

# 2023 AAU Cross Country National Championship



**Apalachee Regional Park**  
*The Capital of Cross Country*  
**7550 Apalachee Pkwy**  
**Tallahassee, FL 32311**

**December 2, 2023**  
*Official Information Packet*



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SPORTS

**2023 AAU CROSS COUNTRY  
NATIONAL CHAMPIONSHIPS**  
**Apalachee Regional Park**  
*The Capital of Cross Country*  
**7550 Apalachee Pkwy**  
**Tallahassee, FL 32311**

DECEMBER 2, 2023

**AAU National Meet Director:**

**Chad Culver**  
[c2culver@gmail.com](mailto:c2culver@gmail.com)  
423-827-4977

**AAU National Headquarters:**

**Crystal Mannino**  
[track@aausports.org](mailto:track@aausports.org)  
407-934-7200

**ONLINE ENTRY:** Each qualified athlete who plans to participate in the 2023 AAU Cross Country National Championships meet must register online [CLICK HERE](#). Each athlete must bring proof of age, and his or her current 2024 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

**ENTRY FEE:** [CLICK HERE](#) for Entry Fee Break Down and AAU Cross Country National Championships Qualifying Procedures. **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.**

1. *If a District does not host a District Championship, an athlete can advance directly to the National Cross Country Championships. **Their entry fees will be \$40.00***
2. *High School athletes age 13-18 will be advanced directly to the Cross Country National Championships. **Their entry fees will be \$40.00***
3. *An athlete may advance directly to the Cross Country National Championships without competing in a District Championship. **Their entry fee will be \$60.00***

**ENTRY DEADLINE:** **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN NOVEMBER 27<sup>TH</sup>, 2023 AT 11:59 PM EST.**

**ENTRY INFO:** Qualified teams must submit the official Online Team Entry through the Online Registration system at [www.aatrackandfield.org](http://www.aatrackandfield.org) and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2024 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 10 Year Old Boys. To enter online, 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 10 Year Old Boys and 14 Year Old Girls. To enter online, 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:** [CLICK HERE AAU Cross Country National Championships Qualifying Procedures](#)

[Click Here For the 2023 District Championship Locations & Event Information](#)

<b>AGE DIVISIONS &amp; DISTANCES:</b>	6 & Under Boys & Girls	Born 2017 & After	1000 meters (1k)
	7-8 Year Old Boys & Girls	Born 2015 & 2016	2000 meters (2k)
	9-10 Year Old Boys & Girls	Born 2013 & 2014	3000 meters (3k)
	11-12 Year Old Boys & Girls	Born 2011 & 2012	3000 meters (3k)
	13-14 Year Old Boys & Girls	Born 2009 & 2010	4000 meters (4k)
	15-18 Year Old Men & Women	Born 2005 - 2008	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 2023 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 **2024** 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 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 use the <https://visittallahassee.com/stay/> when booking your stay for our local rates. If you have any questions or concerns please contact **Taylor Walker (850)-570-5011** or [Taylor.Walker@VisitTallahassee.com](mailto:Taylor.Walker@VisitTallahassee.com).

**HOTELS NEARBY** (starting w/ closest to course)

**Apalachee Pkwy**

- Fairfield Inn & Suites (5.1mi) - (850) 210-1210
- Hampton Inn Tallahassee Central (5.2mi) - (850) 309-1300
- Homewood Suites (5.3mi) - (850) 402-9400
- Tru by Hilton (5.5) - (850) 792-5400
- Springhill Suites (5.7mi) - (850) 325-1103

Holiday Inn Tallahassee E Capitol-University (6.2mi)- (850) 792-8300  
Best Western (6.3mi)- (850) 656-6312  
Hilton Garden Inn (6.6mi)- (850) 893-8300  
Wyndham Garden (7.1mi)- (850) 999-7348  
Home2 by Hilton (7.5mi)- (850) 402-8900  
Comfort Suites (7.5mi)- (850) 224-3200  
Courtyard by Marriott (7.5mi)- (850) 222-8822

### **Downtown Hotels**

AC Hotel by Marriott (8.4mi)- (850) 392-7700  
DoubleTree by Hilton (8.6mi)- (850) 224-5000  
Aloft (8.7mi)- (850) 513-0313  
Hotel Duval (8.9mi)- (850) 224-6000  
Four Points (9.1mi)- (850) 442-0071  
Residence Inn (9.1mi)- (850) 329-9080  
Hampton Inn & Suites (9.2mi)- (850) 692-7150  
Hyatt House (9.3mi)- (850) 222-0039  
Hotel Indigo (9.6mi)- (850) 210-0008

**PACKET PICK-UP:** Packet Pick-up will be held on Friday, December 1, 2023 from 10am-5pm at the following location: Apalachee Regional Park - 7550 Apalachee Pkwy Tallahassee, FL 32311

**COURSE:** Course maps have been provided online at [www.aautrackandfield.org](http://www.aautrackandfield.org) and at the link below. Please print a copy of these maps. We will not have them available at Packet Pick-up.

[CLICK HERE](#) – For Course Maps

**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	<b>Parents/Coaches Run (3k)</b>	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 1<sup>st</sup> - 3<sup>rd</sup> 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 Membership (Adult-Athlete or Non-Athlete) to participate.

Awards: Awards will be given to 1<sup>st</sup> - 3<sup>rd</sup> place.

**AAU Open/Masters Division**

Distance: 5k

Entry Fee: \$40.00 - All participants must have an AAU **Adult-Athlete** Membership to participate.

**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 (1<sup>st</sup> through 3<sup>rd</sup>) and Individual athlete (1<sup>st</sup> through 8<sup>th</sup>) 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 1, 2023.

**TENT RENTALS:**

Kristen Stewart – Customer Concierge  
Office: (850) 309-7626  
[kristen@myintentsevents.com](mailto:kristen@myintentsevents.com)  
[www.myintentsevents.com](http://www.myintentsevents.com)

**MERCHANDISE:**

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

**CONCESSIONS:**

Food and beverages will be available at the meet from 7:00am to 4:30pm on Saturday, December 2, 2023.

**RESTROOMS:**

Available throughout the complex.

**WEATHER:**

The average temperature in Tallahassee, FL ranges between 45-70 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](http://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 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](http://www.aausports.org) to obtain their membership.