



December 5, 2015
Official Information Packet
2015 AAU CROSS COUNTRY
NATIONAL CHAMPIONSHIP
Oakville Indian Mounds

1216 County Road 187
Danville, AL 35619
DECEMBER 5, 2015



AAU National Meet Director:

Chad Culver
c2sports@aol.com
423-827-4977

AAU National Headquarters:

Trevor Hartwig
trevor@aausports.org
407-828-2723

Reggie Williams
rwilliams@aausports.org
407-828-8326

ONLINE ENTRY: Each qualified athlete who plans to participate in the 2015 AAU Cross Country National Championship meet must register online at www.aauathletics.org. Each athlete must bring proof of age, and his or her current 2016 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: \$40.00 per 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.**

ENTRY DEADLINE: **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN DECEMBER 1ST, 2015 AT 11:59 PM EST.**

ENTRY INFO: Qualified teams must submit the official Online Team Entry through the Online Registration system at www.aauathletics.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2016 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.

IMPORTANT: **Important note for large clubs:** Online 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: Participation in a District Championship is optional. If your District has a District Championship, and you do not participate, your athlete(s) are still eligible for the National Championship. [Click Here for the 2015 Cross Country District Championships.](#)

AGE DIVISIONS & DISTANCES:	6 & Under Boys & Girls	Born 2009 & After	1000 meters (1K)
	7-8 Year Old Boys & Girls	Born 2008 & 2007	2000 meters (2K)
	9-10 Year Old Boys & Girls	Born 2006 & 2005	3000 meters (3K)
	11-12 Year Old Boys & Girls	Born 2004 & 2003	3000 meters (3K)
	13-14 Year Old Boys & Girls	Born 2002 & 2001	4000 meters (4K)
	15-16 Year Old Boys & Girls	Born 2000 & 1999	5000 meters (5K)
	17-18 Year Old Men & Women	Born 1998 & 1997	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 2015 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 2016 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 Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

HOTELS: The following host hotels offer varied amenities designed to allow AAU members to choose which hotel fits their needs. All rates are based on availability at time of booking. Please ask for the AAU rate when calling the hotels. If you have any questions or concerns please contact **Stacey Pierce**, 800-524-6181 or SPierce@decaturcvb.org.

Comfort Inn & Suites
2212 Danville Road SW
Decatur, AL 35601
256-355-1999
17.5 miles to course
\$55 + tax for doubles
\$60 + tax for suites

Comfort Inn – Priceville
3239 Point Mallard Pkwy
Priceville, AL 35603
256-355-1037
21.8 miles from course
\$89.99 + tax King & pullout
\$99.99 + tax two Queen beds

Courtyard by Marriott
1209 Courtyard Circle
Decatur, AL 35603
256-355-4446
15.5 miles from course
\$119 + tax for standard king or two queen beds

Hampton Inn
2041 Beltline Road
Decatur, AL 35601
256-355-5888
16.8 miles from course
\$119 + tax

Best Western
1305 Front Avenue
Decatur, AL 35603
256-301-1388
15.6 miles to course
\$89.95 + tax standard one or two beds

Amberley Suites
807 Bank Street
Decatur, AL 35601
256-355-6800
18.8 miles to course
\$69 + tax

DoubleTree by Hilton
1101 6th Avenue NE
Decatur, AL 35601
256-355-3150
18.8 miles to course
\$94 + tax for doubles
\$89 + tax for kings
\$109 + tax for suites

Microtel Inn and Suites
2226 Beltline Road
Decatur, AL 35601
256-301-9995
15.8 miles to course
\$74.95 + tax standard one or two beds

Quality Inn
2226 Beltline Road
Decatur, AL 35601
256-355-2229
16.4 miles to course
\$64 + tax

**PACKET
PICK-UP:**

Packet Pick up will be held on Friday, December 4th, 2015 from 10am-8pm at the following location:

Jesse Owens Museum
7019 County Road 203
Danville, AL 35619

COURSE:

Course maps have been provided online at www.aauathletics.org and at the end of this entry packet 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:

1000 M Course Walk: 10:45 am – 11:30 am

2000 M Course Walk: 11:45 am – 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

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

Admission for all spectators 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).

