

West Virginia AAU
Track and Field
Cross Country District Region 4
November 16, 2019
Hosted by Capital City Striders
Capital City Striders, Institute, WV

AGE GROUPS: 8 & Under, 9 & 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, 20 & Under, Adult (19 & Older)

ENTRY FEE: \$10.00

ENTRY FEE PAYABLE TO: Capital City Striders

ENTRY DEADLINE: November 12, 2019

AWARDS: 1st place Gold
2nd place Silver
3rd place Bronze
4th, 5th & 6th place copper

RULES: AAU Cross Country Rules

ADDITIONAL INFO: Coonskin Park
2000 Coonskin Dr,
Charleston, WV 25311

FOR MORE INFORMATION:
William Arthur Ferrell
coachchipferrell@gmail.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 to obtain their membership.