

AAU Ozark District Championships Cross Country November 16, 2014



DATE: November 16, 2014

LOCATION: Sioux Passage Park
17930 Old Jamestown Road
Florissant, Missouri 63034

HOST: Angela Miller: 314-324-8721 or iAmCoachAngie@gmail.com

ENTRY DEADLINE: November 12, 2014

FEE: \$10

AGE: 6- 18 (age as of 12/31/14)

ORDER OF EVENTS

9:00am - Walk Through
9:45am - 1K (6 & Under Boys and Girls)
10:00am - 2K (8 & Under Boys and Girls)
10:30am - 3K (9-10 Boys and Girls)
11:00am - 3K (11-12 Boys and Girls)
11:30am - 4K (13-14 Boys and Girls)
12:00pm - 5K (15-16 & 17-18 Boys and Girls)

Registration may be completed via email or the morning of the competition from 8:15am-9am. Please note that if you register after November 12th, you are required to show your 2015 AAU membership card the day of the meet. Payment is due the day of the competition.

All participants must have a valid 2015 AAU Membership card in order to compete.

- 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 connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

FOR MORE INFORMATION:

Angela Miller
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www.ultimatespeedacademy.org

When emailing your registration, please include the following information:

Athlete's name

Date of birth

Gender

2015 AAU membership number