

**Virginia AAU**  
**Track and Field**  
**17 Annual Virginia Beach Flames Invitational**  
**June 1, 2024**

**Hosted by VA BEACH FLAMES LLC**  
**VA BEACH FLAMES LLC, Virginia Beach, VA**

**LOCATION:** Landstown High School, 2001 Concert Drive, Virginia Beach, VA 23456

**AGE GROUPS:** 8 & Under, 9 Years Old, 10 Years Old, 11 Years Old, 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:** Va Beach Flames LLC

**ENTRY DEADLINE:** May 29, 2024

**SIGN UP AT:** coacho.com

**AWARDS:** 1st-3rd Medal 4th-6 Ribbons

**RULES:** AAU Rules

**FOR MORE INFORMATION:**

Nicholas Mayers  
nmayers47@yahoo.com

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