



**2023 AAU CROSS COUNTRY DISTRICT QUALIFIER
SUNDAY, NOVEMBER 5, 2023**

LICENSE AND SANCTION: This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU Membership.

AAU memberships may not be included as part of the entry fee to the event. AAU Youth Athlete memberships 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 10 days for membership to be processed. Participants are encouraged to visit the AAU website: www.aausports.org to obtain membership.

LOCATION: ATHLETIC PERFORMANCE RANCH (AP RANCH)
1590 RANCH to MARKET RD 2871 FORT WORTH, TEXAS 76126

START TIME: 8:30AM

AGES: 8 & UNDER THROUGH 18 GIRLS AND BOYS,

AWARDS: MEDALS = TOP 3 IN EACH AGE DIVISION AND GENDER FOR YOUTH
NO MEDALS AWARDED TO OPEN AND MASTERS AGE DIVISIONS

ADVANCEMENT: BOYS & GIRLS 8 & UNDER THRU AGE 18 WILL QUALIFY
TO THE AAU NATIONAL XC CHAMPIONSHIP

REGISTRATION: AAU 2024 Memberships required, go to aausports.org
Go to www.coacho.com to register into the meet, closes Oct. 25th

FEE: \$ 25 PER ATHLETE - ADD A \$5 LATE FEE PER ATHLETE if paid at the meet.
Registration fees can be made payable to, and mailed to UYAA,
P.O. Box 482, Cresson, TX 76035. Include a copy of the online registration
form(s). Payments received after Oct. 25th will incur a \$5 late fee.
Payments can also be made via ZELLE 2147294305, include the athlete or
club name in the memo field.

MEET DIRECTOR: COACH N. SCOTT & JO SCOTT mytrackmeets@gmail.com

THE SCHEDULE OF EVENTS IS LISTED BELOW. IN THE FOLLOWING ORDER

5000M RUN 15 - 18 AND OPEN / MASTERS
4000M RUN 13 - 14
3000M RUN 9 - 10 11 - 12
2000M RUN 7 - 8
1000M RUN 6 & UNDER

The gender that competes first in each of the above races will be decided upon at the meet.
Genders may be combined depending upon the number of registrations.