

# BWSP

## 4th ANNUAL INDOOR TRACK & FIELD CHAMPIONSHIP SERIES

### Coach O Invitational

January 27, 2013

#### Host

Technique Track Club

SANCTIONED BY:  
AAU TRACK & FIELD

For information please visit us at:

[www.boowilliamssportsplex.com](http://www.boowilliamssportsplex.com)

Email: [coachwill.moore@gmail.com](mailto:coachwill.moore@gmail.com) or (757)593-6985

Entry Information: \$12 per Athlete – \$16 per relay.

Online registration at [www.coachO.com](http://www.coachO.com)

Spectator Fee \$5 – Kids under 5 free.

Doors Open at 7:30am



#### Order of Running Events

##### Start Time 9am:

55/60 Meter Dash (SF)  
55/60 Hurdle (SF)  
1500 Meter Run (F)  
55/60 Hurdle (F)  
55/60 Meter Dash (F)  
4x200M Relay (F)  
400 Meter Dash (F)  
800 Meter Run (F)  
1500 Meter Racewalk (F)  
200 Meter Dash (F)  
4x400M Relay (F)

#### Order of Field Events

##### Start Time 9am:

Shot-Put  
Long Jump  
High Jump

- This event is sanctioned 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 event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership