



**SAVE THE DATE
THE AOC & AAU PRESENT
2009 AAU MID-ATLANTIC
CROSS COUNTRY CHAMPIONSHIPS**

**Penllyn Woods Park,
Township Line Road, Penllyn, PA
November 14, 2009**

Information available at www.ambleroc.org and www.aauathletics.com
Contact Larry Wilson at 215.424.8582 or 215.287.6296
for additional meet information

Register on-line at www.coacho.com
Entry fee is \$20 per athlete. Entry deadline is November 07, 2009
Entry fee after the deadline date will be \$25 per athlete

Awards to the top three (3) teams in each age division
&
Individual medals to the top twenty (20) places in each age division

This meet will run from youngest to oldest,
starting with the Primary Age Division

Course walk at 8:30 am. First race at 10:00 AM

T-Shirts & Concessions Available

[Great news on qualification & advancement!](#)

All Athletes who participate in their District Championship Meet will automatically
advance to the Cross Country National Championship Meet

2009 AAU Cross Country National Championship to be held at
Disney's Wide World of Sports® Complex
December 5, 2009

