

AAU MID SEASON INDOOR INVITATIONAL CHAMPIONSHIP

JANUARY 8, 2017

NEW BALANCE ARMORY

STARTING TIME: 1PM

ORDER OF EVENTS:

1500M

55MH

55M

400M

4X200M

800M

200M

4X400M

FIELD EVENTS

STARTING TIME: 1PM

LONG JUMP SHOT PUT

TRIPLE JUMP HIGH JUMP

Pole Vault (will only be contested if there are more than 6 entries)

Have a Happy, Healthy and Blessed New year to ALL!!!

KEEP Running and competing with each other because you bring the best POWER from each other. You learn how to compete thru every win and loss... REMEMBER, that you are an amateur before you are an elite! GOOD SPORTSMANSHIP STARTS FROM WITHIN!

**LET THE MEET BEGIN! GOOD LUCK TO ALL!
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