

2025 AAU Cross Country National Championship



**Victor Ashe Park
4901 Bradshaw Rd
Knoxville, TN 37912**

December 6, 2025
Official Information Packet

2025 AAU CROSS COUNTRY NATIONAL CHAMPIONSHIPS

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4901 Bradshaw Rd
Knoxville, TN 37912**

DECEMBER 6, 2025

AAU National Meet Director:

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ONLINE ENTRY: Each qualified athlete who plans to participate in the 2025 AAU Cross Country National Championships meet must register online [CLICK HERE](#). Each athlete must bring proof of age, and his or her current 2026 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: \$40/athlete. **ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted. All Entry Fees are Non-Transferable and Non-Refundable.**

MEET

QUALIFICATIONS: [CLICK HERE](#) for AAU Cross Country National Championships Qualifying Procedures. **ALL ATHLETES 12 & UNDER MUST PARTICIPATE IN A DISTRICT QUALIFIER OR DECLARE AT THE DISTRICT QUALIFIER LEVEL.**

[Click Here For the 2025 District Championship Locations & Event Information](#)

ENTRY DEADLINE: **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN DECEMBER 1st, 2025 AT 9:00 PM EST.**

ENTRY INFO: Qualified teams must submit the official Online Team Entry through the Online Registration system at www.aautrackandfield.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2026 AAU Club Membership. Note: There is no additional entry fee, but each team member **must** bring proof of current club membership.

IMPORTANT: You may place a maximum of 8 athletes on a team within a division. Any teams with 5-8 athletes will be counted in the team scoring. Any teams with 4 or fewer will not be counted in the team scoring but will be eligible for individual awards. You will be permitted to create B, C, D, etc., teams depending upon the size of your roster in the division.

AGE DIVISIONS &

DISTANCES:	6 & Under Boys & Girls	Born 2019 & After	1000 meters (1k)
	7-8 Year Old Boys & Girls	Born 2017 & 2018	2000 meters (2k)
	9-10 Year Old Boys & Girls	Born 2015 & 2016	3000 meters (3k)
	11-12 Year Old Boys & Girls	Born 2013 & 2014	3000 meters (3k)
	13-14 Year Old Boys & Girls	Born 2011 & 2012	4000 meters (4k)
	15-18 Year Old Men & Women	Born 2007 - 2010	5000 meters (5k)

****Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championships Meet shall be eligible to compete in the 17-18 Year Olds 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 2025 AAU Cross Country National Championships. 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 **2026** AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry. 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

RULES: The meet will be conducted under the AAU Track & Field/Cross Country Committee Rules for Cross Country, and the competitive rules of the National Governing Body.

HOTELS: The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. The AAU has a variety of accommodation options available.

DF Meetings & Events is the hotel provider endorsed by AAU for the 2025 AAU Cross Country National Championship. We encourage clubs and individuals to reserve rooms through DF Meetings & Events via the Official AAU Website to ensure your hotel is working within the framework of AAU's best practices, including assistance with cancelation penalties in the event of last-minute illness or injury. If you are contacted by other companies offering hotel assistance, please be aware they are not endorsed by the AAU. [Click here to book accommodations.](#)

**PACKET
PICK-UP:**

Packet Pick-up will be held on Friday, December 5, 2025 from 10am-5pm at the following location: Victor Ashe Park – 4901 Bradshaw Rd, Knoxville, TN 37912

COURSE: Course maps have been provided online at www.aautrackandfield.org and at the links below. 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:**

1000 M (1k) Course Walk:	10:45am – 11:30am
2000 M (2k) Course Walk:	11:45am – 12:30pm
3000 M (3k) Course Walk:	12:45pm – 1:30pm
4000 M (4k) Course Walk:	1:45pm – 2:30pm
5000 M (5k) Course Walk:	2:45pm – 3:30pm

Non-Guided Course Walk (Sat. Morning): 7:00am – 8:30am (Course closes at 8:30am)

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.

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).

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. **(Tentative schedule; subject to change)**

National Anthem	8:15am	11-12 Boys (3k)	11:30am
Open/Masters Divisions (5k)	8:20am	9-10 Girls (3k)	12:00pm
17-18 & 15-16 G (5k)	9:00am	9-10 Boys (3k)	12:30pm
17-18 & 15-16 B (5k)	9:30am	7-8 Girls (2k)	1:00pm
13-14 Girls (4k)	10:00am	7-8 Boys (2k)	1:30pm
13-14 Boys (4k)	10:30am	6U Girls & Boys (1k)	2:00pm
11-12 Girls (3k)	11:00am	Parents/Coaches Run (3k)	2:15pm

AWARDS: AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for all age divisions. A team trophy will be presented to the 1st - 3rd place teams in each age division (7-8, 9-10, 11-12, 13-14, 15-18 divisions only), and AAU National Championship medals will be presented to each member of the top three (3) teams.

All American patches will be presented to the top 8 individual finishers in each age division.
An Overall Team Champion will be crowned!

AAU Parents/Coaches Run

Distance: 3k

Entry Fee: \$40.00 - All participants must have an AAU **Adult-Athlete** Membership to participate. Non-Athlete Memberships will not be accepted.

Awards: Awards will be given to 1st - 3rd place.

AAU Open/Masters Division

Distance: 5k

Entry Fee: \$40.00 - All participants must have an AAU **Adult-Athlete** Membership to participate. Non-Athlete Memberships will not be accepted.

AWARDS

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.

There will be a single race for all Open & Masters athletes, but awards will be given for each 5-year age group; e.g., 19-24, 25-29, 30-34, 35-39, etc. Team awards will be announced.

PARTICIPATION AWARDS: Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pick-up on December 5, 2025.

TENT RENTALS: All Occasions Party Rentals, Knoxville, TN – 865-588-1131 – terry@aopr.net

MERCHANDISE: Will be available for purchase at registration on Friday (9:00am – 5:00pm) and at the course on Saturday (7:00am – end of competition).

CONCESSIONS: Food and beverages will be available at the meet from 7:00am to 4:30pm on Saturday, December 6, 2025.

RESTROOMS: The restroom facilities are located in the main building, with Sani-cans placed in 3 or 4 locations throughout the park.

As of 10/22/2025

WEATHER:

The average temperature in Knoxville, TN ranges between 35-60 degrees F in early December. Please come prepared and dress accordingly.

MEDICAL:

Medical 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.

**COACHES'
EDUCATION:**

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches' educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership must be obtained before the competition begins. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.