



2020 VIRGINIA AAU DISTRICT CROSS COUNTRY CHAMPIONSHIP

Saturday, November 07, 2020
Churchland High School 4301 Cedar Lane
Portsmouth, VA 23703

Licensed: Virginia AAU District Championships

Host Team: F.I.A. Ambassador Lions

Meet Site: Churchland High School Portsmouth, VA 23703

Eligibility:

1. All competitors **MUST** have a current 2020 AAU membership card (Sept 1, 2020-Aug 31, 2021)
AAU Membership is purchased online at www.ausports.org. Membership fee \$14.00.
No entries for meet can be accepted and or recorded without valid AAU membership number
2. Legible copy of birth certificate to verify birthdate.
3. Teams must present a registered AAU club with current 2020 membership.
 - This event is licensed by the Amateur Athletic Union of the U. S., Inc.
 - AAU membership may not be included as part of the entry fee to the event.
 - AAU Youth Athlete membership must be obtained before the competition begins.
4. **BE PREPARED!** Adult and Non athlete memberships are no longer instant and cannot be applied for at the event.
Please allow at least 10 days for membership to be processed.
Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

Meet entry fee: \$20.00 Payable to F.I.A. Lions

Online Registration at www.coacho.com. However, payment of fees **MUST be received by the early fee deadline date 11/03/20, otherwise a late fee of \$25.00 will be applied.**

Mail entry fees to: 6216 Old Townpoint Road Suffolk, VA 23435

If entry is not received by November 3rd 2020 it is late. Late entry fee and day of meet entry fee \$25.00 cash.

Awards: Top 3 Individual finishers in each age division, male and female will receive AAU medals.

See web site at www.ausports.org for further National meet information.

General Rules: 2020-21 AAU Athletic Rulebook

Event Schedule: 8:30 – 11:00 a.m. Race Day Registration Times for races are approximate,

7:00am Course Walk (OPTIONAL)

Line up at start 15 minutes before race begins

Athlete's YEAR OF BIRTH determines the age division he/she will compete.

Division Year of birth Race distance RACE TIMES

6 & Under – 2014 & after --- 1K 8:30 am (G) 8:30 am **Boys (B)**

7yrs old 2013---2K 8:15 am (G) 8:45 am (B) 13yrs old-2007-----4K 10:15 am (G) 10:15 am (B)

8yrs old 2012 ---2K 8:15 am (G) 8:45 am (B) 14yrs old-2006-----4K 10:15 am (G) 10:15 am (B)

9yrs old-2011 ----3K 9:00 am (G) 9:30am (B) 15&16yrs old-2004-05-----11:00 am (G) 11:00 am (B)

10yrs old- 2010---3K 9:00 am (G) 9:30am (B) 17&18yrs old- 2002-03---5K 11:00 am (G) 11:00 am (B)

11yrs old- 2009---3K 9:00 am (G) 9:30am (B)

12yrs old 2008----3K 9:00 am (G) 9:30am (B)

Girls and boys running together and in combined ages divisions will be scored separately.

Individuals: Unattached runners may participate without club affiliation.

Team Scoring: Teams must have no less than five or more than eight athletes. Clubs may have any number of teams.

Team declarations *MUST* be completed and filed at registration *PRIOR* to event. Teams consist of same Year of Athletes may not move up or down in age group/division.

Contact Person: M. Rose (757) 215-5729 email: fiamathletics@yahoo.com