

XPLOSION MOTHERS DAY

MAYHEM IN MISSOURI

MAY 14, 2023

**Run, Jump &
Throw
for your State's
Bragging Rights**

REGISTER ON WWW.COACHO.COM. CLOSES MAY 11

THIS EVENT IS LICENSED BY THE AMATEUR ATHLETIC UNION OF THE U.S., INC. • ALL PARTICIPANTS MUST HAVE A CURRENT AAU MEMBERSHIP. • AAU MEMBERSHIP MUST 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.AAUSPORTS.ORG TO OBTAIN THEIR MEMBERSHIP.

**ALL AGES
PEE-WEE THRU
MASTERS**

EVENTS:

**Sprints/Distance/
Hurdles/Shot-Put/
Discus/Javelin
High Jump/Long Jump/
Triple Jump/Racewalk**



WHERE:

St. Louis, MO

**Cardinal Ritter H.S.
701 N. Spring Ave. 63108**

**QUESTIONS?
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