



NORTH CAROLINA AAU DISTRICT CROSS COUNTRY CHAMPIONSHIP

Ashbrook High School

2222 South New Hope Road
Gastonia, NC 28054
November 08, 2014

MEET HOST: GASTONIA EAGLES TRACK & FIELD TEAM, INC.

MEET DIRECTOR: Freddie Crawford / 704-231-2118 / freddiesea@att.net

ELIGIBILITY REQUIREMENTS: Competition is open to all boys and girls who have a valid/current AAU registration card. AAU membership must be obtained at aausports.org.

ENTRY FEE: An entry fee of \$15.00 per athlete. *No Entry fee will be transferred or refunded

TIME: Package Pickup 8am walk through 8:30am. First race starts at 10am. All other races will start 5 minute after the completion of the previous race.

REGISTRATION: www.coacho.com – Deadline for entering competition is November 5, 2014 at 12 am Midnight.

**Pee Wee Boys & Girls 6 & under	1K
Primary Boys & Girls 8 and under	2K
Sub Bantam Boys & Girls 9	3K
Bantam Boys & Girl I10	3K
Sub Midget Boys & Girls 11	3K
Midget Boys & Girls 12	3K
Sub Youth Boys & Girls 13	4K
Youth Boys & Girls 14	4k
Intermediate Boys & Girls 15 & 16	5k
Young Men/Young Women 17 & 18	5k

**Pee Wee athletes who are not participating in the primary age group will compete in the pee wees 1K age group and will not advance to the AAU cross country Championships. It is a exhibition race.

The cross country race schedule will be posted the week of the meet and be available on meet day.

Depending on the numbers in the 9, 10, 11, 12, 13, 14 age groups they will be ran the together and separated at the end of the race.

Intermediate Girls and Young Women will compete together then Intermediate Boys and Young Men will compete together. These age groups will be separated at the finish line for placement and awards. No athlete will be allowed to compete in a younger or older age group.

AWARDS: Medals will be given to the top 3 place finishers in each event. Ribbons will be given to 4th thru 8th place.

ADVANCEMENT: Individual qualification for the National Championship requires advancement through an AAU District Cross Country Championship meet. ALL athletes who participate in a District Championship Meet in each age division qualify for the National Championship Meet.

2014 AAU Cross Country National Championship will be held at Kansas University in Lawrence Kansas on Saturday, December 6th, 2014. More information will be posted on aauathletics.org as it become available.

ADMISSION: Free

PACKAGE PICK UP: Ashbrook High School Stadium

PROOF OF AGE: Proof of age may be required at District, National Qualifier and National Championship events and must be provided whenever required and or challenged. These are the acceptable forms of verification; original birth certificates, notarized original birth certificate, US military Government ID card, valid passport (not expired) and a valid US driver's license.

As we are continuing to work on the development of a database for the NC athlete's birth certificates, if your team and/or athletes did not participate in the following championship meets:

- ? 2013 NC AAU Track & Field District Championship & NC AAU District Cross Country Championship
- ? 2014 NC AAU Track & Field District Championship

then you will be required to submit a copy of their birth certificates for our files. Copies of birth certificates will need to be submitted at packet pick up.

COACHED EDUCATION: The AAU National Office is happy to announce to its members FREE coaches Education for all AAU Non-Athletes. This exciting program is MANDSTORY for all AAU Non-Athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

SAUNCTION

- 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.