



F.I.A. Track & Field Invitational
Hosted by F.I.A. Ambassador Lions
Tallwood High School
1668 Kempsville Road, Virginia Beach, VA 23464

DATE: Saturday 1st July 2023
Host: F.I.A. Ambassador Lions
Meet Director: Marcia Rose
RULES: In accordance with USA Track and Field Rules

AWARDS: Top three finishers in all events will receive awards. First, second and third place finishers in all events will receive medals. Awards will be distributed in bulk form, by team and can be picked up after the meet.

ELIGIBILITY: Competitors 6 & under, 7&8 division, 9&10 division, 11&12 division may enter a maximum of three events, including relays. Competitors in 13&14 division and High school may enter a maximum of four events, including relays.

AGE DIVISIONS:

6 & under, 7&8 years old
9&10 years old, 11&12 years old
13&14 years old, 15-18 years old

This event is licensed by the Amateur Athletic Union of the U.S., Inc.
AAU membership is required for participation.
Spectator Fee: \$15---Kids under 5 free.

ENTRY INFO: \$15 per/athlete..Entries for competition and payment will only be accepted through online registration at www.coacho.com. Entries must be entered on Coacho by 11:59pm Wednesday,28th June 2023.

No registration for competition on the day of the event; No changes on the day of the event.

Payments done online on Coacho.

FACILITIES: 400 meter all-weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. The Concession stand will be open during the meet. No tape decks, radios or glass containers allowed in the Stadium. Tents and/or umbrellas will be allowed on the top rows of the stands only, but not in front of the Press Box (Center of the stands). No open grills.

RULES & REGULATIONS: No bare feet or stocking feet; shirts required.

EQUIPMENT: Starting blocks will be allowed in the 100m, 400m and hurdles races for ages 15&up. However; starter will not wait for an athlete to set their blocks. **Bring your own blocks.**

Vaulters & Throwers must use their own implements, and may be subjected for inspection.

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, 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.ausports.org to obtain their membership.

Note: any contacts listed within this flyer MUST have a current AAU Membership.

