



**2016**  
**AAU Cross Country**  
**National Championship**



**Apalachee Regional Park**  
**7550 Apalachee Pkwy**  
**Tallahassee, FL 32317**

**December 3, 2016**  
*Official Information Packet*

# 2016 AAU CROSS COUNTRY NATIONAL CHAMPIONSHIP

Apalachee Regional Park

7550 Apalachee Pkwy

Tallahassee, FL 32317

DECEMBER 3, 2016

## AAU National Meet Director:

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## AAU National Headquarters:

Reggie Williams

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**ONLINE ENTRY:** Each qualified athlete who plans to participate in the 2016 AAU Cross Country National Championship meet must register online [CLICK HERE](#). Each athlete must bring proof of age, and his or her current 2017 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

**ENTRY FEE:** \$35.00 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 NOVEMBER 28<sup>th</sup>, 2016 AT 11:59 PM EST.**

**ENTRY INFO:** Qualified teams must submit the official Online Team Entry through the Online Registration system at [www.aauathletics.org](http://www.aauathletics.org) and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2017 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 Bantam Boys. 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 Bantam Boys and Youth Girls. 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:** Participation in a District Championship is *Mandatory*. If your District is not having a District Cross Country meet contact Reggie Williams @ [rwilliams@aaupsorts.org](mailto:rwilliams@aaupsorts.org) to complete a waiver.

[Click Here For the 2016 District Championship Locations & Event Information](#)

<b>AGE DIVISIONS &amp; DISTANCES:</b>	6 & Under Boys & Girls	Born 2010 & After	1000 meters (1K)
	7-8 Year Old Boys & Girls	Born 2009 & 2008	2000 meters (2K)
	9-10 Year Old Boys & Girls	Born 2007 & 2006	3000 meters (3K)
	11-12 Year Old Boys & Girls	Born 2005 & 2004	3000 meters (3K)
	13-14 Year Old Boys & Girls	Born 2003 & 2002	4000 meters (4K)
	15-16 Year Old Boys & Girls	Born 2001 & 2000	5000 meters (5K)
	17-18 Year Old Men & Women	Born 1999 & 1998	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 Young Men's or Young Women's division.*

**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 2016 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 2016 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

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

**HOTELS:** The following host hotels offer varied amenities designed to allow AAU members to choose which hotel fits their needs. All rates are based on availability at time of booking. Please ask for the AAU rate when calling the hotels. If you have any questions or concerns please contact Amanda Heidecker @ (850) 606-2317 or [heideckera@leoncountyfl.gov](mailto:heideckera@leoncountyfl.gov)

[CLICK HERE](#) – For Hotel List

**PACKET PICK-UP:** Packet Pick up will be held on Friday, December 2<sup>nd</sup>, 2016 from 10am-6pm at the following location:

Apalachee Regional Park – 7550 Apalachee Regional Park Tallahassee, FL 32311

**COURSE:** Course maps have been provided online at [www.aauathletics.org](http://www.aauathletics.org) and at the link below. Please print a copy of these maps. We will not have them available at Packet Pick-Up.

[CLICK HERE](#) – For Course Maps

**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 pm – 1:30 pm
4000 M Course Walk:	1:45 pm – 2:30 pm
5000 M Course Walk:	2:45 pm – 3:30 pm

Non-Guided Course Walk (Sat. Morning): 7:00 am - 8:30 am (Course closes at 8:30 am)

**Friday & Saturday non-guided walk: course will be open after scheduled times until Complex closes. Course Walks may be cancelled due to rain or severe weather conditions.**

**ADMISSION:** \*Admission for all spectators will be free\* - *Parking will be \$5.00*

**SPIKES:** Athletes may 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	12:00pm
17-18 Women & 15-16 Girls	9:00 am	9-10 Boys	12:30pm
17-18 Men & 15-16 Boys	9:30 am	7-8 Girls	1:00pm
13-14 Girls	10:00 am	7-8 Boys	1:30pm
13-14 Boys	10:30 am	6 & Under Girls	2:00pm
11-12 Girls	11:00 am	6 & Under Boys	2:15pm
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. A team trophy will be presented to the 1<sup>st</sup> - 3<sup>rd</sup> 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 1<sup>st</sup> place finisher and the 1<sup>st</sup> place team in each age division. **An Overall Team Champion will be crowned!**

**AWARD PRESENTATIONS:** After each race there will be an official awards ceremony. Each age division will have a time when they will be presented with their awards. Team (1<sup>st</sup> through 3<sup>rd</sup>) and Individual athlete (1<sup>st</sup> through 8<sup>th</sup>) 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. The awards ceremony will be approximately 30 minutes after each race.

**PARTICIPATION AWARDS:** Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on December 2<sup>nd</sup>, 2016.

**FINE DESIGNS MERCHANDISE:** Will be available for purchase at registration on Friday (9am – 7pm) and at the course on Saturday (7am – Competition).

**CONCESSIONS:** Food and beverages will be available at the meet from 7:00 a.m. to 4:30 p.m. on Saturday, December 3<sup>rd</sup>.

Social Catering & Events is proud to provide healthy food options to fuel all of the runners joining us at the Apalachee Regional Park this fall. In addition to concessions at the park, Social Catering is your one stop shop for pre-race dinners. We will be partnering with several local hotels to offer catering packages and dining spaces for teams the evening before the big race. Contact Amanda Morrison ([amanda@socialcateringandevents.com](mailto:amanda@socialcateringandevents.com)) or (850) 228-6817 for more information.



**RESTROOMS:** Available throughout the complex.

**WEATHER:** The average temperature in Tallahassee, Florida ranges between 41 - 65 degrees F in early December. Please come prepared and dress accordingly.

**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.

**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](http://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.

- 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 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](http://www.aausports.org) to obtain their membership.