

# AAU-NEW JERSEY DISTRICT

Cross Country Qualifier  
Sunday, November 8, 2009  
Buccleuch Park, New Brunswick, NJ

Sanctioned by the New Jersey Amateur Athletic Union

AGE GROUPS		DISTANCE	START TIME
Primary	born 2001 or after	2km	First race starts at 10:30, then races run consecutively as each age group and/or sex is completed.
Sub-Bantam	born 2000	3km	
Bantam	born 1999	3km	
Sub-Midget	born 1998	3km	
Midget	born 1997	3km	
Sub-Youth	born 1996	4km	
Youth	born 1995	4km	
Intermediate	born 1993-1994	5km (3.1)	
Young M/W	born 1991-1992	5km (3.1)	

All ages based as of 12/31/09

**TEAMS:** A team consists of 5 to 8 members. Top 5 runners will score. All teams must be a registered AAU-NJ club. Each club may enter more than one team. All individuals on a team must be AAU members and send their application with the team entry. **Teams are double age group only (i.e. Bantams, Midgets, etc., etc., etc.).**

**AWARDS:** AAU Track & Field medals to the top 3 individuals in each age group. Medals will be given top 3 team champions in each age group. Some single age groups may be combined, and then sorted out at completion of race for correct age group finish position.

**ADVANCEMENTS:** All participants in the District level AAU Cross Country Qualifiers will be allowed to advance to the AAU National Cross Country Championships. All **advancement** will be online registration only at [www.aauathletics.org](http://www.aauathletics.org) and paid for with MasterCard, Visa credit cards only. National Championships will be held on December 5<sup>th</sup> at Disney's Wide World of Sports Complex, Lake Buena Vista, FL.

**PRE-REGISTRATION:** All pre-registrations must be received by Saturday October 30<sup>st</sup>. **All teams must be registered by this date.** All Athletes must have AAU membership number at time entry is sent in. **NO EXCEPTIONS.**  
**No Entry Fee will be transferred or refunded.**

**POST REGISTRATION:** Closes 1 hour before scheduled race. **Post registration for individual runners only.** (Post registration \$20.00) **The meet can run one hour early or late.**

**ENTRY REQUIREMENT & FEES:** 1) Proof of age: copy of birth certificate or passport; 2) entry fee PRE-\$15.00; POST \$20.00

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership

**Course Walk:** All Age Groups 9:30 AM. **This will be the only course walk.**

**DIRECTIONS:** Garden State Parkway North or South exit 130 (New Brunswick). Route 1 South to Route 18 North. 18 North to Easton Ave. / South Bound Brook exit. Ramp to light onto Landing Lane to light (Easton Ave) left on to Easton Ave. park entrance 400 feet on the left, after eighth light.

From North Jersey, Route 287 South to exit 10 Easton Ave. Follow Easton Ave. through eight lights. Park entrance 400 feet on left after the eighth light.

From South Jersey, Garden State Parkway to 287 North to exit 10 Easton Ave. Follow Easton Ave., through eight lights. Park entrance is approximately 400 feet on left after eighth light.

**CONTACT:** Ron McBride (732) 545-7614 or [greenstreakers@hotmail.com](mailto:greenstreakers@hotmail.com)

**PAYMENT:** Make money orders payable to NJ Athletic Administrative Club (NJ AAC). Mail to: P.O. Box 1374 Somerset, NJ 08875-1374

**Money Order MUST Accompany Entry**

**Official Use Only:**

Mail Entries Payable to **NJ Athletic Administrative Club (NJAAC)**, P.O. Box 1374, Somerset, NJ 08875-1374 **Bib #** \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
LAST NAME FIRST NAME M / F Birth Date

\_\_\_\_\_  
STREET ADDRESS (w/Apt. No.) 2009 AAU Number Area Code Phone

\_\_\_\_\_  
CITY STATE COUNTY OF RESIDENCE EXACT NAME OF AAU CLUB-OTHERWISE LEAVE BLANK

IN CONSIDERATION FOR MY ENTRY BEING ACCEPTED, I AM INTENDING TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AMATUER ATHLETIC UNION (AAU), NEW JERSEY ATHLETIC ADMINISTRATIVE CLUB (NJAAC), THE GREEN STREAKERS OF NEW JERSEY TRACK CLUB, THE CITY OF NEW BRUNSWICK, MEET VOLUNTEERS OR ANY SUPPORT GROUPS OR ORGANIZATIONS, THEIR RESPECTIVE OFFICERS OR AGENTS AND/OR ASSIGNS FOR ANY AND ALL DAMAGES THAT MAY BE SUSTAINED AND SUFFERED BY THE ATHLETES IN CONNECTION WITH THEIR ASSOCIATION WITH OR WHICH MIGHT ARISE OUT OF TRAVELING TO PARTICIPATING IN, OR RETURNING FROM SCHEDULED EVENTS.

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SIGNATURE OF ATHLETE

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IF UNDER 18-SIGNATURE OF PARENT/GUARDIAN (NOT COACH)