

**AAU Gulf District**  
**Cross Country Championship Meet**  
**November 19, 2022**  
**Rosenberg, Tx**



**DATE:** November 19, 2022

**LOCATION:** Seabourne Creek Park  
3831 TX Hwy 36  
Rosenberg, Texas 77471

**HOST:** AAU Gulf District, Edmond Ewing, 843-437-1436, [coache@gulfaautf.com](mailto:coache@gulfaautf.com)

**ENTRY DEADLINE:** November 16, 2022  
Register @ <https://coachoregistration.com/dbi-bin/calendar.pl>

**FEE:** \$15 per athlete

**AGE:** 6 - 18 (age as of 12/31/22)

**TIME:** Meet Start time: 9:00 AM      Course walk @ 8:30 AM

**ORDER OF EVENTS**

5000m (intermediate/young men and young women)  
4000m (sub-youth/youth)  
3000m (sub-bantam – midget)  
2000m (primary – 7/8 years old)  
1000m (primary 5/6 years old)

MEDALS 1st - 6th Place

**Competition in the AAU Gulf District Qualifier is Mandatory to advance to the  
AAU Cross Country Nationals!!**

All athletes that complete the course fairly will be qualified to compete in the  
AAU Cross Country Nationals in Nashville, TN

- 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