

**Virginia AAU**  
**Track and Field**  
**18th Annual Virginia Beach Flames Invitational**  
**May 31, 2025**

Hosted by Virginia Beach Flames  
**VIRGINIA BEACH FLAMES, Va Beach , VA**

**AGE GROUPS:** 8 & Under, 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

**ENTRY FEE:** \$20.00

**ENTRY FEE PAYABLE TO:** Virginia Beach Flames

**ENTRY DEADLINE:** May 29, 2025

**SIGN UP AT:** [https://coachoregistration.com/dbi-bin/meetinfopage.pl?Meet\\_Id=virbeaflai2402&Team\\_Id=vabe](https://coachoregistration.com/dbi-bin/meetinfopage.pl?Meet_Id=virbeaflai2402&Team_Id=vabe)

**AWARDS:** Medals to top 3 and ribbons to 4 thru 6th Place

**RULES:** AAU Rules Apply

**FOR MORE INFORMATION:**

Nicholas Mayers  
[nmayers47@yahoo.com](mailto:nmayers47@yahoo.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.