

AAU Florida District Cross Country Championship 11/11/2017



The AAU Florida District Championship will be a great qualifying event for the National Championship held in Danville Alabama this year.

AAU division competition will be individual competition and Team awards

See Age divisions and distance below:

Individual Divisions

AAU Age Division (Girls & Boys)	Race Distance
6 and under	1000m (1K) - exhibition
8-7years	2000m (2K)
9 years	3000m (3K)
10 years	3000m (3K)
11 years	3000m (3K)
12 years	3000m (3K)
13 years	4000m (4K)
14 years	4000m (4K)
15 -16 years	5000m (5K)
17 -18 years	5000m (5K)

Team Divisions

AAU Age Division (Girls & Boys)	Race Distance
6 and under	1000m (1K) - exhibition
7 -8 years	2000m (2K)
9 -10 years	3000m (3K)
11-12 years	3000m (3K)
13-14 years	4000m (4K)
15 -16 years	5000m (5K)
17 -18 years	5000m (5K)

Awards will be AAU awards for

1st – 3rd Medals for each age division.

1st – 3rd Medals for Team Division age division.

Location: Holloway Park, 2402 Holloway Drive, Lakeland, Florida 33812

Races times:

- 8:00am Girls 15 -18yrs 5k**
- 8:45am Boys 15 -18yrs 5k**
- 9:30am Girls 13-14yrs 4k**
- 10:00am Boys 13-14yrs 4k**
- 10:30 Girls 9-12yrs 3k**
- 11:00 Boys 9-12yrs 3k**
- 11:30 Girls 7-8yrs 2k**
- 12:00 Boys 7-8yrs 2K**
- 12:30 6 and under 1K (Girls and Boys run together but scored separately)**

Registration is \$20.00 per participant online at www.CoachO.com. Look for AAU Florida District Cross Country Championship in the Calendar Section of CoachO.com.

Parking is \$5 parking except for team buses

Event Organization: Global Track & Field Association

Meet Contact ~ Jacques Raphael, www.stone480@aol.com, 352-895-6396

This event is license 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 connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.