



AAU GULF ASSOCIATION CROSS-COUNTRY CHAMPIONSHIPS -2012

SANCTION: Gulf Association, all participants must have a current AAU membership, which can be obtained online at aausports.org. The card you had for track is no longer valid.

LOCATION : Saturdays: Houston Christian High School, 2700 W. Sam Houston Parkway N. (On the southeast corner of Kempwood and the toll road. Enter from Kempwood.)

DATES: Saturday , November 3, & Saturday, November 17 which will be the Championship meet, at which time athletes will qualify for nationals on December

STARTING TIME: 9:00 a.m. for both Saturday meets. All runners should be there in time to check in and warm up prior to the start time, as we will run age groups together unless the numbers of runners warrant more races.

AGE GROUPS: There will be a boys' and girls' division for each of the age groups. Athletes may not move up or down.

<u>Age Group</u>	<u>Year of birth</u>	<u>Distance</u>
Primary	Born in 2004 & later	2000m
Sub Bantam	Born in 2003	3000m
Bantam:	Born in 2002	3000m
Sub Midget:	Born in 2001	3000m
Midget:	Born in 2000	3000m
Sub Youth:	Born in 1999	4000m
Youth:	Born in 1998	4000m
Intermediate:	Born in 1996-97	5000m
Young Men & Young Women:	Born in 1994-95	5000m

AWARDS: Medals for all runners at all meets

ENTRY FEE: \$5.00

MEET DIRECTOR: Dave Jantzen, email address, dwjantzen@comcast.net
home phone-281-589-0824, work-713-580-6086. Please use email if at all possible.