



## 2007 CENTRAL AAU CROSS COUNTRY CHAMPIONSHIP

Sunday, November 11, 2007

**PLACE:** Belvidere Park, 1006 W. Lincoln Ave., P.O. Box 463, Belvidere, IL 61008

**ELIGIBILITY:** All Teams participating must belong to the Central AAU Association. All individuals competing must be an AAU member.  
**AAU membership should be purchased before the meet but may also be bought at this meet. Call Carolyn Lambert for membership information 1-800-AAU-4USA or 630-789-9097 (AAU Membership year is September 1-August 31).**

**ENTRY FEE:** \$5.00 per participant (AAU membership extra) **Money Order or Cashier Check only.**

**DEADLINE:** Entries must be **postmarked** by November 5<sup>th</sup>. If entries are not postmarked by November 5<sup>th</sup>, cost per participant will be \$7.00. All entries on day of meet will be \$10.00.

**COURSE:** Grass, mostly flat, some blacktop.

**FACILITIES:** Restrooms, no dressing facilities, concessions.

**SCHEDULE:** Course Walk—9:00 a.m.

**NOTE:** Subdivision and Non-subdivisions will run together, i.e. SubBantam and Bantam run one race.

\*Intermediate and Young divisions will run together, i.e. Intermediate Boys and Young Men run one race.

**\*Athletes who are still eighteen (18) years of age through the final day of the Nationals Cross Country Meet (December 1<sup>st</sup>) shall be eligible to compete in the Young Men's and Women's Division.**

**SCORING:** First five (5) members score per team with no more than eight (8) athletes per team.

**AWARDS:** Medals will be awarded to 1st through 20th place finishes.

## RACE SCHEDULE

### EVENTS

AGE DIVISIONS	BIRTH YEAR	DISTANCE	TIME
Primary Girls	1999 & after	2000 Meters	10:00
Primary Boys	1999 & after	2000 Meters	10:15
SubBantam Girls	1998	3000 Meters	10:30
Bantam Girls	1997	3000 Meters	10:30
SubBantam Boys	1998	3000 Meters	10:50
Bantam Boys	1997	3000 Meters	10:50
SubMidget Girls	1996	3000 Meters	11:10
Midget Girls	1995	3000 Meters	11:10
SubMidget Boys	1996	3000 Meters	11:30
Midget Boys	1995	3000 Meters	11:30
SubYouth Girls	1994	4000 Meters	11:50
Youth Girls	1993	4000 Meters	11:50
SubYouth Boys	1994	4000 Meters	12:15
Youth Boys	1993	4000 Meters	12:15
Intermediate Girls	1992	5000 Meters	12:40
Young Girls	1991	5000 Meters	12:40
Intermediate Boys	1992	5000 Meters	1:10
Young Boys	1991	5000 Meters	1:10

**ADVANCEMENT:** The top twenty (20) runners from the Association Championship in each division qualify for the National Championship at Virginia Beach, Virginia, December 1, 2007.

Three (3) teams per division may advance to the National Championship.

All members of the top three teams will qualify for the National Championship, regardless of place. These runners are taken out when determining the 20 individual qualifiers.

**SEND ALL ENTRIES TO: BELVIDERE TORNADOS  
ATTN: DON VOLKEY**

**MAKE CHECKS PAYABLE TO: BELVIDERE TORNADOS  
711 Willow Street  
Belvidere, IL 61008  
(815) 975-9365 (Home)  
(815)566-1209 (Cell)  
(815)703-6529 (Work)**

**MONEY ORDERS OR  
CASHIERS CHECKS  
ONLY!**

## ENTRY FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

SEX \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

RACE ENTERED \_\_\_\_\_ AAU# \_\_\_\_\_

FEE \$ \_\_\_\_\_

In consideration of acceptance of my entry, I hereby for myself, my heirs, executors, and my administrators waive, release and forever discharge any and all claims for damages which I may have or which accrue to me against BELVIDERE TORNADOS, the AAU ASSOCIATION, the BELVIDERE PARK DISTRICT, all cooperating agencies and their representatives, agents, and/or assignees for any and all damages which may be sustained by me in travel, participation in, and returning from the 2007 Central AAU Cross Country Championship.

Participant: \_\_\_\_\_

Note for parents and/or guardians of minor children: Parents or guardian **MUST** sign the following: I, parent, and/or guardian of the above named participant, in consideration of acceptance of this entry here join and confirm the above waiver and release. I further certify that my son/daughter/ward has listed his/her true year of birth.

Parent/Guardian: \_\_\_\_\_

**PROOF OF AGE IS REQUIERED FOR ALL PARTICIPANTS (Copy of Birth Certificate, Driver's License, Etc.).**