



## **SOUTHWESTERN AAU CROSS COUNTRY DISTRICT MEET SUNDAY, OCTOBER 24, 2021**

**LICENSE AND SANCTION:** This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU Membership.  
AAU memberships may not be included as part of the entry fee to the event. AAU Youth Athlete memberships 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 10 days for membership to be processed. Participants are encouraged to visit the AAU website: [www.ausports.org](http://www.ausports.org) to obtain membership.

**LOCATION:** AP RANCH  
1590 Ranch to Market Rd 2871  
Fort Worth, TX 76126

**START TIME:** 8AM

**AGES:** 8 & UNDER THROUGH 18 GIRLS AND BOYS,  
OPEN AND MASTERS WOMEN AND MEN

**AWARDS:** MEDALS = TOP 3 IN EACH AGE DIVISION AND GENDER

**ADVANCEMENT:** BOYS & GIRLS 8 & UNDER THRU AGE 18 WILL QUALIFY  
TO THE AAU CROSS COUNTRY NATIONAL CHAMPIONSHIPS

**REGISTRATION:** [www.coacho.com](http://www.coacho.com) AAU 2022 Memberships required, go to [ausports.org](http://ausports.org)  
(2021 memberships expired on Aug. 31st)

**DEADLINE:** OPENS ON SEPT. 8TH CLOSSES ON OCT. 20TH

**FEE:** \$ 20 PER ATHLETE if paid prior to deadline  
\$ 25 if paid on/or after October 20th.  
Please read your registration page for info on how to pay.

**MEET DIRECTOR:** COACH NICHOLSON SCOTT JR      [mytrackmeets@gmail.com](mailto:mytrackmeets@gmail.com)

**EVENTS:**

6-under	1000m	7-8	2000m
9-12	3000m	13-14	4000m
15-18	5000m		
19 thru Masters	5k		

AAU 2022 membership is required for all competitors. Go to [ausports.org](http://ausports.org)