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Contact: Coacho@coacho.com

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COME SEE US!

- AAU Junior Olympic Games, Northfork, Va July 31-Aug 7, 2010
- AAU Cross Country National Championship Disneys Wide World of Sports Complex Orlando, Fl Dec 5, 2010
- 2011 AAU Great Lakes Indoor Track and Field National Championship GaReat Sports Complex, Geneva, OH TBD, 2011
- AAU Northern Indoor National championship, Bloomington Illinois, TBD, 2011

Sponsored by Coach O

- MICHIGAN AAU Track & Field Michigan Indoor Youth Series Championship 7 - 14 years Ann Arbor, MI March 13, 2010
- Troy Coach O Invitational Troy University Troy AL April 24, 2010
- Young Achievers Relays Jacksonville, Florida May 15, 2010
- First Annual Illinois Jets Youth Track & Field Invitational/Health and Wellness Community Event June 5, 2010
- Coach O Youth Festival Orlando, Florida June 11-12, 2010
- AAU Tennessee National Qualifier, Knoxville, Tennessee July 8-11, 2010
- Troy Coach O Cross Country Invitational Troy University, Troy, AL Fall 2010
- Coach O UMES Collegiate Invite University of Maryland Eastern Shore, Princess Anne, Maryland Dec 10, 2010
- Coach O High School Invitational, University of Maryland Eastern Shore, Princess Anne, Maryland Dec 11, 2010
- Coach O Indoor Invitational Illinois Wesleyan University Bloomington, Illinois January 16, 2011

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MICHIGAN AAU Track & Field
Michigan Indoor Youth Series Championship 7 - 14 years
March 13, 2010
Ann Arbor, MI



DATE: Saturday, March 13, 2010

LOCATION: University of Michigan Indoor Track Building
Ann Arbor, Michigan

HOST: Darnell & Karen Hall, 313-271-3050 x189
khal@vistamaria.org

Entry Deadline: Register at www.coacho.com by March 8th.
There will be No On-site registration or Changes

Entry Fee: \$15.00 per athlete
Cash, Certified checks or money orders (no personal checks) payable to:
Karen Hall - Greater Detroit Sports Club

Mail Entry Fee & Walver To: Karen Hall
12524 Broadstreet
Detroit, MI 48204

Time: 9:00am - 4:00 p.m. This is a strict time schedule. The track will open at 9:00 a.m. for warm ups and check in.

Gate Entry Fee: \$5.00 (All Spectators)
Coaches will be allowed two free passes.

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

ORDER OF EVENTS

9:30 a.m. All field events
 Shot Put -Girls, bantam, midget, youth. Boys to follow same order.
 Long Jump- Boys, primary, bantam, midgets, youth. Girls to follow the same order.
 High Jump- Girls- bantam, midgets, youth. Boys to follow the same order.

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

10:30a.m. Running Events- Boys will run first
 60 Hurdles Semi-Finals (top 8 times advance to finals)
 60m. Dash Semi-finals (top 8 times advance to finals)
 1600m. Run
 4x200 Relay
 6-Under 40 M Dash (Special event)

Advertise with Coach O

Coach O is a provider of Track & Field equipment and Online Registration Services. We have the ability to service all of your equipment needs for school, program, team, club, cross country and track meets.

We are America's choice for "Online Registration" for track meets and events. We currently provide services for all levels of competition, including elementary school, middle school, high school, and University, as well as youth meets.

Our web site COACHO.COM is visited frequently by many Track & Field enthusiasts. We have the ability to expose your brand to numerous coaches, parents, spectators, and businesses in the Track & Field community.

Please contact Coacho@coacho.com for rates.

PUMA SHOES AND APPAREL CATALOG NOW AVAILABLE

We are extremely pleased to announce the availability of the PUMA Catalog on Coacho.com. The following sportswear categories are currently available:

- Footwear: Lightweight Trainers and Racers
- Footwear: XC and Track Spikes
- Trainers
- Men's Shorts
- Women's Hot Pants
- Women's Shimmel
- Women's Shorts
- Phaser Training Jacket and Pants
- V-Kon Half Zip Fleece
- V-Kon Polo
- Men's Singlet
- Women's Singlet
- Wind Jacket and Pants



It is understood that the sport takes a tremendous amount of time and effort from various individuals. We strive to be able to service all of the needs of the coach, parent, spectator and athletes in the sport of Track & Field. As always, when you are in need of any track & field related items, i.e., equipment, shoes, apparel, meet management, event consulting, lectures, online registration, bags, T-shirts, watches, facility construction, etc., all you have to do is....

Call Coach O

What is Coach O?

We are a comprehensive Track Meet Management Company with 20 years of experience managing Youth, High School, and Collegiate Track Meets. We are fully capable of handling all of your needs in your efforts to host track & field meets and maintaining a track team.

