



## AAU Cross Country National Championship Qualifying Procedures

All Districts must host a District Cross Country Championship.

All Cross Country athletes must compete in a District Cross Country Championship to advance to the Cross Country National Championship. ***The District Championship maximum entry fee is \$25.00.***

***Districts may add and 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.***

District athletes must compete in their home District or a bordering District to qualify for the National Championship.

Last date to host a District Cross Country Championship will be ***(Sunday, November 26, 2023).***

1. 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***
2. High School athletes age 13-18 will advance directly to the Cross Country National Championship. ***Their entry fees will be \$40.00***

Online registration for the National Championship will open on ***(Monday, October 2, 2023)***. All athletes, 12 & under, from districts that are hosting a District Qualifier, will not be permitted to register for the National Championship until their District Qualifier is over. All District meet information shall be posted and licensed by ***(Monday, October 9, 2023)***.

An athlete may advance directly to the National Championship without competing in a District Championship. ***Their entry fee will be \$60.00.***

Districts that host a District Championship will receive a \$20 rebate for each athlete from the District who enters the National Championship that did **NOT** enter the District Championship. The rebate check will be sent to the District Championship Meet Director from the AAU Office after the National Championship is over.

National Championship caps 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.

### **Important Dates**

**November 26, 2023.... Last Date to host a District Cross Country Championship**

**October 2, 2023.... National Championship registration opens.**

**November 27, 2023.... National Championship online registration closes.**

**December 2, 2023.... National Championship**

## **AAU Cross Country Meet Directors Information**

All entries must be submitted online via Coach O Registration

Meet Directors must use the standardize setup for Cross Country, when setting up their meets on Coach O

Athletes must be from the District or Border District

Entry fee is \$40.00 for

1. All High School athletes, ages 13-18,
2. All athletes from a District that does not offer a District Championship.
3. All athletes that enter a District Championship.

Entry fee is \$60.00 for all other athletes.

These discounts will NOT be available after Registration closes. Athletes must enter and pay their entry fees online before Registration closes to receive these discounts.

Cross Country meet results must be emailed to [aausupport1@usa.net](mailto:aausupport1@usa.net) within 4 hours after the conclusion of the meet.