



AAU Cross Country National Championship Qualifying Procedures



Athletes 12 & Under: All Cross Country athletes ages 12 and under looking to participate in the AAU Cross Country National Championship must declare at the District Qualifier level to advance to the AAU Cross Country National Championship.

- **My district is not hosting a District Qualifier** – If your district is not hosting a qualifier, you must declare your participation for the National Championship at the district level. There will be no charge to declare. Once you've declared at the district level, you will be able to register for the National Championship and pay the \$40 entry fee.
- **My district is hosting a District Qualifier AND:**
 - **I will participate** – If your district is hosting a qualifier and you would like to participate in it, you will need to register and pay the entry fee (max \$25). After the District Qualifier takes place, you will be able to register for the National Championship and pay the \$40 entry fee.
 - **I am not able to participate** – If your district is hosting a qualifier and you will not be participating, you will need to register and pay the entry fee (max \$25) to be eligible to register for the National Championship. After the District Qualifier takes place, you will be able to register for the National Championship and pay the \$40 entry fee.
 - **I want to participate in an adjoining district's qualifier** – Athletes may elect to participate in their District Qualifier OR an adjoining district's qualifier. To participate in an adjoining district qualifier, you will need to register and pay the entry fee for that event (max \$25). After the District Qualifier takes place, you will be able to register for the National Championship and pay the \$40 entry fee.

Athletes 13-18 years old:

- Cross Country athletes ages 13-18 may register directly for the AAU Cross Country National Championship and pay the \$40 entry fee.
- If your district has a qualifier that you would like to participate in, you may register and pay the entry fee (max \$25). Once the District Qualifier is over, you may register for the AAU Cross Country National Championship and pay the \$40 entry fee.

Athletes may only compete in their home district or an adjoining district.

Online registration for the AAU Cross Country National Championship will open on **Tuesday, September 30, 2025**. All athletes, 12 & under, will not be permitted to register for the National Championship until they have declared at the District Qualifier level OR competed at a District Qualifier. All District meet information shall be posted and licensed by **Monday, September 22, 2025**.

Districts that host a District Qualifier will receive the entry fee for each athlete from their District that declares but does not participate in the District Qualifier who also enters the National Championship. The rebate will be sent to the District Qualifier Meet Director from Athletic.net after the District Qualifier is over.

National Championship rings will be presented to the first-place finisher in each age group.

All-American Honors and patches will be given to the top 8 individual finishers in each age group.

To find out if your district is hosting a qualifier, [CLICK HERE](#).

AAU Cross Country District Qualifier Meet Director Information

The last date to host a Cross Country District Qualifier will be ***Saturday, November 29, 2025.***

All entries must be submitted online via [Athletic.net](https://athletic.net).

Meet Directors must use the standardized setup for Cross Country, when setting up their meets on [Athletic.net](https://athletic.net).

Athletes must be from the district or an adjoining district.

The District Qualifier maximum entry fee is \$25.00.

Districts hosts may add an Open and Masters division in their District Championships. This division will advance into the AAU Cross Country National Championship. All fees and deadlines are listed below.

Athletes must enter and pay their entry fees online before registration closes to secure their spot.

Cross Country meet results must be emailed to aausupport1@usa.net within 4 hours after the conclusion of the meet.

Important Dates

September 22, 2025: All District meet details must be posted and licensed.

September 30, 2025: National Championship registration opens.

November 29, 2025: Final date to host a District Cross Country Championship

December 1, 2025: National Championship online registration closes.

December 6, 2025: AAU Cross Country National Championship – Knoxville, TN