



AAU Cross Country Nationals FAQ

- *How can I qualify for the 2020 AAU Cross Country National Championship in Tallahassee, FL?*
 - [Click here to view the qualifying procedures](#)
- How can I qualify for Nationals if my district is not hosting a qualifier?
 - If a District does not host a District Championship, an athlete can advance directly to the National Cross Country Championship.
 - Their entry fees will be \$40.00
- What are the course maps for all ages?
 - [Click here for course maps](#)
- What is the location for the Cross Country course?
 - Apalachee Regional Park in Tallahassee, FL
 - [Click here for Google directions](#)
- Who needs to submit in a waiver?
 - All athletes, coaches, parents, and spectators have to submit a waiver at registration/packet pick up before entering the facility.
 - [Click Here to access the minor and adult waiver forms](#)

10/01/2020

- How can I sign up for the Parent/Coaches Run?
 - [Click Here to Register](#)
 - All participants must have an active 2021 AAU Non-Athlete/Coaches Membership to compete

- How can I sign up for the Open & Masters Division?
 - [Click Here to Register](#)
 - Must be 19+ to compete and have an active 2021 AAU Adult Athlete Membership

- Can 14-year-old athletes compete in the high school division?
 - All 14-year-old athletes have the option to run in the 13-14 or 15-18 age division only if the 14-year-old athlete is currently enrolled in high school. The athlete can compete individually or with their club.

- Can we purchase tents for the meet?
 - Yes- see contact information below
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