

# 2014 AAU CONNECTICUT DISTRICT CROSS COUNTRY NATIONAL QUALIFIER



**HOST: NEW HAVEN AGE GROUP TRACK CLUB**

**DATE: Sunday October 19, 2014 TIME: 11:00am @ East Shore Park,  
New Haven CT.**

**PRE ENTRY FEE: Online entry - \$9.00 @ [www.coacho.com](http://www.coacho.com). Deadline -  
10/16/2014. \*\*\*\*Post entry fee -\$18.00. Deadline for Post Entry -9:30am  
10/19/2013.**

- 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 **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](http://www.aausports.org) to obtain their membership.
  - **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership**

## **AGE QUALIFICATIONS: DISTANCE:**

(Ages determined by age as of December 31st, 2014)

**8 and under - 2006 & after (2000 Meters)**

**9 and 10 – 2004 & 2005 (3000 Meters)**

**11 and 12 – 2002 & 2003 (3000 Meters)**

**13 and 14 - 2000 & 2001 (4000 Meters)**

**15 and 16 – 1998 & 1999 5K (5000 Meters)**

**17 and 18 – 1996 & 1997 5K (5000 Meters)**

**ADVANCEMENT: Top 3 teams and the top 20 individual finishers not on the top 3 teams, qualify for the National Cross Country Championships.**

**CONTACT: Meet Director: Major Ruth. Email: [entrustmajor@hotmail.com](mailto:entrustmajor@hotmail.com) Tel: 203-430-9456**

## AAU-CT – Youth Cross Country Championship

### \*Event Schedule (Rain or shine)

**10:00 am – Coaches meeting @ the registration table**

**11:00am - 8 and under 2000 M**

**Boys**

**Girls**

**11:30 am – 9 and 10 year old – 3000 M**

**Boys**

**Girls**

**12:00 pm – 11 and 12 year old – 3000 M**

**Boys**

**Girls**

**12:30 pm – 13 and 14 year old - 4000 M**

**Boys**

**Girls**

**1:00 pm – 14, 16, 17, and 18 year old - 5000 M - (Finish will be determined by Age Group)**

**Boys**

**Girls**

### Please Note:

- \*Schedule is subject to change. Depending on the # of entrants, we may elect to combine races. Be prepared for the meet to run ahead of schedule.
- Course is very flat. Combination of grass concrete and gravel.
- Medals to the top 3 runners in each age division.
- Ribbons to 4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup> place finishers
- Top 20 individual and top 3 teams qualify for National Championship

### Directions to East Shore Park, New Haven

#### **EAST SHORE PARK: I-95**

#### **From the south**

Go north to Exit 50 (Woodward Ave), turn right onto Woodward and go  $\frac{3}{4}$  mile to entrance of East Shore Park on right. Park in the lot closest to the tennis courts.

#### **From the north**

South to Exit 51, go 3 lights and turn left onto Woodward Ave, going over I-95. Follow above directions.