

**Virginia AAU**  
**Track and Field**  
**F.I.A. Freedom Invitational**  
**July 5, 2025**

Hosted by F.I.A. Ambassadors  
**FAITH IN ACTION AMBASSADORS, SUFFOLK, 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:** \$15.00

**ENTRY FEE PAYABLE TO:** F.I.A.

**ENTRY DEADLINE:** July 01, 2025

**AWARDS:** Medals to top 3 in each event.

**FOR MORE INFORMATION:**

Michael W Rose  
fiamathletics@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 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.