



December 7, 2013
Official Information Packet

**** NEW ****

2013 NATIONALS

- The 6 & Under division is an exhibition race for athletes born in 2007 or after. It is a 1,000m (1K) course, and participants will receive individual awards. Results will not be counted toward team scores.
- The 15-16 Girls & 17-18 Women will run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Girls Team Division. Individual awards will be given to both the 15-16 Girls and 17-18 Women age divisions.
- The 15-16 Boys & 17-18 Men will run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Boys Team Division. Individual awards will be given to both the 15-16 Boys and 17-18 Men age divisions.

**2013 AAU CROSS COUNTRY
NATIONAL CHAMPIONSHIP
Fort Gordon
Augusta, GA 30905
DECEMBER 7, 2013**

AAU National Headquarters:

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ONLINE ENTRY: Each qualified athlete who plans to participate in the 2013 AAU Cross Country National Championship meet must register online at www.aauathletics.org . Each athlete must bring proof of age, and his or her current 2014 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: \$40.00 per athlete. **ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted. All Entry Fees are Non-Transferable and Non-Refundable.**

ENTRY DEADLINE: **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN DECEMBER 4th, 2013 AT 8:00 PM CST.**

ENTRY INFO: Qualified teams must submit the official Online Team Entry through the Online Registration system at www.aauathletics.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2014 AAU Club Membership. Note: There is no additional entry fee, but each team member **must** bring proof of current club membership.

IMPORTANT: You may place a maximum of 8 athletes on a team within a division. Any teams with 5-8 athletes will be counted in the team scoring. Any teams with 4 or fewer will not be counted in the team scoring but will be eligible for individual awards. You will be permitted to create B, C, D, etc., teams depending upon the size of your roster in the division.

IMPORTANT: **Important note for large clubs:** Online entry is team oriented. If you are a large club that will be entering more than one team in any single age division, you will need to register each team separately. The unique team registration provides contact information and insures that each team entered is scored separately.

Example #1: *The Tennessee Flyers has 2 teams in the 10 Year Old Boys Division. To enter on-line, the Tennessee Flyers club would register 2 clubs: Tennessee Flyers A and Tennessee Flyers B.*

Example #2: *The Kentucky Striders has 2 teams in both the 10 Year Old Boys and 14 Year Old Girls divisions. To enter on-line, the Kentucky Striders would register 2 teams: Kentucky Striders A and Kentucky Striders B.*

After each team is uniquely registered, you will then need to fill out a roster and submit a meet entry for each team.

MEET

QUALIFICATIONS: The 2013 AAU National Cross Country Championship is an open event and any AAU Member that meets the age requirements may participate. Participation in a District Championship is optional. If your District has a District Championship, and you do not participate, your athlete(s) are still eligible for the National Championship.

RULES: The meet will be conducted under the AAU Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

AGE DIVISIONS &

DISTANCES:

6 & Under Boys & Girls	Born 2007 & After	1000 meters (1K)
7-8 Year Old Boys & Girls	Born 2006 & 2005	2000 meters (2K)
9-10 Year Old Boys & Girls	Born 2004 & 2003	3000 meters (3K)
11-12 Year Old Boys & Girls	Born 2002 & 2001	3000 meters (3K)
13-14 Year Old Boys & Girls	Born 2000 & 1999	4000 meters (4K)
15-16 Year Old Boys & Girls	Born 1998 & 1997	5000 meters (5K)
17-18 Year Old Men & Women	Born 1996 & 1995	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.*

PROOF OF AGE:

Proof of age is required when purchasing AAU Membership on-site at District, Regional and National events and whenever required and/or challenged. You are required to bring proof of age for the 2013 AAU Cross Country Nationals. Acceptable forms are as follows:

1. Original Birth Certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A Valid US Passport (not expired)

MEMBERSHIP:

All participants are required to have a 2014 AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry. Participants must be prepared to show their AAU card at registration. **No athlete will be permitted to run without a current AAU membership card.** No entry forms will be processed without your AAU membership number

HOTELS:

The host hotels are all located just five miles from the race venue. They are located conveniently at exit 194 from I-20.

