

# AAU MARYLAND DISTRICT



## CROSS COUNTRY CHAMPIONSHIP

SUNDAY, NOVEMBER 17, 2024  
HERRING RUN PARK  
BALTIMORE, MARYLAND

HOSTED BY: BALTIMORE CITY TRACK & FIELD CLUB  
ONLINE ENTRY OPENS: SEPTEMBER 16, 2024  
ONLINE ENTRY CLOSES: NOVEMBER 10, 2024  
at 11:59 p.m.

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 A Part Of The Entry Fee To This 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 Adult Membership Are No Longer Instant And Cannot Be Applied For At The Event.** Please Allow **10 Days** For Memberships To Be Processed. Participants Are Encouraged To Visit The AAU Website: [www.aausports.org](http://www.aausports.org) To Obtain Their Membership.



# MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP

LOCATION: HERRING RUN PARK  
3900 BELAIR ROAD BALTIMORE, MARYLAND 21213

DATE: SUNDAY, NOVEMBER 17, 2024

COST: \$25.00 Per Athlete. Entry To Compete In The Meet Is To Be Done On Coach O. All Entry Fees Are Nontransferable And Non Refundable.

1. If A District Does Not Host A District Championship. An Athlete Can Advance Directly To The National Cross Country Championship. Their Entry Fee Will Be **\$40.00**.
2. High School Athletes Ages 13 – 18 Will Be Advanced Directly To The Cross Country National Championship. Their Entry Fee Will Be **\$40.00**.
3. An Athlete May Advance Directly To The National Championship Without Competing In A District Championship. Their Entry Fee Will Be **\$60.00**.

## AGE DIVISION:

6 & Under Boys & Girls	Born 2018 & Before	1000 Meter Run (1K)
8 & Under Year Old Boys & Girls	Born 2016 & After	2000 Meter Run (2K)
9 Year Old Boys & Girls	Born 2015	3000 Meter Run (3K)
10 Year Old Boys & Girls	Born 2014	3000 Meter Run (3K)
11 Year Old Boys & Girls	Born 2013	3000 Meter Run (3K)
12 Year Old Boys & Girls	Born 2012	3000 Meter Run (3K)
13 Year Old Boys & Girls	Born 2011	4000 Meter Run (4K)
14 Year Old Boys & Girls	Born 2010	4000 Meter Run (4K)
15 – 16 Year Old Boys & Girls	Born 2009 – 2008	5000 Meter Run (5K)
17 – 18 Year Old Boys & Girls	Born 2007 – 2006	5000 Meter Run (5K)
Open & Master	Born 2005 & Over	5000 Meter Run (5K)

## AWARDS:

For The AAU Maryland District Association Cross Country Championship, AAU Championship Medals Will Be Awarded To The Top Eight (8) Individual Places Based On The Year Of Birth For All Age Divisions. A Team Trophy Will Be Presented To The Top Three Teams Both Females (Girls) And Males (Boys).

## **TEAM SCORING:**

1. No More Than Eight (8) Athletes May Start As A Team.
2. The Finishing Position Of An Athlete Shall Be His / Her Score.
3. The Total Of the Positions Of The **FIRST FIVE (5)** Members Of Each Team Shall Be That Team's Score.
4. In Determining Team Scores, The Athlete Who Did Not Compete On A Team Will Deleted From The List Of Place Finishers. The Team Finishers Will Then Be Reassigned Finishing Places And The Score Calculated As Indicated.
5. Teams With Fewer That **FIVE (5)** Finishers Shall Not Scored As A Team.
6. In Case Of A Tie On Points, The Team Whose SIXTH (6) Members Athlete Finished First Shall Be Given The Higher Place.
7. There Will Be ELEVEN (11) Total Races Contested For The Team Competition Consisting Of The Following Age Group Divisions For Boys (Male) And Girls (Female): 6 & Under, 8 & Under Year Old, 9 – 10 Year Old, 11 – 12 Year Old, 13 – 14 Year Old, High School 15 – 16 & 17 – 18 Year And Open and Masters.
8. Competitors **MUST COMPETE IN THEIR OWN AGE DIVISION ONLY.** No Athlete May / Can Compete In A Younger Or Older Division.

## **PARKING:**

There is Street Parking Available On Chesterfield Avenue And Harford Road.

## **OTHER INFORMATION:**

The National Championship Will Occur On Saturday, December 7, 2024 In Charlotte, North Carolina.

Port-A-Pots Will Be Available. **NO INSIDE BATHROOMS.**

First Aid Will Be available.

Please Contact The Meet Directors:

Mary K. Haynes at [mkh517track@gmail.com](mailto:mkh517track@gmail.com) or (443) 691-0023 or Jerry Molyneaux at (443) 803-7552.





