

Adirondack AAU
Track & Field
Midwest Storm Invitational

July 20, 2019

Zion, IL



DATE: July 20, 2019

LOCATION: Zion-Benton Township High School
3901 W. 21st St.
Zion, IL 60099

HOST: Shakedia Jones. Contact: 224-303-7018, midwest.storm.tf@gmail.com

ENTRY DEADLINE: July 17, 2012

FEE: \$10 per event

AGE: 5 - 18

TIME: 8 am – 4pm

LIST OF EVENTS:

100m	800m	Long Jump	Shot Put
200m	1500m	Triple Jump	Discus
400m	4x100 relay	High Jump	Hammer Throw
400H	4x400 relay	Javelin	Shrimp 50 (for ages 4 & under)

*Competitors should bring their own implements to be used at Meet.

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 membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

Shakedia Jones

224-303-7018 | midwest.storm.tf@gmail.com