

PLANTATION H.E.A.T. and TIMESPANN MEET MANAGEMENT
presents

PHEAT CROSS COUNTRY MEET



Are you ready to compete in a FAST 5k? If you are interested, please reach out to Plantation HEAT directly at plantationheat@gmail.com. We are limited to the amount of teams (5-6) we can enter but know it's time to get the competition going, password to enter meet will be required.

NOTE: We will be requiring:

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- ? ALL athletes to be wearing masks when not competing, this will be enforced.
 - ? Coaches and Spectators to wear masks at ALL times.
 - ? We will be spreading teams 3-6 feet at start

Map will be online Thursday Evening

- o This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- o All participants must have a current AAU membership.
- o AAU membership may not be included as part of the entry fee to the event.
- o AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
- o Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- o Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.