## MEET SCHEDULE

### MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP

#### HERRING RUN PARK

3900 BELAIR ROAD BALTIMORE, MARYLAND 21213

**All Athletes who participate in the Maryland AAU District Cross Country Championship. Must have a SIGNED LIABILITY WAIVER FORM Submitted at the time Of Packet Pick-Up. (See coacho.com for Waiver Form)**

8:00 a.m. – 8:30 a.m.	PACKET PICK-UP	
8:30 a.m. – 9:00 a.m.	<b>1<sup>ST</sup> COURSE WALK (6U / 8U / 9 – 10 / 11 – 12)</b>	
9:45 a.m.	6 & UNDER GIRLS AND BOYS	1000 METER (1K)
10:15 a.m.	8 & UNDER GIRLS AND BOYS	2000 METER (2K)
10:45 a.m.	9 – 10 GIRLS	3000 METER (3K)
11:15 a.m.	9 – 10 BOYS	3000 METER (3K)
11:45 a.m.	11 – 12 GIRLS	3000 METER (3K)
12:15 p.m.	11 – 12 BOYS	3000 METER (3K)
12:45 p.m.	<b>2<sup>ND</sup> COURSE WALK (13 – 14 / 15- 16 / 17 – 18 / OPEN &amp; MASTER</b>	
1:15 p.m.	13 – 14 GIRLS AND BOYS	4000 METER (4K)
1:45 p.m.	15 – 16 GIRLS AND BOYS	5000 METER (5K)
2:15 p.m.	17 – 18 YOUNG WOMEN AND YOUNG MEN	5000 METER (5K)
2:45 p.m.	OPEN / MASTERS	

**Awards Ceremony Will Occur After Each Racer Division – Top 8 Finishers And The Team Trophy Awarding to The Top Three (3) Teams Each Gender Will Occur At The Conclusion Of The Races.**

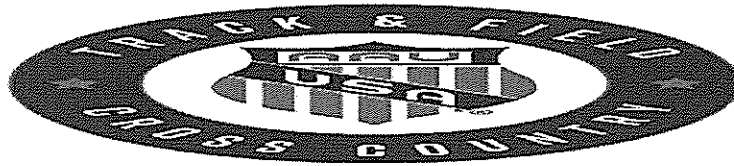
ALL PARTICIPATING ATHLETES WILL ADVANCE TO THE AAU CROSS NATIONAL CHAMPIONSHIP ON DECEMBER 7, 2024 AT MCALPINE STATE PARK IN CHARLOTTE, NORTH CAROLINA. REGISTRATION WILL BE ON [athletic.net](http://athletic.net).

\*\* Course Marshalls / Volunteers Will Be Available Throughout The Course.

\*\* Check-In Will Be Available Throughout The Meet For Check-In Prior To Start Of Race.

\*\* Race Will Start On Schedule Time, But Also Could Run Up To 30 Minutes Earlier Based On Meet Pace And Amount Of Entries.

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MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP  
AAU (AMATEUR ATHLETIC UNION)

**WAIVER AND RELEASE OF LIABILITY FORM**

**READ BEFORE SIGNING:**

In Consideration of Being Allowed To Participate In any Way In The Maryland AAU Association District Cross Country Championship, the Undersigned Acknowledges, Appreciates And Agree That: 1. The Risks Of Injury And Illness (ex. Communicable Diseases Such as MRSA, Influenza and Covis-19) From the Activities Involved In This Program are Significant Including The Potential For Permanent Paralysis And Death and While Particular Rules, Equipment and Personal Discipline May Reduce these Risks. The Risks Of Serious Injury and Illness Do Exist and 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, Both Known and Unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or Others and Assume Full Responsibility For My Participation And 3. I Willingly Agree To Comply With The State And Customary Terms and Conditions For Participation. If, However I Observe And Unusual Significant Hazard During My Presence Of Participation. I Will Remove Myself From Participation And Bring Such To The Attention Of The Nearest Official Immediately And 4. I For Myself And On Behalf Of My Heirs, Assigns, Personal Representatives And Next Of Kin. HEREBY RELEASE AND HOLD HARMLESS AAU (Amateur Athletic Union), Maryland AAU District Association And their Officers, Officials, Agents, And Or Employees, The Mayor, President of the City Council, The City Council, The Department of Recreation and Parks, Division of Youth and Adult Sports, The Track & Field Developmental Program, The Host – Baltimore City Track & Field Club, Their Agents, Officials, Coaches, Employees and Volunteers, Other Participants, Sponsoring Agencies, Sponsors, Advertisers, And If Applicable Owners and Lessors Of Premises Used To Conduct The Event (“RELEASEE”), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH , OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the Fullest Extent Permitted By Law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITH ANY INDUCEMENT.**

