

AAU GULF DISTRICT  
CROSS COUNTRY  
NATIONAL QUALIFYER  
Sunday November 16, 2014  
Sugar Land, Tx



DATE: November 16, 2014

LOCATION: Sugar Land Memorial Park  
15300 University Blvd (Near Hwy 59 South)  
Sugar Land, TX 77498

HOST: High Velocity Youth Track -Jerrome Forest, [highvtrack@aol.com](mailto:highvtrack@aol.com)

ENTRY DEADLINE: November 16, 2014 All Athletes must be registered

FEE: \$5 per competing athlete

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

TIME: 2:00pm

ORDER OF EVENTS

2000M Run – 8 & Under Girls and Boys	4000M Run- 13 & 14 Girls and Boys
3000M Run - 9 & 10 Girls and Boys	5000M Run - 15 & 16 Girls & Boys
3000M Run - 11 & 12 Girls and Boys	5000M Run - 17 & 18 Girls and Boys

MEDALS OR RIBBONS WILL BE AWARDED TO ALL RUNNERS AT THE MEET !!

All athletes that complete the course fairly will be qualified to compete in the AAU Cross Country Nationals in Lawrence, Kansas.

GENERAL REFRESHMENTS AND CONCESSIONS WILL BE AVAILABLE!!

**WE LOOK FORWARD TO SEEING EVERYONE AT THE FINAL TUNE-UP MEET BEFORE AAU QUALIFYING!!**

- 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 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](http://www.aausports.org) to obtain their membership

FOR MORE INFORMATION:  
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