

**North Carolina AAU**  
**Track and Field**  
**Mountain Island Fall Track Series #3**  
**October 30, 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-Max 3 events- Relay event wi

**ENTRY DEADLINE:** October 29, 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 (Water will be provided to Refill bottles)  
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!!!

**FOR MORE INFORMATION:**

Tessa Yvette Benz  
Robert Washington [rwashington@micharter.org](mailto: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](http://www.aausports.org) to obtain their membership.