Participant Name \_\_\_\_\_ Participant Name \_\_\_\_\_

Participant Name \_\_\_\_\_ Participant Name \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE OF 18) AT THE TIME OF COMPETITION:**

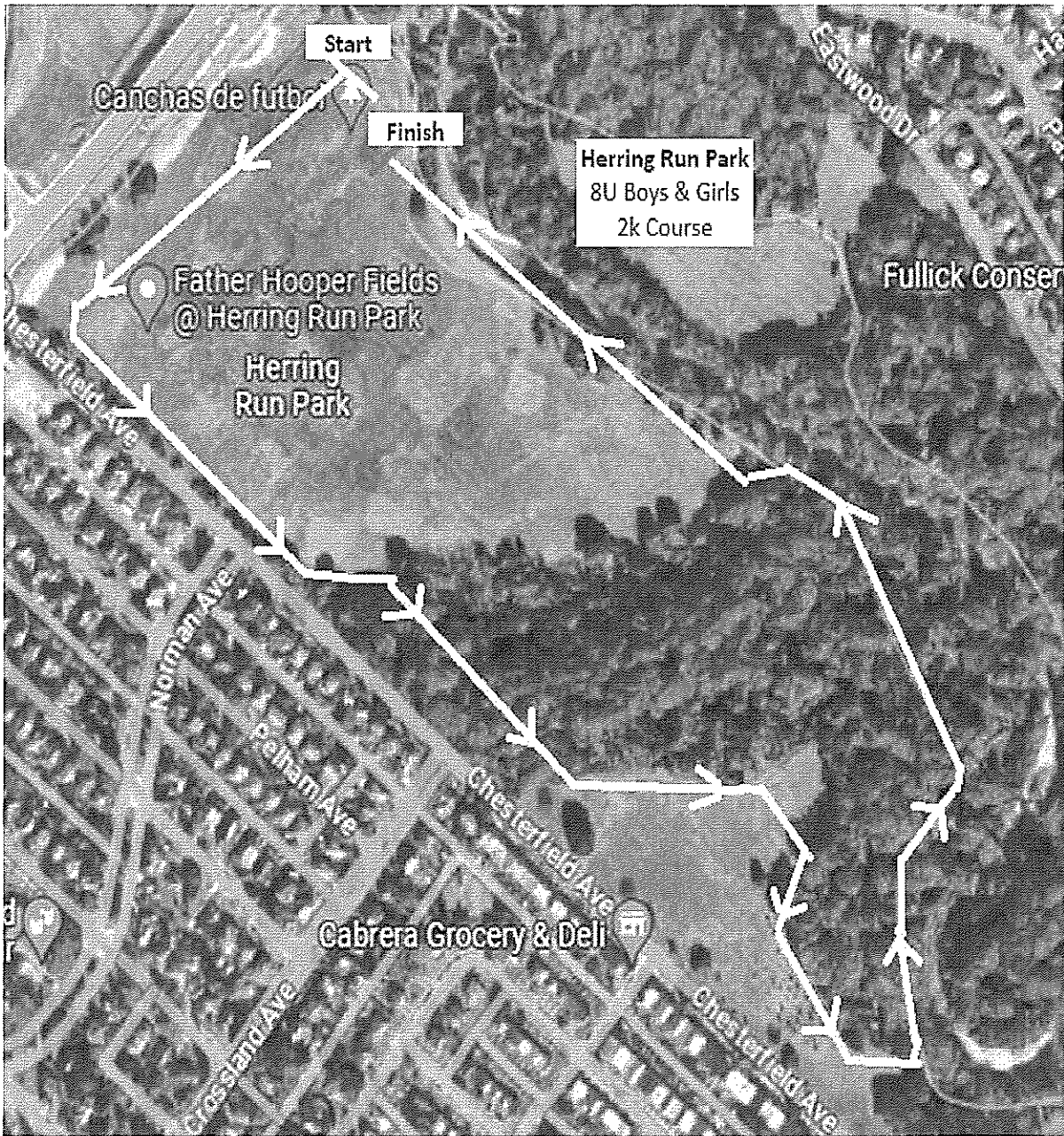
This Is To Certify That I, As The Parent / Guardian with Legal Responsibility For This Participant, Have Read And Explained The Provisions In This Waiver / Release To My Child / Ward Including The Risks Of The Activity And His/ Her Responsibilities For Adhering To The Rules And Regulations. Furthermore, My Child / Ward Understands And Accepts These Risks And Responsibilities. I For Myself, My Spouse And Child / . Ward Do Consent And Agree To Indemnify And Hold Harmless The Released From Any And All Liabilities Incident To My Minor Child’s / Ward’s Involvement Or Participation In These Activities As Provided Above EVEN IF ARISING FROM THEIR NEGLIGENCE To The Fullest Extent Permitted By Law.

