



2006 VIRGINIA DISTRICT

AAU

CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 12, 2006

Sportsplex Cross Country Course, Virginia Beach, VA 23456



Sanction: Virginia District AAU is the qualifying meet for the AAU Cross Country National Championship, which will be held on December 2, 2006 in Disney's Wide World of Sports, Orlando, FL.

Host: **NEW ENERGY TIDEWATER STRIDERS**

Meet Site: Sportsplex, 2181 N. Landstown Rd, Virginia Beach, VA 23456

Directions: Take I-64 East to 286 B (Indian River Rd East) Take Indian River Rd for approximately 1 mile, get in left hand lane and veer to left on Ferrell Parkway. Once on Ferrell Pkwy, continue for approximately 2 miles, follow signs for Princess Anne Rd. East. Continue on Princess Anne Rd for approximately 2 miles. Turn Right on Dam Neck Rd. Follow signs to the Sportsplex, turning Left on N. Landstown Rd. The Sportsplex will be on the left.

Eligibility:

1. Resident of Virginia District.
2. All competitors MUST have a current 2007 AAU membership card (September 1, 2006-August 31, 2007)
AAU Membership is purchased online at www.aausports.org. Membership fee \$12.00.
Cards will be on sale at meet.

No entries for meet can be accepted without valid AAU number or verification of onsite purchase.

3. Legible copy of birth certificate must accompany entry form.

4. Teams must represent registered AAU clubs with current 2007 membership.

Entry Fee: **\$8.00 per athlete if postmarked by Monday, November 6, 2006. \$10.00 after and on meet day.**
Cash, check, certified check or money order payable to Tidewater Striders.

Awards: Medals for 1st, 2nd and 3rd place individual finishers in each age group. Ribbons 4th, 5th and 6th.

Qualifiers: The top twenty (20) individual finishers and the first 3 teams in each age division are eligible to advance to the **AAU Cross Country National Championship to be held Saturday, Dec. 2, 2006 at Disney's Wide World of Sports, Orlando, FL.** See web site at www.aausports.org for further National meet information.

General Rules: 2006 AAU Athletics Rulebook

Event Schedule: 10:00 a.m. Registration begins
11:00 a.m. Course Walk

Times for races are approximate, but no race will begin before scheduled time

**** NEW SINGLE AGE DIVISIONS 2006 ***** Athlete's YEAR OF BIRTH determines the age division he/she will compete

Division	Year of birth	Race distance	Race Time
Sub Bantam	1997 or after	3K	12:00
Bantam	1996	3K	12:00
Sub Midget	1995	3K	12:00
Midget	1994	3K	12:00
Sub Youth	1993	4K	12:30
Youth	1992	4K	12:30
Intermediate	1990-91	5K	1:00
Young M/W	1988-89	5K	1:00

All events will be held in the above order with youngest running first, girls first, followed by boys **OR** girls and boys running together and combined ages, but scored separately.

Individuals: Unattached runners may participate without club affiliation.

Team Scoring: Teams must have no less than five nor more than eight athletes. Clubs may have any number of teams. Team declarations MUST be completed and filed at registration PRIOR to event.

Contact Person: Evie Foster (757) 431-1169 email NRGRUNR1@aol.com

MAIL ENTRY FORM, FEE AND LEGIBLE COPY OF BIRTH CERTIFICATE TO:

EVIE FOSTER 2821 N. KINGS RD. VIRGINIA BEACH, VA 23452