



AAU GULF DISTRICT CROSS COUNTRY NATIONAL QUALIFYER



REGISTRATION AT WWW.COACHO.COM

Seabourne Creek Park Rosenberg, Tx

DATE: November 20, 2021
LOCATION: Seabourne Creek Nature Park
3831 TX Hwy 36
Rosenberg, Tx 77471

HOST: AAU Gulf District -Jerrome Forest, aaugulfathletics@aol.com

ENTRY DEADLINE: **Wednesday November 17, 2021 by 11:59pm.**
Registration and payment must be completed on-line at www.Coacho.com

There will be no on-site or walk up registration!!

FEE: \$20 per competing athlete
AGE: 6- 18 (age as of 12/31/21)
TIME: 11:30am

ORDER OF EVENTS

Cross Country Masters Event – Parents and Coaches – 1000M Run (Join the fun!!)

1000M Run - 6Yrs and Under

2000M Run – 7 & 8 Yrs Girls and Boys	4000M Run- 13 & 14 Girls and Boys
3000M Run - 9 & 10 Girls and Boys	5000M Run - 15 & 16 Girls & Boys
3000M Run - 11 & 12 Girls and Boys	5000M Run - 17 & 18 Girls and Boys

MEDALS 1st - 4th Place - ALL COMPETITORS IN THE MEET WILL RECEIVE AN AWARD!!

Competition in the Gulf District Qualifier is Mandatory to advance to Nationals!!
All athletes that complete the course fairly will be qualified to compete in the AAU
Cross Country Nationals in Charlotte, NC December 4th, 2021

Directions: From Downtown Houston or north Take Hwy 59 South toward Rosenberg. Take the Hwy 36 exit Blvd exit. Turn left on TX Hwy 36. Approximately ½ mile down Seabourne Creek Park is on the Left. Cross Country Course will be past the first pavillion on the left. Park gates will be open by 10:00am. Entry packet pickup will be at the park on the morning of the event. All others should use their preferred GPS provider for directional assistance. Please use designated parking areas unless otherwise instructed.

GENERAL REFRESHMENTS AND CONCESSIONS WILL BE AVAILABLE!!

- 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 membership to be processed.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership

FOR MORE INFORMATION:

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