

May 30, 2015 Early Check-In @ Graywolf Stadium 07:00

ENTRY FEE: \$5.00

ELIGIBILITY: Must have a valid AAU 2015 membership,

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with internet connection. Participants are encouraged to visit the AAU web site at www.aausports.org g to obtain their membership.



ALL RUNNING EVENTS ARE TIMED FINALS

SATURDAY, MAY 30th 7:00AM

3000 Meter Run (All Divisions Starting With 11G/B)

10:00AM- Rolling Start

4 x 100 Meter Relay (All Relay Divisions)

80 Meter Hurdles (8-30") (11G/B, 12G/B)

110 Meter Hurdles (10-39") (15-16B, 17-18M)

100 Meter Hurdles (10-33") (13B, 14B, 15-16G, 17-18W)

100 Meter Hurdles (10-30") (13G, 14G)

800 Meter Run (All Divisions Starting With 8G/B)

100 Meter Dash (All Divisions Starting With 8G/B)

1500 Meter Racewalk (9G/B, 10G/B, 11G/B, 12G/B)

3000 Meter Racewalk (13G/B, 14G/B, 15-16G/B, 17-18W/M)

400 Meter Dash (All Divisions Starting With 8G/B)

4 x 800 Meter Relay (All Divisions Starting With 12G/B)

200 Meter Dash (All Divisions Starting With 8G/B)

1500 Meter Run (All Divisions Starting With 8G/B)

4 x 400 Meter Relay (All Relay Divisions Starting With 10G/B)



FIELD EVENTS SATURDAY MAY 30th

'S	HIGH JUMP	PAD 1	8:00 9G			pe
ts	Rolling		10G			
F	Schedule		11 G			0
41 F	Listen for your Call		12G			1,
ev-"			13G			e
			14G			
			15-16G			
			17-18W			
	LONG JUMP	PIT 1	8:00 17-18W	PIT 2	08:00 8B	
			15-16G		9B	
			14G		10B	
			13G		11B	
			12G		12B	
			11G		13B	
			10G		14B	
			9G		15/16B	
			8G		17-18B	
	DISCUS	RING 1	8:00 17-18W	RING 2	8:00 17-18M	
			15-16G		15-16B	
			14G 🔐	AAU	14B	
			13G		13B	
			12G	D.C.	12B	

FIELD EVENTS

SHOT PUT	RIN	8:00	8G	RING 2	8:00	8B		
	G 1							
		8:30	9G		8:30	9B		
Runners Have Ex	cuses	Champi	10G on Refu	se to Use	Apv	10B		٠٠
Trainiers Trave Ex		10:00	11G	se to Use	10.00	11B		
		11:00	12G		11:00	12B		
		12:00	13G		12:00	13B		
		1:00	14G		1:00	14B		