



2014 VIRGINIA AAU DISTRICT CROSS COUNTRY CHAMPIONSHIP

Saturday, November 01, 2014
Churchland High School 4301 Cedar Lane
Portsmouth, VA 23703

Sanction: Virginia AAU District Championships

Host Team: FIA AMBASSADORS

Meet Site: Churchland High School Portsmouth, VA 23703

Eligibility:

1. All competitors **MUST** have a current 2014 AAU membership card (Sept 1, 2014-Aug 31, 2015)

AAU Membership is purchased online at www.aausports.org. Membership fee \$14.00.

No entries for meet can be accepted and or recorded without valid AAU membership number

2. Legible copy of birth certificate must accompany entry form.

3. Teams must present a registered AAU club with current 2014 membership.

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.

- 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.

4. **BE PREPARED!** Adult and Non athlete memberships are no longer instant and cannot be applied for at the event.

Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Meet entry fee: \$15.00 Payable to Michael Rose

Mail entries to: 5149 Richard Road Virginia Beach, VA 23462

Do Not Mail entry after October 27th, 2014. Bring entry to race site 45mins before schedule race. If entry is not received by October 30th 2014, you will have to pay at meet, day of meet entry fee \$20.00 and your mailed entry will be returned *if received*.

Awards: Top 8 Individual finishers in each age division, male and female will receive AAU medals.

See web site at www.aausports.org for further National meet information.

General Rules: 2014-15 AAU Athletic Rulebook

Event Schedule: 8:00 – 11:00 a.m. Race Day Registration **Times for races are approximate,**

7:00 AM Guided Course Walk (OPTIONAL)

Line up at start 15 minutes before race begins

Athlete's YEAR OF BIRTH determines the age division he/she will compete.

Division Year of birth Race distance RACE TIMES

Girls (G) Boys (B)

8&Under- 2006 & after ---2K 8:00 am (G) 8:00 am (B)

9yrs old-2005 ----3K 8:45 am (G) 8:45 am (B) 13yrs old-2001-----4K 9:30 am (G) 9:30 am (B)

10yrs old- 2004---3K 8:45 am (G) 8:45 am (B) 14yrs old-2000-----4K 9:30 am (G) 9:30 am (B)

11yrs old- 2003---3K 8:45 am (G) 8:45 am (B) 15&16yrs old-1999-98-----5K 10:30 am (G) 10:30am (B)

12yrs old 2002----3K 8:45 am (G) 8:45 am (B) 17&18yrs old-M/W 1997-96---5K 10:30am (G) 10:30 am (B)

Girls and boys running together and in combined ages divisions will be scored separately.

Individuals: Unattached runners may participate without club affiliation.

Team Scoring: Teams must have no less than five or more than eight athletes. Clubs may have any number of teams.

Team declarations MUST be completed and filed at registration PRIOR to event. Teams consist of same Year of Athletes may not move up or down in age group/division.

Contact Person: Marcia D Rose (757) 218-2767 email: fiamathletics@yahoo.com