Parent / Guardian Name (Print): \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

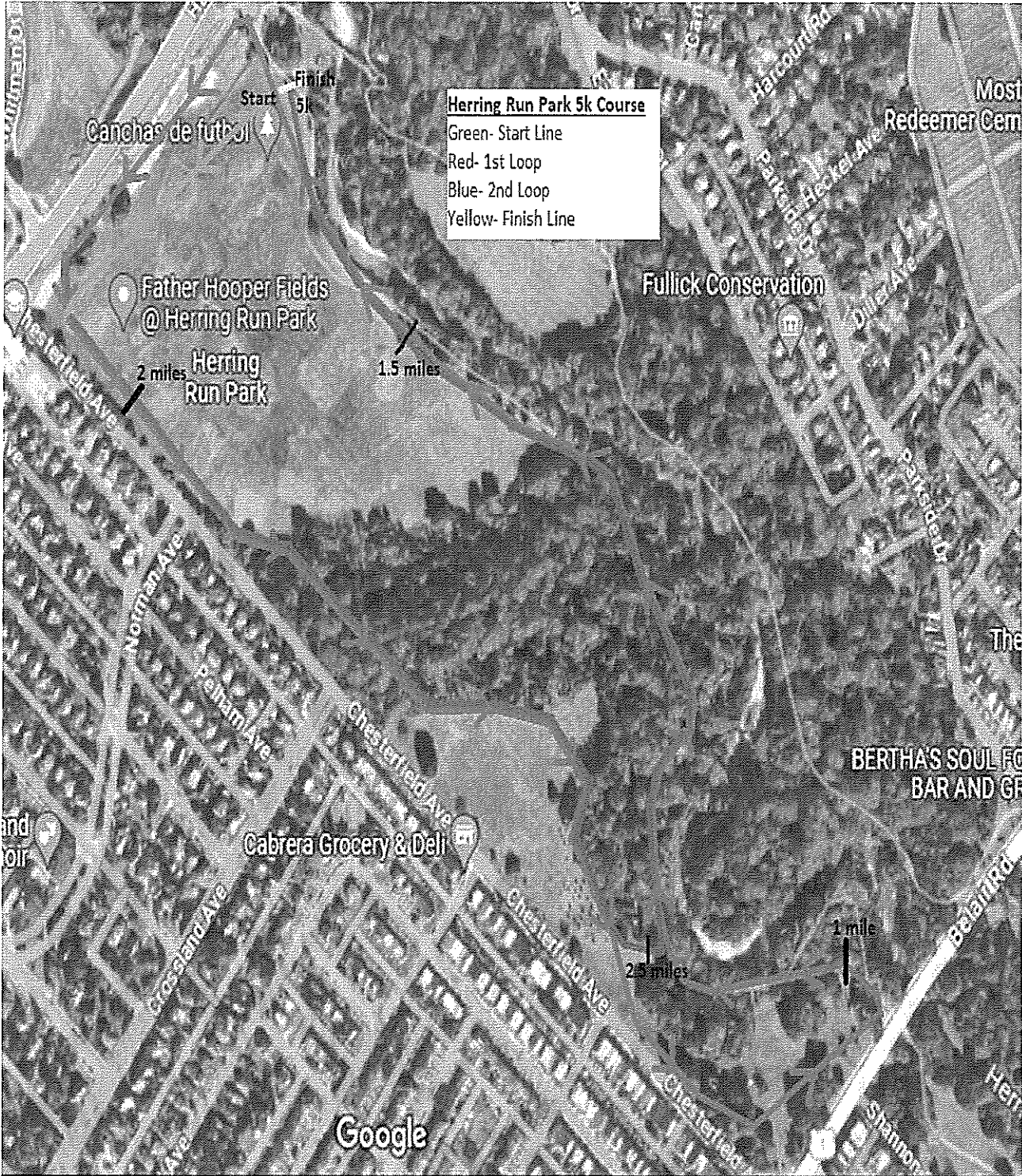












**Herring Run Park 5k Course**  
Green- Start Line  
Red- 1st Loop  
Blue- 2nd Loop  
Yellow- Finish Line

Start  
Finish  
5k  
Canchas de futbol

Father Hooper Fields  
@ Herring Run Park  
Herring  
Run Park

Fullick Conservation

Cabrera Grocery & Deli

BERTHA'S SOUL FOOD  
BAR AND GR

Google

Aerial View Of Herring Run Park

