



WEST VIRGINIA District AAU YOUTH CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 8, 2014

Coonskin Park/Charleston, West Virginia

The meet is open to athletes from the state of West Virginia.

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

The top 20 youth individuals and top three teams in each age division qualify for the AAU National Championship meet December 6, 2014 at Rim Rock Farm, Lawrence, KS

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

Age Division	Distance	Schedule
7-8 BOYS & GIRLS (2006 <)	2000 meters	10:00 am
9-10 GIRLS (born 2004 & 2005)	3000 meters	10:30 am
9-10 BOYS (born 2004 & 2005)	3000 meters	10:30am
11-12 GIRLS (born 2002 - 2003)	3000 meters	11:00 am
11-12 BOYS (born 2002 - 2003)	3000 meters	11:00 am
13-14 GIRLS (born 2001 - 2000)	4000 meters	11:30 am
13-14 BOYS (born 2001 - 2000)	4000 meters	11:30 am
15-16 GIRLS (born 1999- 1998)	5000 meters	12:00 pm
15-16 BOYS (born 1999 - 1998)	5000 meters	12:00 pm
17-18 WOMEN (born 1997- 1996)	5000 meters	12:30 pm
17-18 MEN (born 1997- 1996)	5000 meters	12:30 pm

Following the first race start times may change based on the number of competitors. Call meet director after entries have closed to confirm race start times.

Please enter on line at www.CoachO.com by midnight November 6, 2014

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

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