

**Arkansas AAU**  
**Track and Field**  
**AAU Arkansas District Cross-Country Championship**  
**November 18, 2023**

Hosted by Arkansas AAU Track and Field  
MacArthur Park, 601 E 9th St, Little Rock, AR

**AGE GROUPS:** 8 & Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old

**ENTRY FEE:** \$12.00/athlete; \$3.00/athlete late surcharge

**ENTRY FEE PAYABLE TO:** Pay on-line with a Credit Card

**ENTRY DEADLINE:** November 15, 2023 at 11:59pm CT

**SIGN UP AT:** [www.coachoregistration.com](http://www.coachoregistration.com)

**AWARDS:** 1st-3rd place medals in each age division

**RULES:** AAU Rules

**FOR MORE INFORMATION:**

George Clayborn Brown  
[gcbrown1963@gmail.com](mailto:gcbrown1963@gmail.com)

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 memberships to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.