

**AAU NY METROPOLITAN**  
**District XC Championship**  
**November 6, 2021**  
**Cunningham Park**  
**Queens, NY**

**LOCATION:** Cunningham Park  
Union Tpke and Francis Lewis Blvd  
Queens, NY

**HOST:** (District office) Metro Eagles  
Meet Director Coach Wilkerson (718) 213-2305

**ENTRY DEADLINE:** Nov 4, 2021

**COST:** \$15

**AGE:** 5- 18 (age as of 12/31/2021)

**TIME:** Starts at 9am ( 5k will go off at 9 am the next division will go off as soon as the previous one finishes.) A Running schedules will be enforced.

6 & Under Boys & Girls	1k (1000m)	Born 2015 & After
7-8 Year Old Boys & Girls	2k (2000m)	Born 2013 & 2014
9-10 Year Old Boys & Girls.	3k(3000m)	Born 2011 & 2012
11-12 Year Old Boys & Girls	3k (3000m)	Born 2009 & 2010
13-14 Year Old Boys & Girls	4K(4000m)	Born 2007 & 2008 B
15-18 Year Old Men & Women	5K(5000m)	Born 2004 – 2006

*Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championship Meet shall be eligible to compete in the Young Men's or Young Women's division.*

*\*All 14-year-old athletes have the option to run in the 13-14 or 15-18 age division only if the 14-year-old athlete is currently enrolled in high school. The athlete can compete individually or with their club.*

## **ORDER OF EVENTS**

**Walk thru at 8:00 am**

<b>5k</b>	<b>9:00 am</b>
<b>5k</b>	<b>HS Girls</b>
<b>4k</b>	<b>13/14 boys</b>
<b>4k</b>	<b>13/14 girls</b>
<b>3k.</b>	<b>11/12 boys</b>
<b>3k</b>	<b>11/12 girls</b>
<b>3k</b>	<b>9/10 boys</b>
<b>3k</b>	<b>9/10 girls</b>
<b>2k</b>	<b>7/8 boys</b>
<b>2k</b>	<b>7/8 girls</b>
<b>1k</b>	<b>6 &amp; under Bos and girls</b>

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.aausports.org](http://www.aausports.org) to obtain their membership.

### **FOR MORE INFORMATION:**

Meet Director : 718 764-7791

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