

North Carolina AAU
Track and Field
Mountain Island Fall Track Series #4
November 13, 2020
Hosted by Carolina Cavaliers
Carolina Cavaliers, Waxhaw, NC

AGE GROUPS: 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old

ENTRY FEE: \$20.00

ENTRY FEE PAYABLE TO: \$20 Cash only @ event

ENTRY DEADLINE: November 13, 2020

AWARDS: Register on Milesplit
\$20 Covers max events (not \$20 each event)

RULES: The meet will be conducted using high school rules
Events:55m, 300m, 500m, 1000m, 55H & 300H, 4x200; long, triple & high jump, pole vault, discus & shot put

ADDITIONAL INFO: Meet will take place at Mountain Island Charter School Track
Address: 13440 Lucia Riverbend Hwy
Mt. Holly, NC 28120
MEET STARTS AT 5:30PM

ALL IN ATTENDANCE MUST PRACTICE SOCIAL DISTANCING.

Athletes:

1. Are allowed a maximum of 3 spectators.
2. You must bring a face mask to cover your face when you are not competing. You will not need to wear face covering when you are competing.
3. Must bring your own water bottle
4. Will be screened by having temperatures taken with non-oral thermometer
5. Must bring your own Sanitizer and Sanitize hands before and after races

Spectators:

1. Must wear a mask in facility
2. Will be screened when entering the Gates by having temperature taken
3. Must practice social distancing for personal safety and in showing respect for others.

NO STADIUM SEATING! BRING YOUR OWN CHAIRS!

FOR MORE INFORMATION:

Tessa Yvette Benz
Robert Washington rWASHINGTON@micharter.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 memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.