

Virginia AAU
Track and Field
Virginia AAU Cross-Country District Championships
November 4, 2023

Hosted by Faith in Action Lions
Faith In Action Athletics Lions, Suffolk, VA

AGE GROUPS:	8 & Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old
ENTRY FEE:	\$15.00
ENTRY FEE PAYABLE TO:	F.I.A. Lions
ENTRY DEADLINE:	November 02, 2023
SIGN UP AT:	coacho.com
AWARDS:	Medals & ribbons to top 6 individual in each division.
RULES:	AAU
ADDITIONAL INFO:	NA

FOR MORE INFORMATION:

Michael W Rose
rosej411@yahoo.com

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 connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.