



**N Y METROPOLITAN AAU  
DISTRICT OUTDOOR SERIES  
June 5, July 17 and August 14, 2010**

DATE: June 5, July 17 and August 14, 2010

LOCATION: Manhattan, Bronx, Queens/Long Island

HOST: NY Metropolitan District

REGISTRATION: Online- [www.coacho.com](http://www.coacho.com) -**PRE-ENTRY**

TIME: 10:00AM – 5PM (SHARP)

FEE: \$12.00 per athlete-pre entry; Day of meet Fee: \$15.00

Day of meet registrants must bring proof of 2010 AAU membership in order to compete

**ORDER OF EVENTS:**

3000M (F)	60MH (Sub-Bantam-only) (F)	100M (F)	800M (F)
400 IH (F)	100HH (semi-final)	400M (F)	200M (F)
3000 RW (F)	110 HH (semi-final)	100HH (F)	4X100M
RELAY (F)	1500M (F) (incl. Primary)		4X400M RELAY (F)
100M (semi-final)	110HH (F)		
40MH (Primary-only) (F)			

**FIELD EVENTS:**

HJ (Girls-Boys), SP (Boys-Girls), TJ (G- Boys), LJ (Girls- Boys)

***This is a series in which each time the athlete and club participate, they will accrue points that will be awarded Trophies and district gear at the final meet.***

***The final meet of the series on August 14, will have a block-party theme with games, vendors and of course BBQ food!!***

- 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 registering for the meet.
- Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership.