

Virginia AAU
Track and Field
38th Running of the Cannonball Cooper
July 12, 2025

Hosted by Eastend Lightning Track & Field
Eastend Lightning Track & Field Club, Richmond, VA

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: Eastend Lightning Track & Field

ENTRY DEADLINE: July 05, 2023

SIGN UP AT: www.coacho.com

AWARDS: 1-3 medals

FOR MORE INFORMATION:

Shahidah Sudan Jackson
meandmyfam4eva@gmail.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 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 to obtain their membership.