



10th Annual NoVA Athletic Club Cross Country Invitational



Sunday, 25 October 2020

- Meet Director:** *Mike Stansbury*
- Location:** *Ida Lee Park & Recreation Center
60 Ida Lee Drive, NW
Leesburg, Virginia 20176*
- Entries:** *\$7 per registered athlete*
- Awards:** *Not happening this year. May try to have something for the first three finishers in each race*
- Schedule:** ***Packet Pickup***
Approx. 1 hour prior to your race. Will be provided as a team packet.
- Course Walks**
Not happening this year
- Order of Races:**

<u><i>Time</i></u>	<u><i>Distance</i></u>	<u><i>Grade in School</i></u>
9:00	3K Girls	5 th and younger
9:45	3K Boys	5 th and younger
10:30	4K Girls	6 th , 7 th , 8 th
11:15	4K Boys	6 th , 7 th , 8 th
12:00	5K Girls	9 th and 10 th
1:00	5K Boys	9 th and 10 th
2:00	5K Girls	11 th and 12 th
3:00	5K Boys	11 th and 12 th

AAU Event:

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.

Spectators: In order to comply with the restrictions placed upon our youth sport program, we would ask that you limit yourself to one spectator per athlete. We would also ask that you maintain proper social distancing measures, face mask guidelines, and we would ask that once your athlete's race is complete and they have cooled down, that you exit the park to make room for those arriving for the next race. Pay attention to entry and exit points into the venue and please avoid congregating at the start and finish lines.

COVID-19: You may have gotten used to it by now. If you are sick, stay home. But we also want to protect the NoVA Athletic Club. It is a virus. There are lots of viruses that can harm individual people. And you can pick them up anywhere...even at an outdoor cross country meet. Each athlete will be required to provide the release of liability waiver to their coaches prior to their race. It is the coach's responsibility to provide those to the volunteers at the registration table.

Entries must be sent in by October 18th. To register, please e-mail rosters in an **Excel spreadsheet** to: leviethanxc@gmail.com. On your roster, in 4 different columns, please give the following information for your athletes:

- 1) **Last Name**
- 2) **First Name**
- 3) **Gender**
- 4) **Grade**

I will notify you ASAP should any of the races have become filled to capacity

Course maps will be displayed, courses will be well marked, and we are planning for a lead vehicle along the course.

Any questions: contact Mike Stansbury at leviethanxc@gmail.com.

Note: For the purpose of keeping this meet a manageable size, we have made it an invitational. While we appreciate the promotion of our meet in the cross country community, we ask that you please not forward this flier to other coaches/teams without our consent. If you learn of other teams looking to expand their meet schedules and feel our meet would be a good match, please forward us their contact information and we can send them the flier and all other necessary information, if there is room in the meet.
Many Thanks!