



**WEST VIRGINIA District AAU
YOUTH CROSS COUNTRY CHAMPIONSHIPS
Saturday, November 11, 2017
Coonskin Park/Charleston, West Virginia**

Athletes must enter on line via www.CoachO.com Entry fee is \$10.00

All individuals and top three teams in each age division qualify for the AAU National Championship meet December 2, 2017 at McAlpine Park in Charlotte NC.

AAU membership cards are required and they must be purchased on line at (aasports.org).

Age Division	Distance	First race
8 - under BOYS & GIRLS	2000 meters	10:00 am
9 - 10 GIRLS	3000 meters	
9 - 10 BOYS	3000 meters	
11 - 12 GIRLS	3000 meters	
11 -12 BOYS	3000 meters	
13 - 14 GIRLS	4000 meters	
13 - 14 BOYS	4000 meters	
15 -16 GIRLS	5000 meters	
15 -16 BOYS	5000 meters	
17-18 YOUNG WOMEN	5000 meters	
17 -18 YOUNG MEN	5000 meters	

Following the first race start time schedule will roll forward Some age groups could be combined based on the number of competitors.

Please enter on line at www.CoachO.com by midnight November 3, 2016

- 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.
- **BE PREPARED!** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website www.aasports.org to obtain **their membership.**

For more information phone Paul Gilmer pjgilmer@aol.com 304-389-1982
www.capitalcitystriders.com

Paul Gilmer
WV AAU District Governor