

MISSOURI VALLEY ASSOCIATION



AAU CROSS COUNTRY CHAMPIONSHIPS

- DATE:** Saturday, November 11, 2006
- TIME:** Registration will start at 8:45 am and continue until 1:30 pm with the first race starting at 10:30 am. A rolling schedule will be followed. The 10 & U girls and boys will be combined. Course walk will be at 9:45 am.
- LOCATION:** Garnett Country Club; Garnett, Ks.
- DIRECTIONS:** From 169 Highway take Park Road Exit West. Then go to North Lake Road (Armory) and turn right. On 31 Highway from Harris go straight on Park Road. Then go to National Guard Armory and turn left. On 59 Highway turn East on Park Road, go to Armory and turn left.
- COURSE INFO:** Rolling hills with excellent footing. Refreshments and restrooms will be available.
- AAU MEMBERSHIP:** All athletes must have a 2007 AAU Membership Card to participate. This card may be purchased [here](#) or at registration for \$12.
- ENTRY FEE:** \$10 per athlete.
- AWARDS:** Medals will be awarded to the top 15 finishers in each age division.
- NATIONAL QUALIFIERS:** To qualify for the National Meet an athlete must finish in the top 20 or his/her team must finish in the top 3.
- NATIONAL MEET:** The National Meet is December 2nd, in Orlando, Florida.

AGE DIVISIONS: (GIRLS & BOYS)			RACE LENGTH			
	9 & Under	Born 1997 & after	3K	10		Born 1996
	11	Born 1995	3K	12		Born 1994
	13	Born 1993	4K	14		Born 1992
	15 & 16	Born 1990-1991	5K	17 & 18*		Born on or after

12/4/86

* Any athlete who was born on or after 12/3/87 is eligible to compete.

- RACE ORDER:** 10&U, 11&12, 13&14, 15&16 and 17&18. Girls first followed by the boys.
- MEET HOSTS:** Brocaw Blazers
- MEET DIRECTOR:** David Ramsey
(816) 365-7938
- NOTES:** You must bring a **copy** of your birth certificate, driver's license, or passport in order to officially enter.

IMPORTANT INFO: There will be no pre-registration. Athletes are encouraged to be ready to register at least one (1) hour before their race. A rolling schedule will be followed but each race should take about 25 minutes to complete. This means that the 10 & U girls and boys will race at 10:30 a.m. and the 11&12 girls will start around 10:55 a.m. followed by the 11&12 boys at about 11:20 a.m. and so on. This means that the 17&18 boys will start at approximately 2:15 p.m.