



2014 AAU CROSS COUNTRY NATIONAL CHAMPIONSHIP

Rim Rock Farm
2276 Burnett Lane
Lawrence, KS 66044
DECEMBER 6, 2014



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ONLINE ENTRY: Each qualified athlete who plans to participate in the 2014 AAU Cross Country National Championship meet must register online at www.aauathletics.org. Each athlete must bring proof of age, and his or her current 2015 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: \$40.00 per athlete. **ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted. All Entry Fees are Non-Transferable and Non-Refundable.**

ENTRY DEADLINE: **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN DECEMBER 2, 2014 AT 11:59PM EST.**

ENTRY INFO: Qualified teams must submit the official Online Team Entry through the Online Registration system at www.aauathletics.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2015 AAU Club Membership. Note: There is no additional entry fee, but each team member **must** bring proof of current club membership.

IMPORTANT: You may place a maximum of 8 athletes on a team within a division. Any teams with 5-8 athletes will be counted in the team scoring. Any teams with 4 or fewer will not be counted in the team scoring but will be eligible for individual awards. You will be permitted to create B, C, D, etc., teams depending upon the size of your roster in the division.

IMPORTANT: **Important note for large clubs:** Online entry is team oriented. If you are a large club that will be entering more than one team in any single age division, you will need to register each team separately. The unique team registration provides contact information and insures that each team entered is scored separately.

Example #1: *The Tennessee Flyers has 2 teams in the 10 Year Old Boys Division. To enter on-line, the Tennessee Flyers club would register 2 clubs: Tennessee Flyers A and Tennessee Flyers B.*

Example #2: *The Kentucky Striders has 2 teams in both the 10 Year Old Boys and 14 Year Old Girls divisions. To enter on-line, the Kentucky Striders would register 2 teams: Kentucky Striders A and Kentucky Striders B.*

After each team is uniquely registered, you will then need to fill out a roster and submit a meet entry for each team.

MEET

QUALIFICATIONS: The 2014 AAU National Cross Country Championship is an open event and any AAU Member that meets the age requirements may participate. Participation in a District Championship is optional. If your District has a District Championship, and you do not participate, your athlete(s) are still eligible for the National Championship.

RULES: The meet will be conducted under the AAU Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

AGE DIVISIONS &

DISTANCES:

6 & Under Boys & Girls	Born 2008 & After	1000 meters (1K)
7-8 Year Old Boys & Girls	Born 2007 & 2006	2000 meters (2K)
9-10 Year Old Boys & Girls	Born 2005 & 2004	3000 meters (3K)
11-12 Year Old Boys & Girls	Born 2003 & 2002	3000 meters (3K)
13-14 Year Old Boys & Girls	Born 2001 & 2000	4000 meters (4K)
15-16 Year Old Boys & Girls	Born 1999 & 1998	5000 meters (5K)
17-18 Year Old Men & Women	Born 1997 & 1996	5000 meters (5K)

**Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championship Meet shall be eligible to compete in the 17-18 Men's or Women's division.*

The 6 & Under division is an exhibition race for athletes born in 2008 or after. It is a 1,000m (1K) course, and participants will receive individual awards. Results will not be counted toward team scores.

The 15-16 Girls & 17-18 Women, as well as the 15-16 Boys & 17-18 Men will each run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Girls and High School Boys Team Divisions. Individual awards will be given to the top 8 athletes in both the 15-16 and 17-18 age divisions.

PROOF OF AGE:

Proof of age is required when purchasing AAU Membership on-site at District, Regional and National events and whenever required and/or challenged. You are required to bring proof of age for the 2014 AAU Cross Country Nationals. Acceptable forms are as follows:

1. Original Birth Certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A Valid US Passport (not expired)

MEMBERSHIP:

All participants are required to have a 2015 AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry. Participants must be prepared to show their AAU card at registration. **No athlete will be permitted to run without a current AAU membership card.** No entry forms will be processed without your AAU membership number

HOTELS:

The following host hotels offer varied amenities designed to allow AAU members to choose which hotel fits their needs. Additional housing options can be found at the end of this entry packet.

Holiday Inn & Conference Ctr

200 McDonald Dr.
Lawrence, KS
(785) 841 – 7077
Dist. to Rim Rock 9.1 mi.
Room rate \$104 + tax

Hampton Inn

2300 W 6th Street
Lawrence, KS
(785) 841-4994
Dist. to Rim Rock 9.5 mi.
Room rate \$115 + tax

Best Western

2309 Iowa St.
Lawrence, KS
(785) 843-9100
Dist. to Rim Rock 11.5 m
Room Rate \$89.99 + tax

Econo Lodge

2525 W 6th Street
Lawrence, KS
(785) 841- 8410
Room rate \$89.99
Dist. to Rim Rock 9.8 mi.

Capital Plaza Hotel

1717 SW Topeka Blvd
Topeka, KS
(785) 431 – 7200
Room rate \$69.99
Dist. to Rim Rock 32.2 mi.

Ramada Inn

420 SE 6th Ave
Topeka, KS
(800) 432-2424
Room rate \$74.99
Dist. to Rim Rock 32.1 mi.

DIRECTIONS TO Those traveling to Rim Rock from the Kansas Turnpike are advised to take the East

RIM ROCK FARM Lawrence exit and then travel north on Kansas Highway 24/59 (which curves to the west) for approximately 2.5 miles before turning right (north) on the asphalt road at the Midland Store. Approximately 2.5 miles later, watch for an abandoned natural gas station on the right and make a left turn (west) at that point onto a gravel road. About .25 miles ahead, make a right turn and follow the gravel road approximately 1.33 miles (north) to the course. Public parking is \$10.

