



# AAU Youth Track and Field

## Inaugural Power House Athletics Showcase

**May 5, 2018 @ Showalter Field in Winter Park, Florida**

Hosted by Power House Athletics Track & Field of Central Florida

AGE GROUPS: 6 & Under, 7-8 Years Old, 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, and Open

ENTRY FEE: \$16.00 **Early Entry is \$11 by April 21, 2018**

SPECTATOR ENTRY: \$7.00 (Under 6 is Free)

ENTRY FEE PAYABLE TO: Power House Athletics thru Coacho.com

ENTRY DEADLINE: May 04, 2018 at Noon **(No late entries will be accepted)**

SIGN UP AT: <http://www.coacho.com/>

AWARDS: 1st, 2nd, and 3rd Place only

RULES: AAU Rules

ADDITIONAL INFO: Meet to be held at Showalter Field 2525 Cady Way Winter Park, FL. 32792.

**6 & under and OPEN** athletes will be limited to the 60m, 100m, 200m and Long Jump only.

Only 1/8 inch pyramid spikes may be used on this track.

Running Events: 1500m Run, 1500m Race Walk, 80/100/110 Hurdles, 100m, 60m, 400m, 4x100 Relay, 800m, 200, and 4x400m Relay. **STARTING BLOCKS WILL BE PROVIDED**

Field Events: LJ, HJ, Shotput, Discus, Turbo Javelin, and Javelin. **ATHLETES ARE RESPONSIBLE FOR PROVIDING THEIR OWN IMPLEMENTS FOR COMPETITION.**

FOR MORE INFORMATION: Coach CJ (407)883-9806, Coach Maurice (407)575-7035, email: [powerhouseatf@gmail.com](mailto:powerhouseatf@gmail.com) or visit <http://powerhouseathleticstfflorida.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