

AAU Gulf District
Cross Country Championship Meet
November 18, 2023



DATE: November 18, 2023

LOCATION: Tom Bass Park (By amphitheater)
3452 Fellows Rd.
Houston, TX 77047

HOST: AAU Gulf District, Edmond Ewing, 843-437-1436, info@gulfaautf.com

REGISTRATION: Register on Coach O.

ENTRY DEADLINE: November 15, 2023

FEE: \$15 per event

AGE: 6 - 18 (age as of 12/31/23)

TIME: Meet Start Time: 11:30 AM Course walk: 11:00 AM

ORDER OF EVENTS

5000m (intermediate/young men and young women)
4000m (sub-youth/youth)
3000m (sub-bantam – midget)
2000m (primary – 7/8 years old)
1000m (primary 5/6 years old)

MEDALS 1st - 6th Place

All athletes that complete the course fairly will be qualified to compete in the
AAU Cross Country Nationals in Tallahassee, FL

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.
BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
Please allow at least 10 days for membership to be processed.
Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.