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	8:50 am	9-10 Girls	12:00pm
17-18 Women & 15-16 Girls	9:00 am	9-10 Boys	12:30pm
17-18 Men & 15-16 Boys	9:30 am	7-8 Girls	1:00pm
13-14 Girls	10:00 am	7-8 Boys	1:30pm
13-14 Boys	10:30 am	6 & Under Girls	2:00pm
11-12 Girls	11:00 am	6 & Under Boys	2:15pm
11-12 Boys	11:30 am		

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. Twenty-six (26) place and after in each race will receive participation medals. 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!**

**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.

PARTICIPATION AWARDS:	Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on December 4 th , 2015.
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 4:30 p.m. on Saturday, December 5th.
RESTROOMS:	Available throughout the complex.
WEATHER:	The average temperature in Decatur, Alabama ranges between 34 - 54 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.
PARKING:	There is ample parking at Oakville Indian Mounds. Please allow plenty of time to get to the race venue. Public Parking is \$10.

- This event is licensed 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.aausports.org to obtain their membership.

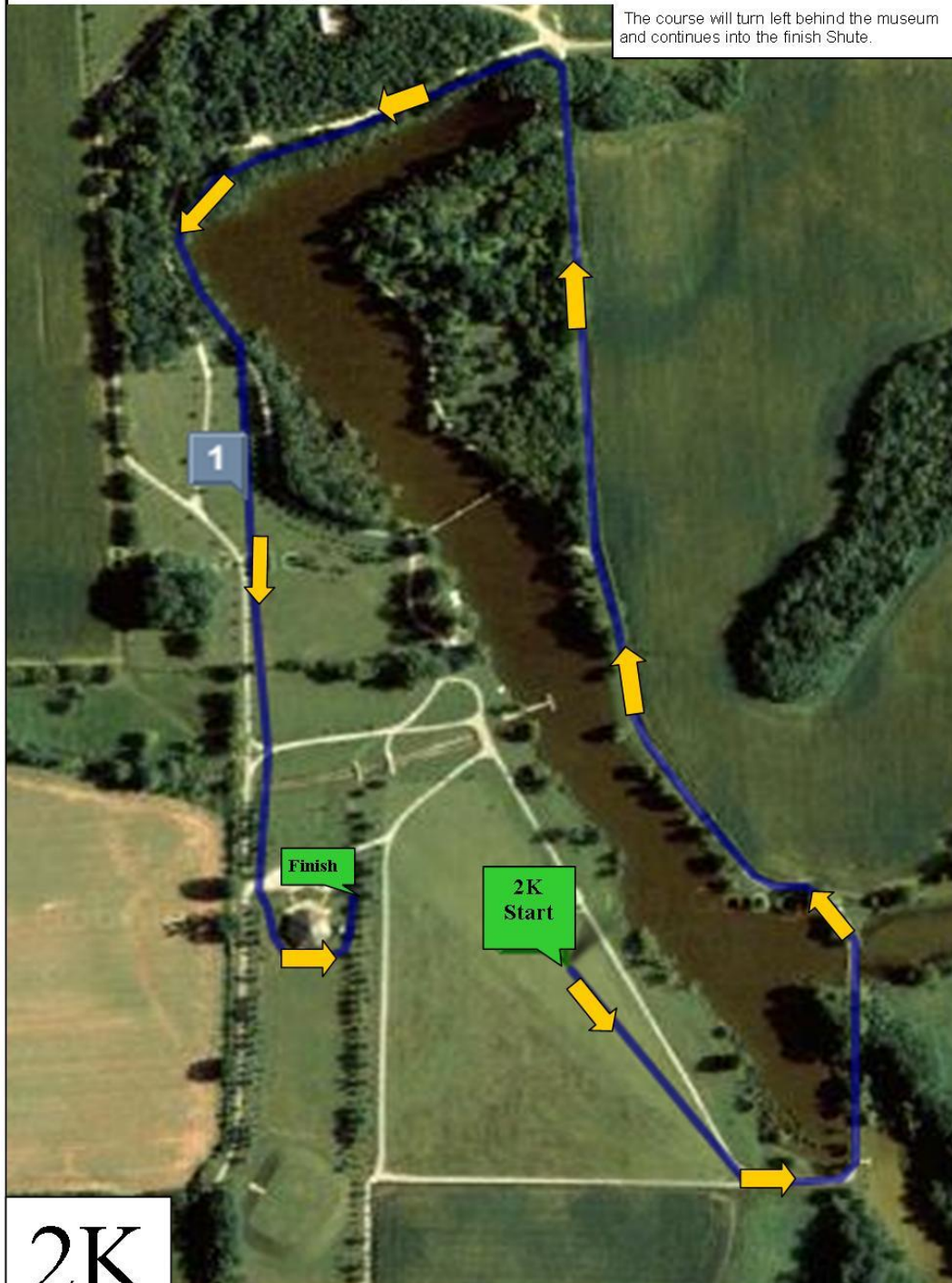
2015 AAU Cross Country Course Maps

1000 M Course Map Coming Soon

2000 M:

Races begin on a wide open starting line, grass, well groomed and fast. The starting distance runs along side of the historical lake. Aprx 100 meters into the race there is a slight increase in elevation, but most will not notice. As the runners reach the 300 meter mark, the runners take a slight wide turn to the left onto packed gravel trail/road that runs through a few trees and over the narrow part of the lake. At the 800 meter mark, the course turns left into a wooded area for a few meters, out in the open and then back into a wooded trail before returning onto packed gravel at the 1st mile marker. There is a clock overhead at the 1st mile.

The course will turn left behind the museum and continues into the finish Shute.



