



AAU MID SEASON INVITATIONAL  
Sunday January 6, 2019  
New Balance Track @ 168 Street Armory  
216 Fort Washington Avenue  
New York, NY 10032  
1:00 PM

Schedule of events for midseason invitational

Track Events

1500m

4 x200

60h

60m

400m

800m

200m

4x400m

Field Events

Long jump

Triple jump

High jump

Shot put

Weight throw

3 events/ \$15 (youth 18 & under) / \$10 each event college/open/masters

Registration at [coacho.com](http://coacho.com) until 1/4/2019 at 11:59 pm (NO REFUNDS)

(NO DAY OF REGISTRATIONS AT ALL!)

Meet Director : Coaches Wilkerson, Hopkins

Awards to top 3

First place trophies to highlight events

[www.metroeagles.org](http://www.metroeagles.org)

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