



**AAU NY METROPOLITAN
District XC Championship
November 2, 2024
Cunningham Park Queens, NY**

Host- District Office/METRO EAGLES TRACK & FIELD CLUB

Meet Director- Coach Hopkins(718)764-7791

Cost \$20.00

Entry deadline 10/31/2024 on: www.ATHLETIC.NET

Ages- 5-18 as of 12/31/2024

Time: walk thru 8:45 am Coach meeting 9:45 am

Start Time – 10:00 am

10 am – 5k girls/boys (15-18)

4k girls/boys (13/14)

3k (girls) (9-12)

3k (boys), (9-12)

2k (7/8) girls

2k (7/8) boys

1k (5/6) boys & Girls

THIS WILL BE A ROLLING SCHEDULE after the first race.

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 Youth Athlete 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 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.