

Arkansas AAU District Cross Country Championship Meet

November 19, 2022
Little Rock, AR



LOCATION: War Memorial Park (Formerly War Memorial Golf Course)
5511 W. Markham Street
Little Rock, AR 72205

HOST: Arkansas AAU Track & Field Association

AGE GROUPS: 5 – 18 (Age as of 12/31/2022)

ENTRY DEADLINE: November 15, 2022 @ 11:59 p.m. CST on the CoachO website

ENTRY FEE: \$12.00 for early registration and \$15.00 for late registration
(November 16, 2022 @ 11:59 p.m. CST)

AWARDS: First through Third place medals and fourth – Eight place ribbons

ORDER OF EVENTS:

9:00 a.m.	6 & under (B &G)	1000m
9:30 a.m.	7 – 8 (B &G)	2000m
10:00 a.m.	9 – 10 (B &G)	3000m
10:30 a.m.	11 - 12 (B &G)	3000m
11:00 a.m.	13 - 14 (B &G)	4000m
11:30 a.m.	15 - 18 (B &G)	5000m

ENTRY FEES PAYABLE TO: AR AAU Track and Field online at CoachO.

- 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 Youth Athlete 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 3-10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

FOR MORE INFORMATION:

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