Comfort Inn & Suites

4071 Jimmie Dyess Pkwy
Augusta, GA 30909
(706) 496-3579
\$79

Best Western Evans

452 Park West Drive
Grovetown, GA 30813
(706) 651-9100
\$69

Hawthorn Suites

4049 Jimmie Dyess Pkwy
Augusta, GA 30909
(706) 589-0700
King - \$69.99

Hampton Inn & Suites

4081 Jimmie Dyess Pkwy
Augusta, GA 30909
(706) 860-1610
(800) 426-7866
\$99

Wingate Inn

4087 Jimmie Dyess Pkwy
Augusta, GA 30909
(706) 860-8223
(800) 228-1000
\$99

DIRECTIONS TO FORT GORDON FROM HOTELS:

Head South on S. Belair Rd./Jimmie Dyess Pkwy. You will cross Gordon Highway and continue through Gate 1. Once you enter Gate 1, you will be on Chamberlain Ave. From Chamberlain Ave. you will turn left on 25th St. You will cross over Barnes St. then turn right onto Brainard Ave. There is ample parking at Barton Field off of Brainard Ave. Access to Fort Gordon and parking is FREE.

PACKET

PICK-UP:

Packet pick-up will take place at the Comfort Inn & Suites at 4071 Jimmie Dyess Pkwy, Augusta, GA 30909 on **Friday, December 6th from 8 AM – NOON & from 3 PM – 6 PM.**

Packets that are not picked up Friday can be picked up Saturday morning. There will be a tent set up at the Finish Line for Packet Pick-Up on Saturday morning.

COURSE:

Course maps have been provided online at www.aauathletics.org and at the end of this entry packet. There will also be a copy in the Coaches' Packet.

COURSE WALK: **Friday Guided walks will be as follows:**
 1000 M Course Walk: 10:45 am – 11:30 am
 2000 M Course Walk: 11:45 am – 12:30 pm
 3000 M Course Walk: 12:45 pm – 1:30 pm
 4000 M Course Walk: 1:45 pm – 2:30 pm
 5000 M Course Walk: 2:45 pm – 3:30 pm
 Non-Guided Course Walk (Sat. Morning): 7:00 am - 8:30 am (Course closes at 8:30 am)
Friday & Saturday non-guided walk: course will be open after scheduled times until Complex closes. Course Walks may be cancelled due to rain or severe weather conditions.

ADMISSION: ***Admission for all spectators will be free***

SPIKES: Athletes may wear spikes.

STARTING POSITIONS: Athletes will be assigned starting position by team and unattached numbers. These positions will be randomly drawn for each race.

BIB NUMBERS: Each competitor will receive one bib number (to be worn on the front).

RACE SCHEDULE: Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start of their race. **(Tentative schedule; subject to change)**

National Anthem	8:50 am	9-10 Girls	12:00 pm
17-18 Women & 15-16 Girls	9:00 am	9-10 Boys	12:30 pm
17-18 Men & 15-16 Boys	9:30 am	7-8 Girls	1:00 pm
13-14 Girls	10:00 am	7-8 Boys	1:30 pm
13-14 Boys	10:30 am	6 & Under Girls	2:00 pm
11-12 Girls	11:00 am	6 & Under Boys	2:15 pm
11-12 Boys	11:30 am		

AWARDS: AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for all age divisions. Twenty-six (26) place and after in each race will receive participation medals. A team trophy will be presented to the 1st - 3rd place teams in each age division, and AAU National Championship medals will be presented to each member of the top three teams. All-American patches will be awarded to the 1st place finisher and the 1st place team in each age division. **An Overall Team Champion will be crowned!**

AWARD PRESENTATIONS: **After the final race has concluded, an awards ceremony will take place at 4:00pm at the Columbia County Amphitheater: 7022 Faircloth Dr., Evans, GA 30809.** At this time, athletes in each age division will be presented with their awards. Team (1st through 3rd) and Individual athlete (1st through 8th) medals will be awarded at this time. Other individual medals will be handed out at the conclusion of each race at the end of the finish line.

AAU President Henry Forrest and Olympic Bronze Medalist Manteo Mitchell will be speaking and presenting awards to the athletes!

Directions to the Columbia County Amphitheater from Fort Gordon:

After exiting Fort Gordon Gate 1, continue on Jimmie Dyess Parkway. Jimmie Dyess Parkway will become Belair Road. Belair Road will become N. Belair Road. Continue on N. Belair Road and cross Washington Road. Take a left onto Evans-to-Locks Road (first traffic light after crossing Washington Road). Take a right onto Evans Town Center Blvd. Continue on Evans-to-Locks Road. Take a left onto Faircloth Drive (it is the next intersection past Ronald Reagan Drive). The Columbia County Amphitheater will be on your right, next to the Columbia County Library.

PARTICIPATION

AWARDS: Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on December 6th, 2013.

MERCHANDISE: Will be available for purchase at registration on Friday and at the course on Saturday.

RESTROOMS: Available throughout the complex.

WEATHER: The average temperature in Fort Gordon, GA ranges between **40 - 60 degrees F** in early December. Please come prepared and dress accordingly.

