



WEST VIRGINIA AAU District CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 16, 2024

Coonskin Park/Charleston, West Virginia

Athletes must enter on-line via Athletic.net. Entry fee is \$20.00. All individuals and top three teams in each age division qualify for the AAU National Championship meet December 7, 2024, at McAlpine Creek Park - Charlotte, NC. AAU membership cards are required, and they must be purchased on-line at ausports.org.

<u>Age</u>	<u>Division</u>	<u>Distance</u>	<u>Time</u>
6 and under	Girls & Boys	1000 meters	10:00 AM
7 - 8	Girls & Boys	2000 meters	10:45 AM
9 - 10	Girls & Boys	3000 meters	11:15 AM
11 - 12	Girls & Boys	3000 meters	11:15 AM
13 - 14	Girls & Boys	4000 meters	11:45 AM
15 -16	Girls & Boys	5000 meters	12:15 PM
17-18	Girls & Boys	5000 meters	12:15 PM
Masters	Men & Women	5000 meters	1:00 PM
Open	Men & Women	10000 meters	2:00 PM

Please enter on-line at Athletic.net by 11:59 pm November 3, 2023

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU Youth Athlete membership must be obtained before the competition begins.

Non-Athlete memberships cannot be applied for at an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

Note: any contacts listed within this flier MUST have a current AAU Membership.

For more information, please contact:

Marshall Cavender, Meet Director, 304-382-4662 (mecavender62@outlook.com)

Information on the AAU National Championship Meet on December 7, 2024, in Charlotte, NC may be found here: <https://live.ausports.org/track-and-field/cross-country-nationals/>