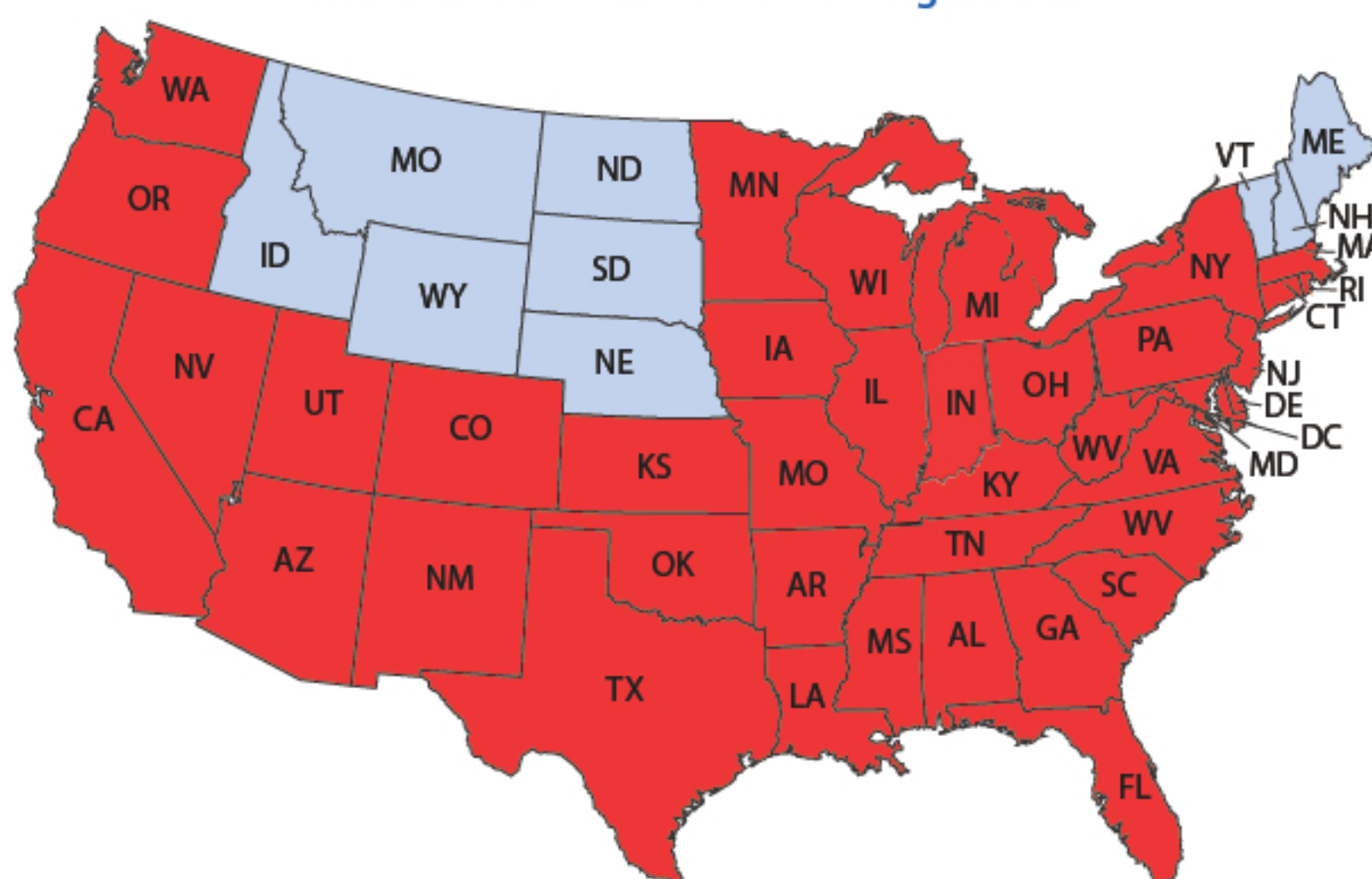
The services we provide are:

- Bags, T-shirts, Hats, Watches & Promotional items
- On-line Meet Entry
- Event Management
- Facility Construction
- Consultation
- Clinicians, Speakers & Lecturers
- PUMA Apparel & Shoes
- Medals, Trophy's, Plaques
- Event Photography
- Full line of Track & Field Equipment
- Camps, Clinics, & Seminars
- Timing
- Event Staff (Officials, Announcer, Referees)
- Event Marketing

Why spend your time making numerous calls to recruit officials, employ timers, ordering awards, buying souvenirs, scheduling vendors, when you can simply.....

Call Coach O

America's Choice for Online Registration



Coach O and Maurice Greene at the AAU Northern Indoor National Championship