MEDICAL: Medical staff will be on site near the finish line in the designated area. Water stations will be located near the start and finish area. Please check the course map. Services will be provided by EMS and Doctors Hospital Sports Medicine.

COACHES' EDUCATION:

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

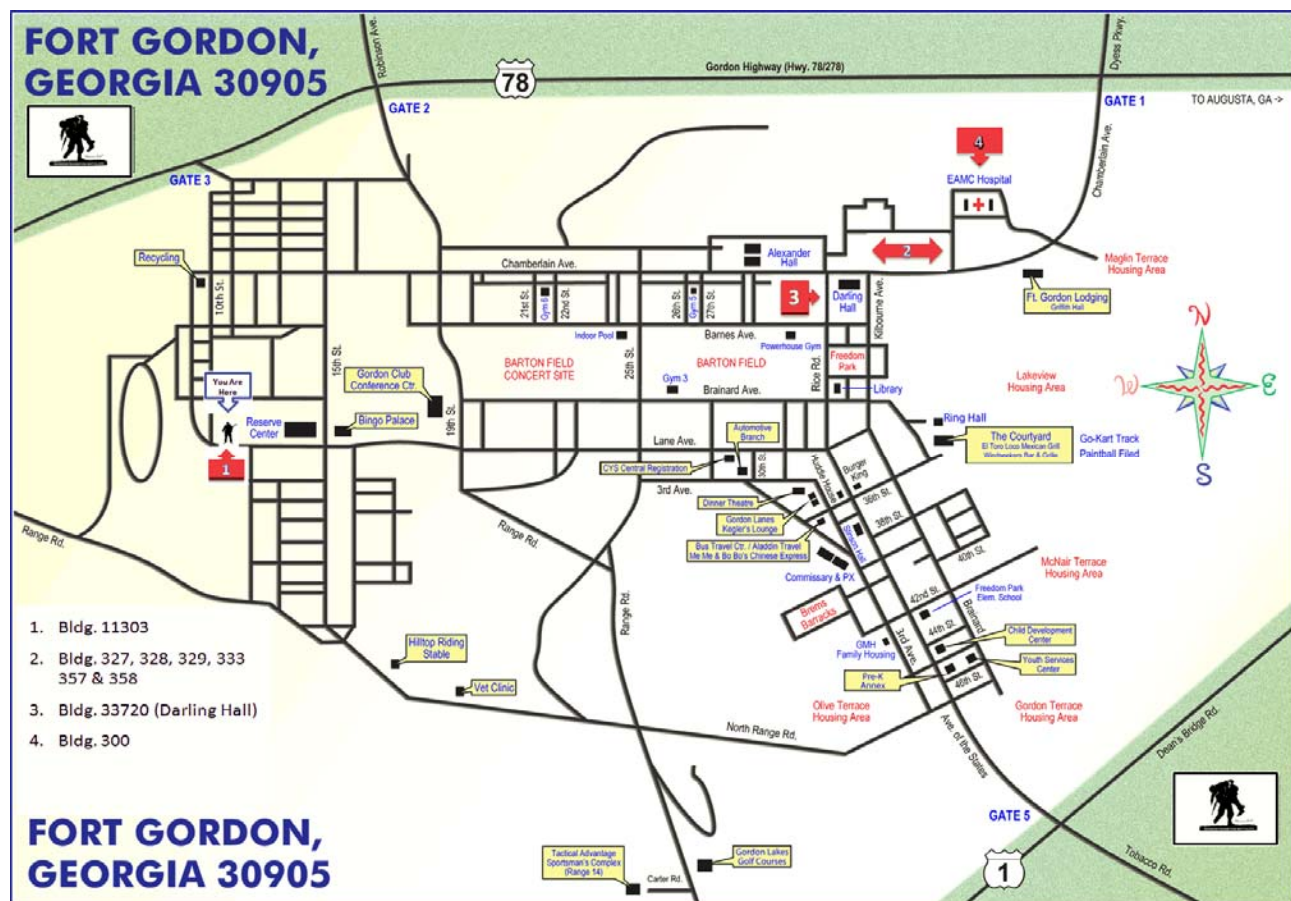
PARKING: There is ample parking at Barton off of Brainerd Ave. Access to Fort Gordon and parking is FREE.

SPECIAL NOTES: Fort Gordon is an active military installation. As such, security measures are in place. Anyone over the age of 18 is required to have a picture ID. There are no exceptions. Anyone over the age of 18 without picture ID will not be allowed to enter the gates.

All vehicles driving on Fort Gordon are required to have a pass. They may be secured at the security check-in just inside of Gate 1. Drivers must present a current driver's license, proof of insurance, and registration to receive the pass. In order to facilitate quick entry into Fort Gordon on race day, it is recommended that drivers get their vehicle pass by Friday.

