



2021 VIRGINIA AAU DISTRICT

CROSS COUNTRY CHAMPIONSHIP

Saturday, October 30, 2021

Churchland High School 4301 Cedar Lane

Portsmouth, VA 23703



Licensed: Virginia AAU District Championships

Host Team: F.I.A. Ambassador Lions

Meet Site: Churchland High School Portsmouth, VA 23703

Eligibility:

1. All competitors MUST have a current 2022 AAU membership card (Sept 1, 2021-Aug 31, 2022)
AAU Membership is purchased online at www.aausports.org. Membership fee \$14.00.
No entries for meet can be accepted and or recorded without valid AAU membership number
2. Legible copy of birth certificate to verify birthdate.
3. Teams must present a registered AAU club with current 2022 membership.
 - This event is licensed by the Amateur Athletic Union of the U. S., Inc.
 - 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.
4. BE PREPARED! Adult and Non athlete memberships are no longer instant and cannot be applied for at the 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.

Meet entry fee: \$20.00

Online Registration and Payment at www.coacho.com.

Deadline: 10/28/2021

Awards: Top 3 Individual finishers in each age division, male and female will receive AAU medals.
See web site at www.aausports.org for further National meet information.

General Rules: 2021-22 AAU Athletic Rulebook

Event Schedule: 8:00 – 11:00 a.m. **Times for races are approximate,**

7:45am Course Closed...there is No guided course walk.

Line up at start 15 minutes before race begins

Athlete's YEAR OF BIRTH determines the age division runner compete.

Division Year of birth Race distance RACE TIMES

6 & Under 2015 & after--1K 8:00am (G&B)

7yrs old 2014---2K 8:15am (G) 8:15am (B) 13yrs old 2008---4K 10:15am (G) 10:15am (B)

8yrs old 2013---2K 8:15am (G) 8:15am (B) 14yrs old 2007---4K 10:15am (G) 10:15am (B)

9yrs old 2012---3K 9:00am (G) 9:00am (B) 15&16yrs old 2006-05-5K 11:00am (G) 11:00am (B)

10yrs old 2011---3K 9:00am (G) 9:00am (B) 17&18yrs old 2004-03-5K 11:00am (G) 11:00am (B)

11yrs old 2010---3K 9:00am (G) 9:00am (B)

12yrs old 2009---3K 9:00am (G) 9:00am (B)

Girls and boys running together and in combined ages divisions will be scored separately.

Individuals: Unattached runners may participate without club affiliation.

There is No Team Scoring: Teams must have no less than five or more than eight athletes.

Clubs may have any number of teams.

Teams consist of same Year of Athletes may not move up or down in age group/division.

Contact Person: M. Rose (757) 218-2767 email: fiamathletics@yahoo.com