

S.A.A.U.
DISTRICT CROSS
COUNTRY
CHAMPIONSHIPS

AT

ST. THOMAS AQUINAS HIGH
SCHOOL IN HAMMOND, LA.

SATURDAY, NOV. 18, 2006

COACHES AND ATHLETES INFORMATION

**HOST: SOUTHEAST LOUISIANA ROADRUNNERS
ST. THOMAS AQUINAS HIGH SCHOOL**

SANCTION: SOUTHERN ASSOCIATION OF AAU

DATE: SATURDAY, NOVEMBER 18, 2006

FACILITY: THE STA CROSS COUNTRY COURSE (SPIKES MAY BE WORN)

AGE

CLASSIFICATION: ATHLETE'S AGE ON DECEMBER 31, 2006

AGE GROUPS: SUB-BANTAM (9-UNDER), BANTAM(10), SUB-MIDGET (11), MIDGET(12), SUB-YOUTH(13), YOUTH (14), INTERMEDIATE (15-16) AND YOUNG MEN/WOMEN (17-18).

ENTRY

FORMS: A SEPERATE ENTRY FORM IS REQUIRED FOR EACH INDIVIDUAL ATHLETE.

ENTRY

**FEE: \$10.00 PER INDIVIDUAL ATHLETE (MAKE MONEY ORDER, CASHIER OR CERTIFIED CHECK PAYABLE TO: SOUTHEAST LOUISIANA ROADRUNNERS) (NO REFUNDS)
\$12.00 PER INDIVIDUALS REGISTERING AFTER NOVEMBER 15, 2006.**

ENTRY

DEADLINE: ATHLETES ENTRIES MUST BE RECEIVED BY WEDNESDAY, NOVEMBER 15, 2006. ATHLETES MAY REGISTER ON RACE DAY BY PAYING THE A LATE ENTRY FEE OF \$12.00 PER INDIVIDUAL.

INDIVIDUAL

AWARDS: THE TOP (10) FINISHERS IN EACH AGE GROUP, MALE AND FEMALE WILL RECEIVE AAU MEDALS. AWARDS IN THE OPEN DIVISION TO THE TOP (5) MALE AND FEMALE FINISHERS!

PROOF

OF AGE: PROOF OF AGE IS REQUIRED AT THE TIME OF PURCHASE OF THE AAU CARD. WE WILL HAVE AAU CARDS TO PURCHASE ON RACE DAY (\$12) OR THEY MAY BE PURCHASED THROUGH MRS. NORMA TREIGLE AT 1-800-AAU-4-USA. ALL ATHLETES MUST PURCHASE AN AAU CARD IN ORDER TO BE ELIGIBLE TO COMPETE IN THE DISTRICT MEET. YOU CAN ALSO REGSITER ON-LINE AT WWW.AAUSPORTS.ORG.

**QUALIFICATION
FOR NATIONAL**

CHAMPIONSHIPS: THE TOP (20) INDIVIDUALS FROM EACH AAU ASSOCIATION/DISTRICT MEET, NOT INCLUDING MEMBERS OF THE TOP (3) TEAMS IN EACH DIVISION, ADVANCE TO THE AAU NATIONAL CROSS COUNTRY CHAMPIONSHIPS TO BE HELD ON SATURDAY, DECEMBER 2, 2006 AT THE DISNEY WORLD WIDE WORLD OF SPORTS CROSS COUNTRY COMPLEX IN ORLANDO, FLORIDA. ATHLETES MAY NOT ADVANCE IN ANY LEVEL OF COMPETITION WITHOUT HAVING SUCCESSFULLY QUALIFIED THROUGHOUT THE ASSOCIATION/DISTRICT CHAMPIONSHIP. NO WAIVERS WILL BE GRANTED.

TEAMS: MAY CONSIST OF NO MORE THAN (8) INDIVIDUALS. HOWEVER, A TEAM MAY ENTER "A" AND "B" TEAMS OR HAVE AS MANY ENTRANTS AS THEY WISH PER AGE GROUP, BUT ONLY (8) TEAM MEMBERS WILL BE CONSIDERED FOR SCORING PURPOSES. UNATTCHED ATHLETES MAY ALSO COMPETE IN THE ASSOCIATION/DISTRICT MEET IF A TEAM DOES NOT HAVE AT LEAST (5) TEAM MEMBERS FOR SCORING PURPOSES.

RACE

SCHEDULE: 9:30 AM CHECK-IN / REGISTRATION

10:00 AM SUB-BANTAM GIRLS/BOYS 3000 METERS
BANTAM GIRLS/BOYS 3000 METERS
10:30 AM SUB-MIDGET GIRLS/BOYS 3000 METERS
MIDGET GIRLS/BOYS 3000 METERS
11:00 AM SUB-YOUTH GIRLS/BOYS 4000 METERS
YOUTH GIRLS/BOYS 4000 METERS
11:45 AM 15-16/17-18 GIRLS/BOYS 5000 METERS
12:15 PM OPEN RACE FOR ALL RUNNERS 19-OVER
5000 METERS*

**THIS IS AN EXHIBITION RUN, ATHLETES IN THIS RACE
WILL NOT ADVANCE TO THE NATIONALS.*

MEET

DIRECTOR: MIGUEL A. BECERRA (985-320-4290)
SOUTHEAST LOUISIANA ROADRUNNERS

MAIL ENTRIES

TO: SELRR, P.O. BOX 24 HAMMOND, LA 70404.

Name: _____ DOB _____

Address: _____

Home# _____ E-Mail _____

Club Name _____

Male/Female Age Group: _____ AAU# _____

Payment: _____ \$10.00 Early Registration (*Received before Wed. Nov. 15, 2006*)

_____ \$12.00 Late Registration (*Race day or after 11/15/06*)

For Official Use Only:

BIB# _____

Birth Certificate Certified/Checked _____

AAU Card Certified/Checked _____