

# EBR Metro Middle School/Club Championship

**November 5, 2022**

Hosted by U.S. Express Track Club



- AGE GROUPS:** 2 mile Middle Schools/Club (11-14 yrs)  
1 mile Elementary (10 and Under)  
2 mile Open/Masters (15 and older)
- ENTRY FEE:** \$10.00 per athlete or Max of \$200 per team
- ENTRY DEADLINE:** November 2, 2022
- AWARDS:** Top 10 per race and 1<sup>st</sup> place and 2<sup>nd</sup> place Team per race
- RULES:** Max of 10 athletes per team per race
- ENTRY FEES PAYABLE TO: U.S. Express Track Club**

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.

## FOR MORE INFORMATION:

Your event director's info  
225-892-3489  
[byronturner@usexpresstrackclub.org](mailto:byronturner@usexpresstrackclub.org)