

**Colorado AAU
Track and Field
AAU Colorado District Cross Country
Championships
November 11, 2023**

**Hosted by Penguin XC and Track Club
Penguin XC and Track Club, Alamosa, CO**

AGE GROUPS:	8 & 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
ENTRY FEE:	\$25.00
ENTRY FEE PAYABLE TO:	Penguin XC and Track Club
ENTRY DEADLINE:	November 08, 2023
SIGN UP AT:	Coach O
AWARDS:	Yes
RULES:	AAU rules

FOR MORE INFORMATION:

Peter Philip De La Cerda
delacepp@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.