

AAU GULF ASSOCIATION CROSS-COUNTRY CHAMPIONSHIPS-06

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 The card you had for track is no longer valid.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: Houston Christian High School, 2700 W. Sam Houston Parkway N. (On the southeast corner of Kempwood and the toll road. Enter from Kempwood.)

DATES: October 15, October 29, & **November 12 which will be the Championship meet, at which time athletes will qualify for nationals on December 2 at Disney Wide World of Sports. The top 20 individuals and the top 3 teams, (5-8 athletes) will advance on.**

STARTING TIME: 2 p.m. each Sunday. All runners should be there by 2 p.m. ready to run, as we will run age groups together depending on the number of runners.

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>
Sub Bantam	SB	Born in 1997 or after	3000m
Bantam:	B	Born in 1996	3000m
Sub Midget	SM	Born in 1995	3000m
Midget:	M	Born in 1994	3000m
Sub Youth	SY	Born in 1993	4000m
Youth:	Y	Born in 1992	4000m
Intermediate:	I	Born in 1990-91	5000m
Young Men &	YM		
Young Women:	YW	Born in 1988-89	5000m

AWARDS: Ribbons to all finishers for the October meets and medals for the November 13th meet.

ENTRY FEE: \$3.00 for the October meets and \$5.00 for November 13th.

MEET DIRECTOR: Dave Jantzen, email address, djantzen@houston.rr.com home phone-281-589-0824, work-713-580-6086. Please use email if at all possible.

VOLUNTEERS: Volunteer workers will be needed to help run off the meets.