9-10, 11-12, 13-14

discus girls then boys 9-10, 11-12, 13-14

javelin boys then girls 13-14, 11-12, 9-10

running events

(girls followed by boys)

3000 meter

50 meter

100 meter

80/100 meter hurdle

1500 meter

400 meter

800 meter

200 meter

4x400 meter relay