



AAU TRACK & FIELD

GETTING STARTED

www.aautrackandfield.org



#WeAreAAU

The Amateur Athletic Union (AAU) has raised champions for more than a century. The AAU Sports programs provide athletes the opportunities to develop to their highest level of competition through a network of Local, National, and International Sporting events.

Through participation in AAU, we promote good sportsmanship that allows the athlete to achieve their dreams as athletes and as valued citizens of our community. Sports for all, forever.

BENEFITS OF COMPETING IN AAU EVENTS

1. **Insurance.** AAU members receive coverage from a multi-million dollar insurance program.
2. **National Championships.** AAU Members have an opportunity to compete in national championship events at world-class facilities across the country.
3. **Safety.** All non-athletes (coaches) must pass a background screening before competing in AAU events.
4. **Membership.** Nationally recognized non-profit Multi-Sport organization that anyone can join and compete.
5. **Events.** Freedom and flexibility in conducting programs and hosting events.

AGE DIVISIONS

8 & Under	2017 & After	13 Year Old	2012
9 Year Old	2016	14 Year Old	2011
10 Year Old	2015	15-16 Year Olds	2009-2010
11 Year Old	2014	17-18 Year Olds	2007-2008
12 Year Old	2013		

UPCOMING EVENTS



AAU Cross Country National Championship

December 7, 2024 | Charlotte, NC



AAU 14U Indoor National Championship

February, 2025 | Detroit, MI



AAU Indoor National Championship

March 7-9, 2025 | Virginia Beach, VA



AAU West Coast National/Primary Championship

June 2025 | Sparks, NV



AAU Las Vegas Nationals

July 2025 | Las Vegas, NV



AAU Primary Nationals

July 6-7, 2025 | Jacksonville, FL



AAU Club Championships

July 8-12, 2025 | Jacksonville, FL



AAU Junior Olympic Games

July 26 - August 2, 2025 | Houston, TX