

2014 AAU Cross Country National Championship December 6th, 2014 Rim Rock Farm Lawrence, KS

Entry Fee: \$40 per athlete

Entry Deadline: December 2nd, 2014 at 11:59pm EST

Online Registration: www.coacho.com

Age Divisions:

6 & Under Boys & Girls	Born 2008 & After	1000 meters (1K)
7-8 Year Old Boys & Girls	Born 2007 & 2006	2000 meters (2K)
9-10 Year Old Boys & Girls	Born 2005 & 2004	3000 meters (3K)
11-12 Year Old Boys & Girls	Born 2003 & 2002	3000 meters (3K)
13-14 Year Old Boys & Girls	Born 2001 & 2000	4000 meters (4K)
15-16 Year Old Boys & Girls	Born 1999 & 1998	5000 meters (5K)
17-18 Year Old Men & Women	Born 1997 & 1996	5000 meters (5K)

****Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championship Meet shall be eligible to compete in the 17-18 Men's or Women's division.***

For more information:

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www.aauathletics.org

§ 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 Youth Athlete 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 event. Please allow 10 days for membership to be processed.

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