

AAU MARYLAND DISTRICT



CROSS COUNTRY CHAMPIONSHIP

SATURDAY, NOVEMBER 18, 2023

HERRING RUN PARK

BALTIMORE, MARYLAND

HOSTED BY: BALTIMORE CITY TRACK & FIELD CLUB

ONLINE ENTRY OPENS: SEPTEMBER 29, 2023

ONLINE ENTRY CLOSES: NOVEMBER 10, 2023

at 11:59 p.m.

This Event Is Licensed By The Amateur Athletics 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 Memberships 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 To Obtain Their Membership.



MARYLAND AAU ASSOCIATION DISTRICT CROSS COUNTRY CHAMPIONSHIP

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

DATE: SATURDAY, NOVEMBER 18, 2023

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 2007 & After	1000 Meter Run (1K)
8 & Under Year Old Boys & Girls	Born 2015 & After	2000 Meter Run (2K)
9 Year Old Boys & Girls	Born 2014	3000 Meter Run (3K)
10 Year Old Boys & Girls	Born 2013	3000 Meter Run (3K)
11 Year Old Boys & Girls	Born 2012	3000 Meter Run (3K)
12 Year Old Boys & Girls	Born 2011	3000 Meter Run (3K)
13 Year Old Boys & Girls	Born 2010	4000 Meter Run (4K)
14 Year Old Boys & Girls	Born 2009	4000 Meter Run (4K)
15 – 16 Year Old Boys & Girls	Born 2008 – 2007	5000 Meter Run (5K)
17 – 18 Year Old Boys & Girls	Born 2006 – 2005	5000 Meter Run (5K)
Open & Master	Born 2004 & 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 For 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 Be 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 Than **FIVE (5)** Finishers Shall Not Be Scored As A Team.
6. In Case Of A tie On Points, the Team Whose **SIXTH (6)** Member 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 Groups For Both Boys And Girls: 6 & Under, 8 & Under Year Old, 9 – 10 Year Olds, 11 – 12 Year Olds, 13 – 14 Year Olds, And High School 15 – 16 Year Olds & 17 – 18 Year Old Age Divisions.
8. Competitors **Must Compete In Their Own Age Division Only**. No Athlete May 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 2, 2023 in Tallahassee, Florida. 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 or (443) 691-0023 or Jerry Molyneaux at (443) 803-7552