Map with directions have been provided online at www.aauathletics.org and at the end of this entry packet. There will be a copy in the Coaches' Packet.

PACKET PICK-UP: Packet pick up will take place at the Lawrence Visitors' Center at 402 N 2nd Street on Friday, December 5th from 10 AM – 7 PM. There will be a tent near the Start Line for Packet Pick-up on Saturday morning.

COURSE: Course Maps have been provided online at www.aauathletics.org and at the end of this entry packet. There will be copies in the Coaches' Packet.

COURSE WALK: Friday guided walks will be as follows:

1000 M Course Walk	10:45 am – 11:30 am
2000 M Course Walk	11:45 am – 12:30 pm
3000 M Course Walk	12:45 am – 1:30 pm
4000 M Course Walk	1:45 am – 2:30 pm
5000 M Course Walk	2:45 am – 3:30 pm

ADMISSION: Admission for all spectators will be free.

SPIKES: Due to the terrain at Rim Rock, athletes are encouraged to wear spikes.

STARTING POSITIONS: Athletes will be assigned starting position by team and unattached numbers. These positions will be randomly drawn for each race.

BIB NUMBERS: Each competitor will receive one bib number (to be worn on the front).

RACE SCHEDULE: Athletes should be prepared to check-in at the Clerk's Tent at least 45 minutes prior to the start of their race. (**Tentative schedule subject to change**)

National Anthem 8:50 am	9-10 Girls 12:00 pm
17-18 Women & 15-16 Girls 9:00 am	9-10 Boys 12:30 pm
17-18 Men & 15-16 Boys 9:30 am	7-8 Girls 1:00 pm
13-14 Girls 10:00 am	7-8 Boys 1:30 pm
13-14 Boys 10:30 am	6 & Under Girls 2:00 pm
11-12 Girls 11:00 am	6 & Under Boys 2:15 pm
11-12 Boys 11:30 am	

AWARDS: AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for all age divisions. Twenty-six (26) place and after in each race will receive participation medals. A team trophy will be presented to the 1st - 3rd place teams in each age division, and AAU National Championship medals will be presented to each member of the top three teams. All-American patches will be awarded to the 1st place finisher and the 1st place team in each age division. **An Overall Team Champion will be crowned!**

AWARD

PRESENTATIONS: After **each** race has concluded, an awards ceremony will take place near the finish line. At this time, athletes in each age division will be presented with their awards. Team (1st through 3rd) and Individual athlete (1st through 8th) medals will be awarded at this time. Other individual medals will be handed out at the conclusion of each race at the end of the finish line.

PARTICIPATION

AWARDS: Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on December 5th, 2014.

MERCHANDISE: Will be available for purchase at registration on Friday and at the course on Saturday.

RESTROOMS: Available near Starting Line and team tent areas.

WEATHER: The average temperature in Lawrence, KS during early December ranges from 34 to 45 degrees Fahrenheit.

MEDICAL: Medical staff will be on site near the finish line in the designated area. Water stations will be located near the start and finish area. Please check the course map. Services will be provided by EMS and OrthoKansas Sports Medicine.

COACHES'

EDUCATION: The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** 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.

PARKING: There is ample parking at Rim Rock Farm. Allow plenty of time to get to race venue. Public Parking is \$10.

SPECIAL NOTES:

The University of Kansas hosts its home cross country meets at Historic Rim Rock Farm, located 11 miles northwest of Lawrence, and is the home to The University of Kansas cross country. Any runner or spectator will say that the course is quite challenging and unusual. In addition to having two covered bridges as part of the course, Rim Rock Farm also features specific hills, turns and other landmarks that are named after former Jayhawk greats. Dispersed throughout the course are silhouette statues of seven legendary Jayhawk distance runners including Herb Semper, Allen Frame, John Lawson and Olympians Billy Mills, Wes Santee, Glenn Cunningham and Jim Ryun.

Rim Rock Farm was the vision of Coach Timmons, who, during his 23-year tenure, won two cross country conference championships. "There is something for everyone at Rim Rock Farm," Timmons said. "Parents are afforded the opportunity to walk around throughout the course and find all the wonderful places to observe. Spectators can catch the runners three or four times throughout the event and explore the different elevations. And the runners can navigate a course that will challenge them with its obstacles and amaze them with its beauty. That's what makes Rim Rock Farm so exciting."

§ 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 to obtain their membership.