



***RUNNING FIRE TRACK CLUB***  
***Invitational***  
**Saturday, May 7, 2022**

Atlantic Community High School  
2455 W. Atlantic Avenue, Delray Beach, FL 33445  
***Order of Events***

**Running Events 9:00 am**

**Field Events 9:00 am**

\*Coaches meeting will be held promptly at 8:30am

- |                                       |                         |
|---------------------------------------|-------------------------|
| 1. <b><i>3000m Run</i></b>            | <b><i>Long Jump</i></b> |
| 2. <b><i>Hurdles (80/100/110)</i></b> | <b><i>High Jump</i></b> |
| 3. <b><i>50m Dash</i></b>             | <b><i>Shot Put</i></b>  |
| 4. <b><i>100m Dash</i></b>            | <b><i>Discus</i></b>    |
| 5. <b><i>1500m Run</i></b>            |                         |
| 6. <b><i>4 x 100m Relay</i></b>       |                         |
| 7. <b><i>400m Dash</i></b>            |                         |
| 8. <b><i>1500m Racewalk</i></b>       |                         |
| 9. <b><i>800m Run</i></b>             |                         |
| 10. <b><i>200m Dash</i></b>           |                         |
| 11. <b><i>4 x 400m Relay</i></b>      |                         |

**\*We will start each event in the following order:**

***4 & Under / 5 - 6 / 7 - 8 / 9 - 10 / 11 - 12 / 13 - 14 / 15 - 16 / 17 - 18***

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 Youth Athlete membership must be obtained before the competition begins.

**BE PREPARED!** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.