2K

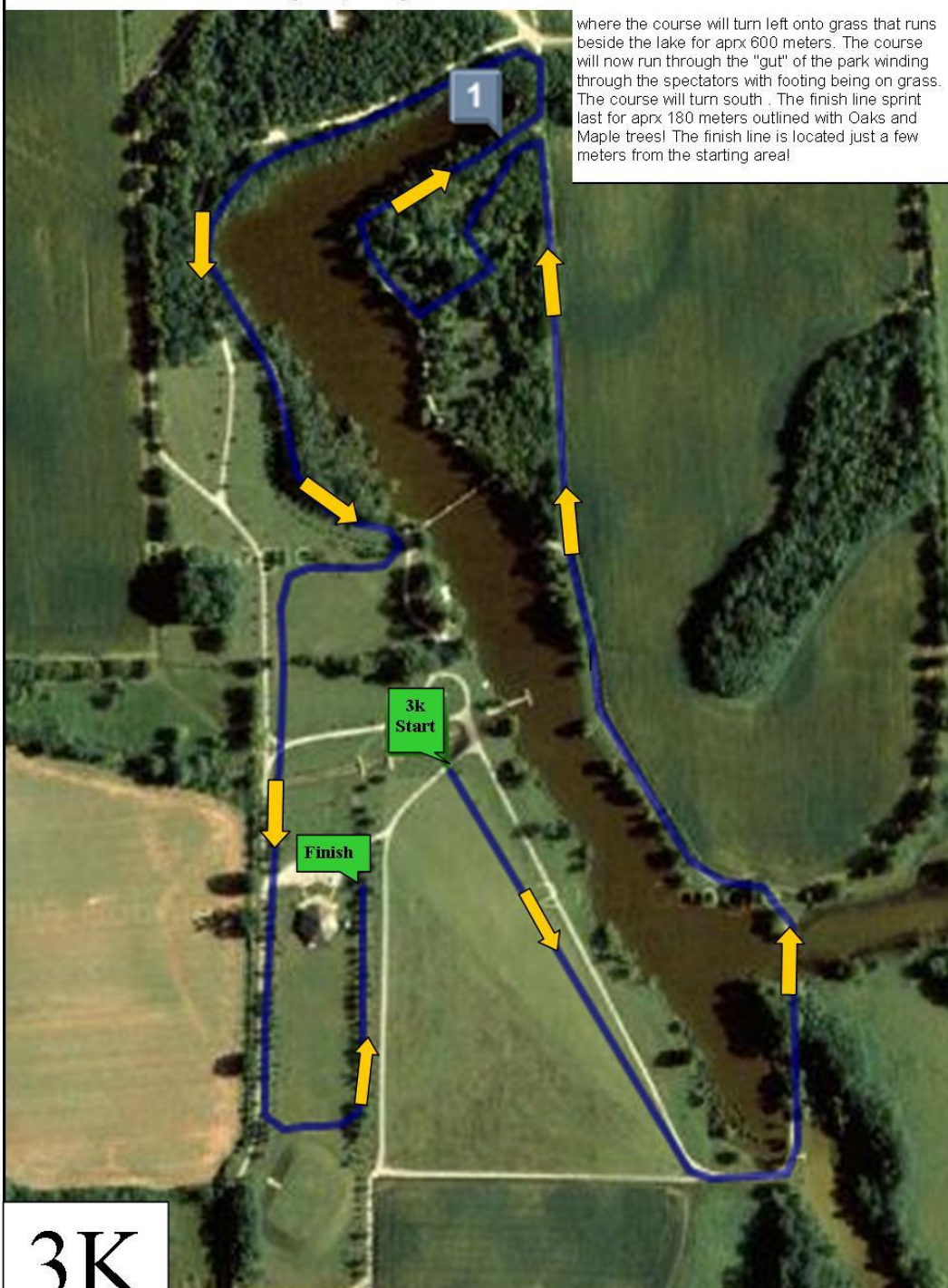
Oakville Indian Mounds

2015 AAU Cross Country Course Maps

3000 M:

Races begin on a wide open starting line, grass, well groomed and fast. The starting distance runs along side of the historical lake. Aprx 100 meters into the race there is a slight increase in elevation, but most will not notice. As the runners reach the 300 meter mark, the runners take a slight wide turn to the left onto packed gravel trail/road that runs through a few trees and over the narrow part of the lake. At the 800 meter mark, the course turns left into a wooded area for a few meters, out in the open and then back into a wooded trail before returning onto packed gravel at the 1st mile marker. There is a clock overhead at the 1st mile

where the course will turn left onto grass that runs beside the lake for aprx 600 meters. The course will now run through the "gut" of the park winding through the spectators with footing being on grass. The course will turn south. The finish line sprint last for aprx 180 meters outlined with Oaks and Maple trees! The finish line is located just a few meters from the starting area!



3K

Oakville Indian Mounds

2015 AAU Cross Country Course Maps

4000 M:

Races begin on a wide open starting line, grass, well groomed and fast. The starting distance runs along side of the historical lake. Aprx 100 meters into the race there is a slight increase in elevation, but most will not notice. As the runners reach the 300 meter mark, the runners take a slight wide turn to the left onto packed gravel trail/road that runs through a few trees and over the narrow part of the lake. At the 800 meter mark, the course turns left into a wooded area for a few meters, out in the open and then back into a wooded trail before returning onto packed gravel at the 1st mile marker. There is a clock overhead at the 1st mile.

The second mile begins beside the lake as the first 100 meters runs along side of the lake with trees on the opposite side. At 1.2 miles the course turns a grassy area that last for aprx 100 meters with a slight increase in elevation. At 1.2 miles the course begins a down slope which carries one back through the crowd and around the small Indian Mound. At the 2.3 mile marker the course turns again along side the lake bringing the runners back to the fans. The course now runs through the heart of the park until the last push at the 2.8 mark begins to travel through Oaks and Maple trees. Up next is a turn beside the largest Indian Mounds which points to the finish line. The finish line sprint last for aprx 180 meters outlined with Oaks and Maple trees! The finish line is located just a few meters from the starting area!



