



NORTH CAROLINA AAU DISTRICT CROSS COUNTRY CHAMPIONSHIP

Frank Liske Park

4001 Stough Road
Concord, NC 28027
November 14, 2020

MEET HOST: GASTONIA EAGLES TRACK & FIELD TEAM, INC.

MEET DIRECTOR: Freddie Crawford / 704-231-2118 / freddiesea@aol.com

ELIGIBILITY REQUIREMENTS: Competition is open to all boys and girls who have a valid/current AAU registration card. AAU membership must be obtained at aausports.org.

ENTRY FEE: An entry fee of \$20.00 per athlete online at coacho.com. *No Entry fee will be transferred or refunded. Late Registration \$30.00

TIME: Package Pickup 8am walk through 8:30am. First race starts at 10am. All other races will start 5 minute after the completion of the previous race.

REGISTRATION: www.coacho.com – Deadline for entering competition is November 11, 2020 at 12 am Midnight.

<u>AGE DIVISION</u>	<u>BIRTH YEAR</u>	<u>RACE DISTANCE</u>
6 & under Boys & Girls	2013 & After	1K
7 & 8 Boys & Girls	2011 & 2012	2K
9 & 10 Boys & Girls	2009 & 2010	3K
11 & 12 Boys & Girl	2007 & 2008	3K
13 & 14 Boys & Girls	2005 & 2006	4K
15 & 18 Men & Women	2001 & 2004	5K

The cross country race schedule will be posted the week of the meet and be available on meet day.

Depending on the numbers in the 9, 10, 11, 12, 13, 14 age groups they will be ran the together and separated at the end of the race.

AWARDS: Medals will be given to the top 3 place finishers in each event. 4 thru 8 places ribbons and 1,2,3 place Team Trophies will be awarded

ADVANCEMENT: ALL athletes who participate in a NCAAU District Championship Meet in each age division qualifies for the National Championship Meet.

AAU NATIONAL REQUIREMENTS

1. All Cross Country athletes must compete in a District Cross Country Championship to advance to the Cross Country National Championship. Entry Fee is \$40.00
2. If a District does not host a District Championship, an athlete can advance directly to the National Cross Country Championship. Their entry fees will be 60.00
3. High School athletes age 13-18 will be advanced directly to the Cross Country National Championship. Their entry fees will be \$40.00
4. An athlete may advance directly to the National Championship without competing in a District Championship. Their entry fee will be \$60.00

2020 AAU Cross Country National Championship will be held at Apalachee Regional Park. 7550 Appalahassee Parkway, Tallahassee, Florida Saturday, December 5th 2020. November 30th 11:59p is the Registration deadline for the Cross Country National Championship. More information will be posted on aauathletics.org and ncaau.org as it become available.

ADMISSION: Free

PACKAGE PICK UP: Saturday November 14, 2020 at 8:00am Frank Liske Park, 4001 Stough Road Concord, NC

PROOF OF AGE: Proof of age may be required at District, National Qualifier and National Championship events and must be provided whenever required and or challenged. These are the acceptable forms of verification; original birth certificates, notarized original birth certificate, US military Government ID card, valid passport (not expired) and a valid US driver's license.

- 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Coronavirus Requirements

This meet will be conducted in appliance with the North Carolina Corvid 19 requirements. All participants and spectators are required to have Mask and use Social Distancing. The allotted number of spectators will be allowed for each individual race.