

**Central AAU**  
**Track and Field**  
**AAU Northern National Cross Country Invitational**  
**November 6, 2022**

Hosted by AdkinsTrak Track Club  
AdkinsTrak Track Club, Bloomington, IL

<b>AGE GROUPS:</b>	<b>8 &amp; Under, 9 &amp; Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old</b>
<b>ENTRY FEE:</b>	<b>\$20.00</b>
<b>ENTRY FEE PAYABLE TO:</b>	<b>Central AAU</b>
<b>ENTRY DEADLINE:</b>	<b>November 03, 2022</b>
<b>SIGN UP AT:</b>	<b><a href="http://coachoregistration.com">coachoregistration.com</a></b>
<b>AWARDS:</b>	<b>1-15</b>
<b>RULES:</b>	<b>AAU</b>

**FOR MORE INFORMATION:**

Marchan Avery Adkins  
[marchan@adkinstrak.com](mailto:marchan@adkinstrak.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](http://www.aausports.org) to obtain their membership.