



2016
AAU Cross Country
West Coast National Championship

Lazy 5 Regional Park
7100 Pyramid Lake Hwy
Spanish Springs (Reno), Nevada

November 12, 2016
Official Information Packet
2016 AAU CROSS COUNTRY
WEST COAST NATIONAL CHAMPIONSHIP

Lazy 5 Regional Park
7100 Pryamid Lake Hwy
Spanish Springs (Reno), Nevada
NOVEMBER 12, 2016

AAU National Meet Director:

Karen & Guy Fowler
oakdalegal@yahoo.com
209-765-4021

AAU National Headquarters:

Reggie Williams
rwilliams@aausports.org
407-828-8326

ONLINE ENTRY: Each athlete who plans to participate in the 2016 AAU Cross Country West Coast 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: \$30.00 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 7TH, 2016 AT 11:59 PM PST.**

ENTRY INFO: 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 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: None....anyone with an current AAU membership is welcome to compete!!!

AGE DIVISIONS & DISTANCES:

DIVISION	GENDER	YEAR BORN	RACE DISTANCE
8 and under	Boys and Girls	Born 2008 and after	2000 meters (2K)
9-10 year olds	Boys and Girls	Born 2007 and 2006	3000 meters (3K)
11-12 year olds	Boys and Girls	Born 2005 and 2004	3000 meters (3K)
13-14 year olds	Boys and Girls	Born 2003 and 2002	4000 meters (4K)
15-16 year olds	Boys and Girls	Born 2001 and 2000	5000 meters (5K)
17- 18 year olds	Men and Women	Born 1999 and 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 West Coast 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 2017 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 Host Hotel for the 2016 AAU West Coast National Cross Country Championships is the



Reservation Phone Number:
800-687-8733

Group Code:
WCCN6

PACKET PICK-UP: Packet Pick up will be held on Friday, November 11, 2016 at the following location:
Silver Legacy Hotel- 12noon-6:00pm
If you cannot make packet pick up on Friday, packets will be available at the course on Saturday at the Coaches Corner Tent starting 7:30am

COURSE: Course maps have been provided online at www.aauathletics.org and at the end of this entry packet ONLY. Please print a copy of these maps. We will not have them available at Packet Pick-Up.

COURSE WALK: **Course will open on Friday from noon until 6:00pm**
Note: the course markings will be finished on Friday so there may be workers on the course Friday
Non-Guided Course Walk (Sat. Morning): 7:00 am - 8:30 am (Course closes at 8:30 am)
Course Walks may be cancelled due to rain or severe weather conditions.

ADMISSION: ***Admission for all spectators will be free***

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**)

DIVISION	GENDER	RACE TIME
15-16 & 17-18 year olds	Boys/Men & Girls/Women	9:00 am
13-14 year olds	Boys and Girls	9:30 am
11-12 year olds	Boys and Girls	10:00am
9-10 year olds	Boys and Girls	10:30am
8 and under	Boys and Girls	11:00am

AWARDS: AAU National Championship medals will be awarded to the first fifteen (15) individual places based on year of birth for all age divisions. Medals can be picked up at the Coaches Corner tent approximately 20 minutes after the conclusion of each race. A team trophy will be presented to the 1st – 5th place teams for overall combined.

PARTICIPATION AWARDS: Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on November 11, 2016.

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

RESTROOMS: Available throughout the complex.

WEATHER: The average temperature in Reno, Nevada ranges between 34 - 54 degrees F in early November. Please come prepared and dress accordingly.

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.

- 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 to obtain their membership.