Oakville Indian Mounds

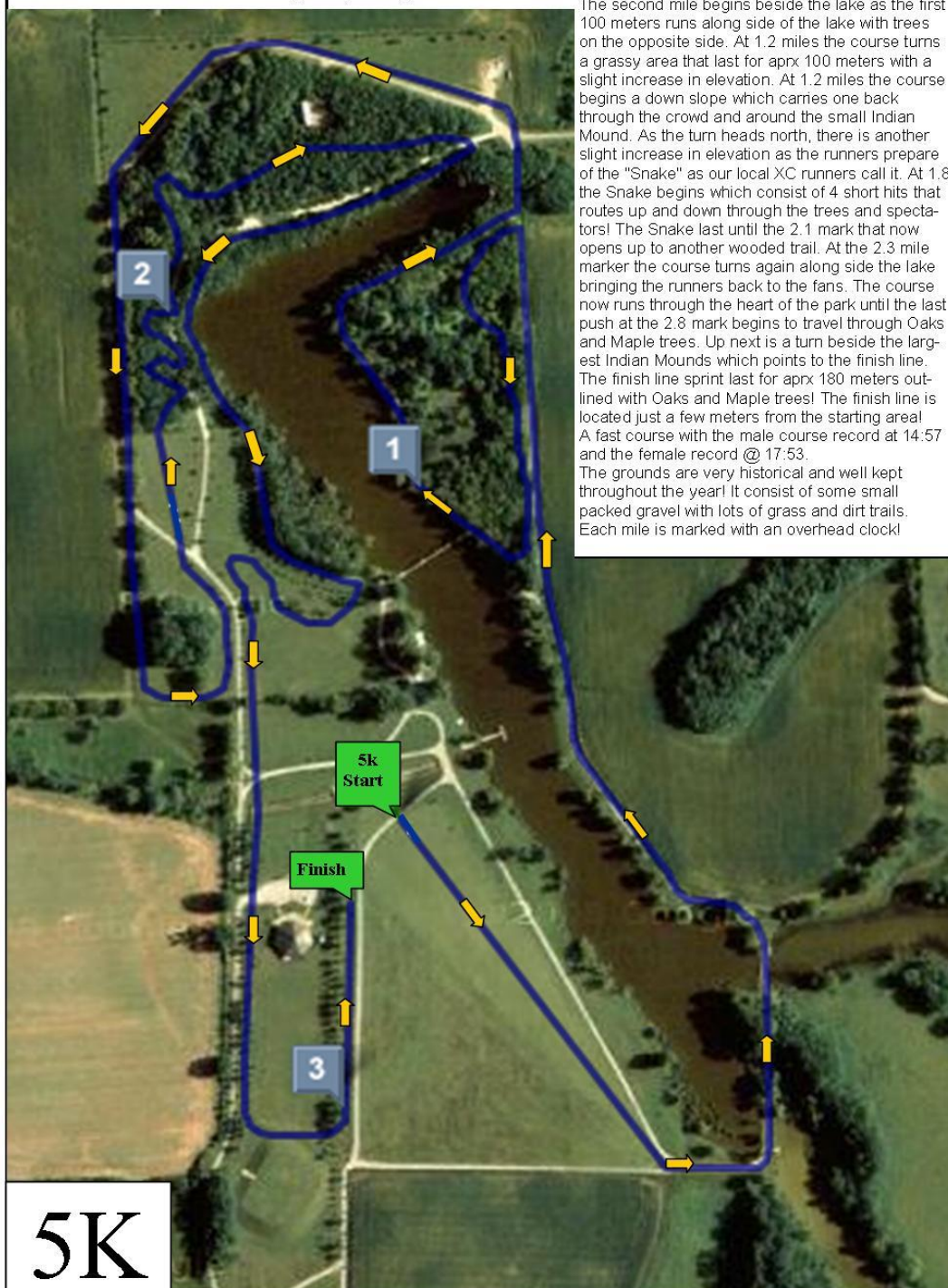
2015 AAU Cross Country Course Maps

5000 M:

Races begin on a wide open starting line, grass, well groomed and fast. The starting distance runs along side of the historical lake. Aprx 100 meters into the race there is a slight increase in elevation, but most will not notice. As the runners reach the 300 meter mark, the runners take a slight wide turn to the left onto packed gravel trail/road that runs through a few trees and over the narrow part of the lake. At the 800 meter mark, the course turns left into a wooded area for a few meters, out in the open and then back into a wooded trail before returning onto packed gravel at the 1st mile

The second mile begins beside the lake as the first 100 meters runs along side of the lake with trees on the opposite side. At 1.2 miles the course turns a grassy area that last for aprx 100 meters with a slight increase in elevation. At 1.2 miles the course begins a down slope which carries one back through the crowd and around the small Indian Mound. As the turn heads north, there is another slight increase in elevation as the runners prepare of the "Snake" as our local XC runners call it. At 1.8 the Snake begins which consist of 4 short hits that routes up and down through the trees and spectators! The Snake last until the 2.1 mark that now opens up to another wooded trail. At the 2.3 mile marker the course turns again along side the lake bringing the runners back to the fans. The course now runs through the heart of the park until the last push at the 2.8 mark begins to travel through Oaks and Maple trees. Up next is a turn beside the largest Indian Mounds which points to the finish line. The finish line sprint last for aprx 180 meters outlined with Oaks and Maple trees! The finish line is located just a few meters from the starting area! A fast course with the male course record at 14:57 and the female record @ 17:53.

The grounds are very historical and well kept throughout the year! It consist of some small packed gravel with lots of grass and dirt trails. Each mile is marked with an overhead clock!



Oakville Indian Mounds