

Virginia AAU
Track and Field
Atlantic Coast XC Invitational
October 19, 2019

Hosted by Atlantic Coast Club
Atlantic Coast Club, Virginia Beach, VA

AGE GROUPS: 8 & Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old,

ENTRY FEE: \$8.00

ENTRY FEE PAYABLE TO: Atlantic Coast Club

ENTRY DEADLINE: October 16, 2019

SIGN UP AT: <https://va.milesplit.com/meets/362311/registration>

AWARDS: Top 15 in each category(Middle School/Elementary School) will receive a medal per gender.

RULES: The middle school races will begin at 11am and the elementary races will begin at noon. There will be a \$5.00 cover charge for all spectators. This meet will qualify you for the Virginia Middle school state XC championships.

ADDITIONAL INFO: Bells Mill Park
420 Abermarle Drive
Chesapeake, VA 23322

FOR MORE INFORMATION:

Vincent Avery Pugh
vapugh1va@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 to obtain their membership.