



CENTRAL FLORIDA

PRESENT THE

2018 FLORIDA AAU

DISTRICT

Cross Country

CHAMPIONSHIP

OCTOBER 20, 2018

Seminole Softball Complex
2200 North Street
Altamonte Springs, FL 32714



MAIL-IN ENTRY FORM
Please register online at coachO.com by October 19, 2018

www.cfgliders.com

Central Florida Gliders
P.O. Box 161965
Altamonte Springs, FL 32716-1965



Name of Athlete: _____ Male Female Email Address: _____

Address: _____ USE FOR _____ City: _____

State: _____ Zip: _____ Telephone: (____) _____

AAU Membership #: _____ Birthday: ____/____/____ Age Division: _____

UNATTACHED OR CLUB MEMBER CLUB NAME _____ TEAM ENTRY? Y / N

WAIVER: In consideration of my entry into the Florida AAU Cross Country Meet Qualifier, I intend to be legally bound, do hereby for myself, executors, heirs, assigns and forever discharge any and all legal rights and claims of damages, person or property arising out of my participation, from the AAU, Seminole County, Seminole County Parks and Recreation, Sandhills Park, Seminole Softball Complex, City of Altamonte Springs, the Central Florida Gliders Track Club, their agents, coaches, representatives, successors and assigns. I further testify that I have practiced and I am physically fit and in condition to compete in this event.

Signature of Entrant _____ Date _____ Signature of Parent or Guardian if Entrant is under 18 years of age. Date _____

LICENSE:
FLORIDA DISTRICT AMATEUR ATHLETIC UNION

HOST:
Central Florida Gliders Track Club

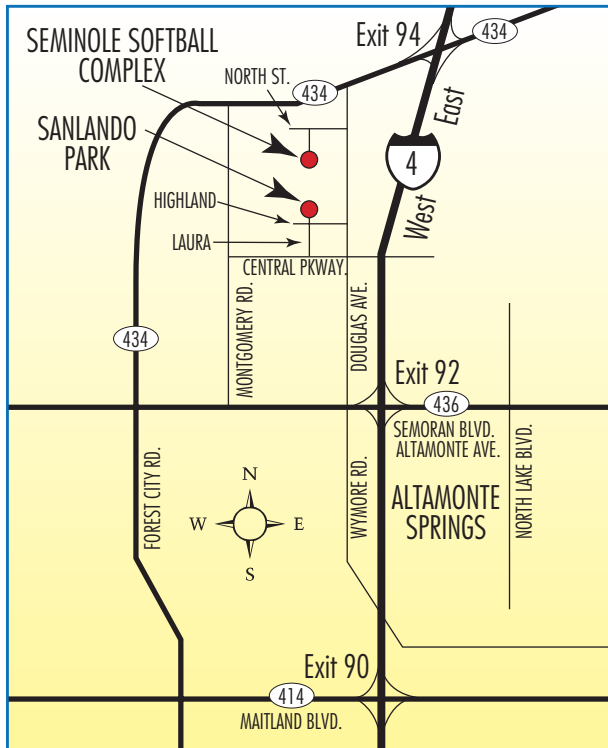
DATE:
Saturday, October 20, 2018

LOCATION & DIRECTIONS:

The race start and check-in is located at the Seminole Softball Complex on North Street. The courses will run throughout Sanlando Park located on Highland Street, Altamonte Springs, Florida. Parking is available at both locations, the park and the softball complex.

SEMINOLE SOFTBALL COMPLEX: Located at 2200 North Street, just off of Douglas Ave., north of SR 436, south of SR 434.

SANLANDO PARK: Located at 401 Highland Street. Just off of Douglas Ave. and Central Parkway, at the end of Laura Ave., on Highland Street.



SCHEDULE:

7:15 AM	Registration/Package
7:50 AM	National Anthem
8:00 AM	First Race Begins
5K..	Open, 15-18 Women/Girls & Men/Boys & Coaches
4K.....	13-14 Girls & Boys
3K.....	11-12 Girls & Boys
3K.....	9-10 Girls & Boys
2K	7-8 Girls & Boys
1K.....	6 & Under Girls & Boys

COST & REGISTRATION

Registration now thru 10/19/18 - **\$20**
NO Same-Day Registration.

All entries must be submitted online at:
WWW.COACHO.COM.

Registration payments must be **received by**
October 19, 2018 via credit card online or by check in the mail, made payable to:
CF Gliders
P.O. Box 161965
Altamonte Springs, FL 32716

MEET DIRECTORS (contact: info@cfgliders.com)

Craig Wise, Meet Director
Ryan King, Asst. Meet Director
Timing: GunLap Running

CROSS COUNTRY AGE DIVISIONS & DISTANCES:

- 6 & Under**
Boys & Girls Born 2012 & After 1000 meters (1K)
- 7-8 Year Old**
Boys & Girls Born 2010 & 2011 2000 meters (2K)
- 9-10 Year Old**
Boys & Girls Born 2008 & 2009 3000 meters (3K)
- 11-12 Year Old**
Boys & Girls Born 2006 & 2007 3000 meters (3K)
- 13-14 Year Old**
Boys & Girls Born 2004 & 2005 4000 meters (4K)
- 15-18 Year Old**
Men & Women Born 2000 - 2003 5000 meters (5K)

- This event is sanctioned 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 event entry fee
- AAU membership must be obtained before the competition begins
- Participants must visit the AAU website to obtain their membership www.aasports.org

ABOUT THE AAU

The Amateur Athletic Union (AAU) Youth Sports Program is one of the largest multi-sports programs for youth in the United States. Since its inception in 1949, the AAU Youth Sports Program has provided an opportunity for millions of youth age 8 to 18 to participate in various sports at the local, regional, and national levels. The AAU's philosophy of "sports for sports' sake" is shared by thousands of registered clubs and a vast number of volunteers at the grassroots level. The AAU Junior Olympic Games is the largest national multi-sport event conducted annually for youth in the United States and the showcase event of AAU Youth Sports.



AAU National Cross Country Championships

December 1, 2018
Victor Ashe Park
4901 Bradshaw Rd
Knoxville, TN 37912

ABOUT THE GLIDERS

The Central Florida Gliders is non-profit 501 (c)(3) charitable organization serving Central Florida since 1989. The club's stated purpose is to motivate each athlete to aspire to achieve leadership, discipline and integrity through the sport of track and field and cross country running. Additionally, the organization stresses to its members the importance of academic achievement, community service and good sportsmanship. To register for membership, please visit cfgliders.com.

If you, your business or someone you know is interested in sponsoring the Club, tax deductible donations can be made to assist athletes travelling to national competitions. Please visit our web site for more information about the club and its accomplishments including 67 national titles.