Please follow posted speed limits and be mindful of pedestrian crossings.

Cell phone use is strictly prohibited by anyone driving a motor vehicle. If you must make or receive a call, you must pull over and stop. This law is strictly enforced.



§ 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 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.



1000 METERS

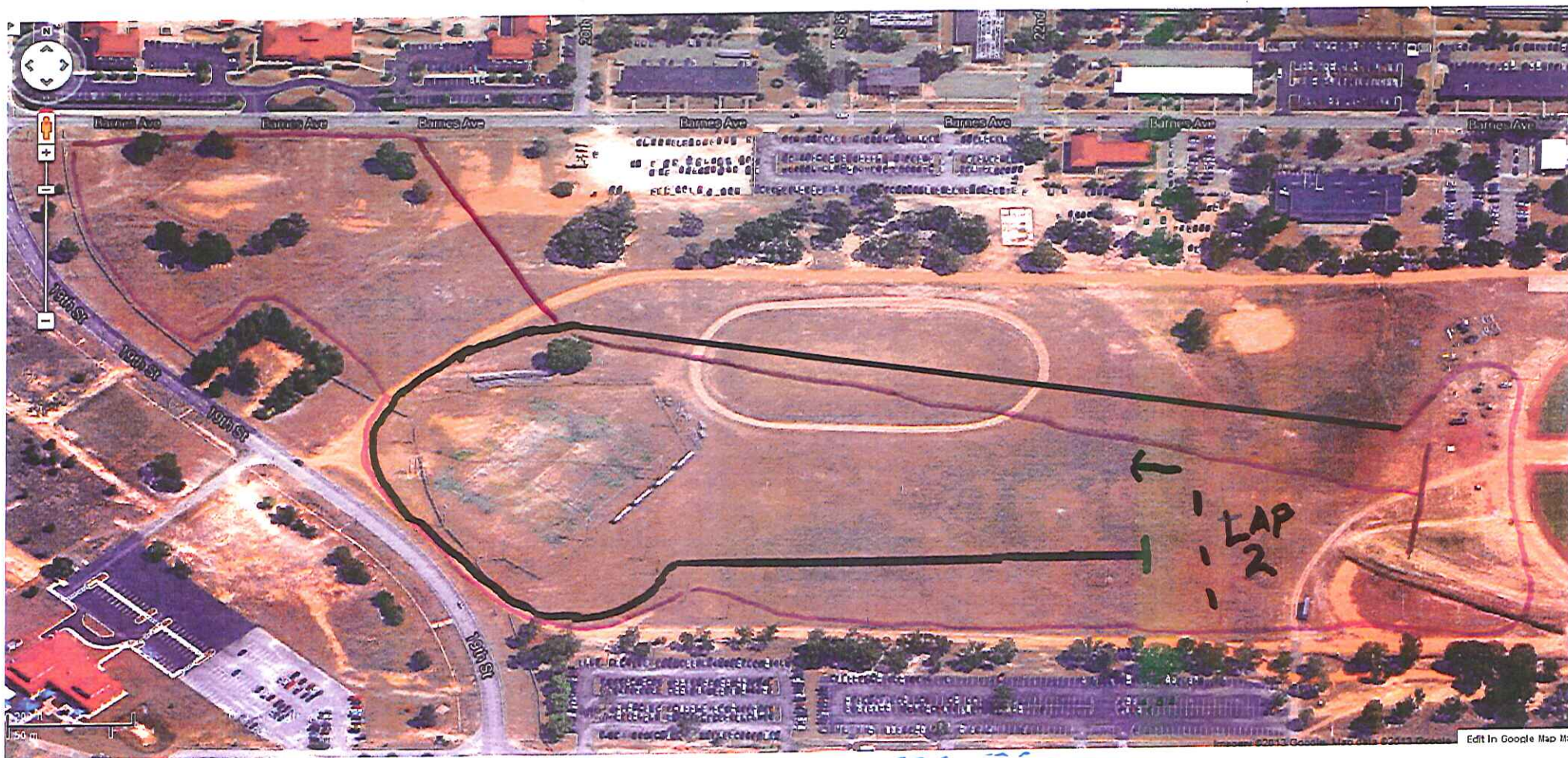


— LAP 1
— LAP 2



— LAP 1
— LAP 2

3000 METERS



4000 METERS

- - LAP 1 - SHORT COURSE
- - - LAP 2 - LONG COURSE
- - LAP 3 - SHORT COURSE



5000 METERS

— 2 LAPS
— 1 LAP