



2010

**AAU Cross Country
National Championship**
ESPN Wide World of Sports Complex
Orlando, FL
December 4, 2010
Official Information Packet



**2010 AAU CROSS COUNTRY
NATIONAL CHAMPIONSHIP
ESPN Wide World of Sports Complex
Orlando, FL
DECEMBER 4, 2010**

Meet Director

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ONLINE ENTRY: Each qualified athlete who plans to participate in the 2010 National Cross Country Championship meet must register online at www.aauathletics.org. Each athlete must bring proof of age, and his or her current 2009/2010 membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: \$30.00 per athlete, IF entered and paid online by November 14, 2010, 11:59 EST.
\$40.00 per athlete, after November 15, 2010 until Entry Deadline.
ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted.
No entry fee will be transferred or refunded.

ENTRY DEADLINE: **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN NOVEMBER 29th, 2010 AT 11:59 PM EST.**

ENTRY INFO: Qualified teams must submit the official Online Team Entry Form at www.aauathletics.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2010/2011 AAU Club Membership. Note: There is no additional entry fee, but each team member **must** bring proof of current club membership.

IMPORTANT: Since the number of athletes on a team in the Championship competition is restricted to a minimum of 5 and a maximum of 8 athletes, an Over The Limit competition has been setup for those teams that have more than 8-athletes but not enough to create a separate 5-athlete team. Athletes participating in the Over The Limit competition are eligible for any individual award but their place will not count in team scoring. All unattached athletes and all teams with 4 or fewer members should not enter the Over The Limit competition.

IMPORTANT: **Important note for large clubs:** On-line entry is team oriented. If you are a large club that will be entering more than one team in any single age division, you will need to register each team separately. The unique team registration provides contact information and insures that each team entered is scored separately.

Example #1: *The Tennessee Flyers has 2 teams in Bantam Boys. To enter on-line, the Tennessee Flyers club would register 2 clubs: Tennessee Flyers A and Tennessee Flyers B.*

Example #2: *The Kentucky Striders has 2 teams in both Bantam Boys and Youth Girls. To enter on-line, the Kentucky Striders would register 2 teams: Kentucky Striders A and Kentucky Striders B.*

After each team is uniquely registered, you will then need to fill out a roster and submit a meet entry for each team.

MEET

QUALIFICATIONS: Qualification for the 2010 AAU National Cross Country Championship are only available through local AAU District Championships throughout the country. ALL athletes and Clubs/Teams will advance to the National Championship by competing first in a District Championship meet. If a District Championship meet is not held in your District or you have a conflict with the schedule meet, please contact Tony Staley, tony@aausports.org at the AAU National Office. **NO ALTERNATES ARE PERMITTED.**

AGE DIVISIONS & DISTANCES:

Primary Boys and Girls	Born 2002 & After	2000 meters (2K)
Bantam Boys and Girls	Born 2001 & 2000	3000 meters (3K)
Midget Boys and Girls	Born 1999 & 1998	3000 meters (3K)
Youth Boys and Girls	Born 1997 & 1996	4000 meters (4K)
Intermediate Boys and Girls	Born 1995 & 1994	5000 meters (5K)
Young Men and Young Women	Born 1993 & 1992	5000 meters (5K)

*Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championship Meet shall be eligible to compete in the Young Men's or Young Women's division.

PROOF OF AGE: Proof of age is required when purchasing AAU Membership on-site at District, Regional and National events and whenever required and/or challenged. You are required to bring proof of age for the 2010 AAU Cross Country Nationals. Acceptable forms are as follows:

1. Original Birth Certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A Valid US Passport (not expired)

MEMBERSHIP: All participants are required to have a 2010/2011 AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry Form. Participants must be prepared to show their AAU card at registration. **No athlete will be permitted to run without a current AAU membership card.** No entry forms will be processed without your AAU membership number on the form. Avoid penalties and delays – provide complete documentation.

RULES: The meet will be conducted under the AAU Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

HOTELS: For Discounted Hotel rates please visit www.aautravelplanner.org
Discounted theme park tickets are available by calling 407-828-3267.
For more information contact Felipe Arboleda, felipe@aausports.org.

PACKET PICK-UP:

Packet Pick up will be held on Friday, December 3rd ONLY at ESPN Wide World of Sports Complex.

