

2016 AAU CENTRAL DISTRICT CROSS COUNTRY CHAMPIONSHIP



HOST: RUSH ATHLETICS USA

DATE: Sunday November 13, 2016 TIME: 8:30am

LOCATION: Community Park - Country Club Hills, IL

ENTRY FEE: Online entry - \$6.00 @ www.coacho.com. Deadline 11/08/2016.

- 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.ausports.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, 2016)

8 and under - 2008 & after (2000 Meters)

9 and 10 – 2006 & 2007 (3000 Meters)

11 and 12 – 2004 & 2005 (3000 Meters)

13 and 14 - 2002 & 2003 (4000 Meters)

15 and 16 – 2000 & 2001 5K (5000 Meters)

17 and 18 – 1998 & 1999 5K (5000 Meters)

19 and up – 1903 to 1997 5K (5000 Meters)

CONTACT: Meet Director: Coach Nicole Lincoln. Email: rush.athletics2010@gmail.com

Tel: 815-556-9650

AAU-CENTRAL – Youth Cross Country Championship

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

8:30am – Open and Masters (19 and up) – 5000 M (Finish will be determined by Age Group)

9:00 am – Coaches meeting @ the registration table

10:00 am - 8 and under - 2000 M

Boys

Girls

10:30 am – 9 and 10 year old – 3000 M

Boys

Girls

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

Boys

Girls

11:30 pm – 13 and 14 year old - 4000 M

Boys

Girls

12:00 Noon – 15, 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 grass, hills, multi-terrain, a couple small asphalt
- Medals to the top 25 runners in each age division.

Directions to Community Park - Country Club Hill, IL

From the north

1. I-57 South toward **Memphis**
2. Take the **167th St W** exit, EXIT 346, toward **IL-50/Cicero Ave.**
3. Turn **left** onto Cicero Ave/IL-50.
4. Turn **left** onto 175th St.
5. Park on your left (175th St & Maple Ave)

From the south

1. I-57 North toward **Chicago**
2. Take the **167th St W** exit, EXIT 346, toward **IL-50/Cicero Ave.**
3. Turn **left** onto Cicero Ave/IL-50.
4. Turn **left** onto 175th St.
5. Park on your left (175th St & Maple Ave)

From the west

1. I-80 West towards **Indiana**
2. **Take exit on the left for I-57 North toward Chicago**
3. Take the **167th St W** exit, EXIT 346, toward **IL-50/Cicero Ave.**
4. Turn **left** onto Cicero Ave/IL-50.
5. Turn **left** onto 175th St.
6. Park on your left (175th St & Maple Ave)