<u>Location</u>	<u>Time</u>
ESPN Wide World of Sports Complex	10am-8pm

Directions to ESPN Wide World of Sports Complex

I-4 west bound: Take exit 65, Exit splits go right (Osceola Parkway) towards Disney. Turn left at 1st light Victory Way. You will see signs for ESPN Wide World of Sports Complex. Registration signs will be located near the front gate of the complex.

I-4 east bound: Take exit 65, Osceola Parkway/ESPN Wide World of Sports Complex.

CREDENTIALS: Please note that the credentials issued at packet pick-up to athletes and coaches are ATS tickets. These tickets are required to be used in the turnstiles to gain access to ESPN Wide World of Sports Complex. **If an athlete or coach loses their credential, a replacement will be issued at the cost of an LOE ticket.**

COURSE: Course maps will be provided online at www.aauathletics.org ONLY. Please print a copy of these maps, we will not have them available at Packet Pick-Up.

COURSE WALK: **Friday Guided walks will be as follows:**
2000 M Course Walk: 11:45am – 12:30 pm
3000 M. Course Walk: 12:45 pm – 1:30 pm
4000 M. Course Walk: 1:45 pm – 2:30 pm
5000 M. Course Walk: 2:45 pm – 3:30 pm.
All Course Walk (Sat. Morning): 7:00 am – 7:30 am (Course closes at 7:30 am)
Friday & Saturday non-guided walk: course will be open after scheduled times until Complex closes. Course Walks may be cancelled due to rain or severe weather conditions.

ADMISSION: ESPN Wide World of Sports Complex requires admission tickets for those not competing. They can be purchased at the Box Office at the Sports Complex.
Adult \$13.50
Child \$10.00 (Ages 3 – 9)
Admission on Friday for packet pick up and course walk will be free

SPIKES: Athletes may wear spikes.

STARTING POSITIONS: Athletes will be assigned starting position by team and unattached numbers. These positions will be randomly drawn for each race.

BIB NUMBERS: Each competitor will receive one bib number (to be worn on the front). A matching hip number will be worn on the left hip.

RACE SCHEDULE: Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start of their race.

National Anthem	7:50 am		
Young Women	8:00 am	Young Men	8:30 am
Intermediate Girls	9:00 am	Intermediate Boys	9:30 am
Youth Girls	10:00 am	Youth Boys	10:30 am
Midget Girls	11:00 am	Midget Boys	11:30 am
Bantam Girls	12:00 pm	Bantam Boys	12:30 pm
Primary Girls	1:00 pm	Primary Boys	1:30 pm

(Tentative schedule; subject to change)

AWARDS: AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for the Bantam, Midget & Youth divisions. Only the top 25 finishers in the Primary, Intermediate and Young Men/Women divisions will receive AAU National Championship medals. Twenty-six (26) place and after in each race will receive ribbons. A team trophy will be presented to the 1st - 3rd place teams in each age division, and AAU National Championship medals will be presented to each member of the top three teams. All-American patches will be awarded to the 1st place finisher and the 1st place team in each age division.

An Overall Team Champion will be crowned!

PARTICIPATION

AWARDS: Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on December 3rd, 2010.

AWARD

PRESENTATIONS: After each race there will be an official awards ceremony. Each age division will have a time when they will be presented with their awards. Team (1st through 3rd) and Individual athlete (1st through 8th) medals will be awarded at this time. Other individual medals will be handed out at the conclusion of each race at the end of the finish line. The awards ceremony will be approximately 30 minutes after each race.

MERCHANDISE: Will be available for purchase at registration on Friday and at the course on Saturday.

CONCESSIONS: Food and beverages will be available at the meet from 7:00 a.m. to 2:30 p.m.

RESTROOMS: Available throughout the complex.

WEATHER: The average temperature in Orlando, Florida ranges between **55 - 75 degrees F** in early December. Please come prepared and dress accordingly.

MEDICAL: Disney Sports Training room staff will be on site near the finish line in the designated area. Water stations will be located near the start and finish area. Please check the course map.

For More Information Contact:

AAU National Meet Director

Chad Culver

c2sports@aol.com

423-827-4977

AAU National Headquarters

Tony Staley

tony@ausports.org

407-828-2892

- 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 to obtain their membership.