



## 2024 VIRGINIA AAU DISTRICT CROSS COUNTRY CHAMPIONSHIP

Saturday, November 02, 2024  
Churchland High School 4301 Cedar Lane  
Portsmouth, VA 23703

Licensed : Virginia AAU Cross-Country District Championships

Host Team : Faith in Action Athletics

Meet Site: Churchland High School Portsmouth, VA 23703

### Eligibility :

1. All competitors **MUST** have a current 2024 AAU membership card (Sept 1, 2024-Aug 31, 2025)  
AAUMembership is purchased online at [www.aausports.org](http://www.aausports.org). Membership fee \$20.00.  
No entries for your race can be accepted and or recorded without a valid AAU membership number.
2. Legible copy of birth certificate to verify birthdate.
3. Teams must present a registered AAU club with current 2024 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](http://www.aausports.org) to obtain their membership.

Meet entry fee: \$20.00.

Online Registration at [www.coacho.com](http://www.coacho.com). However, payment of fees **MUST** be received by the deadline date 10/31/24. **Day of registration fee is \$25.00 payable at the meet before competition.**

Awards : Top 6 Individual finishers in each age division, male and female will receive AAU medals/ribbons.

See the website at [www.aausports.org](http://www.aausports.org) for further National meet information.

General Rules: 2024-25 AAU Athletic Rulebook

**Event Schedule :** 8:00a.m. – 11:00a.m. Race Day Times for races are approximate and are subject to change based on entries.

**7:00am Course Open for walk throughs ...THERE ARE NO GUIDED COURSE WALK.**

Line up at the start 15 minutes before the race begins.

Athlete's **YEAR OF BIRTH** determines the age division runner competing in.

**Division Year of birth Race distance RACE TIMES**

6 & under – 2018 & after --- 1K 8:00 am (G) 8:00 am Boys (B)	
7yrs old 2017---2K 8:15 am (G) 8:15 am (B)	13yrs old 2011-----4K 10:15 am (G) 10:15 am (B)
8yrs old 2016 ---2K 8:15 am (G) 8:15 am (B)	14yrs old 2010-----4K 10:15 am (G) 10:15 am (B)
9yrs old 2015 ----3K 9:00 am (G) 9:00am (B)	15&16yrs old 2009-08----5K 11:00 am (G) 11:00 am (B)
10yrs old 2014---3K 9:00 am (G) 9:00am (B)	17&18yrs old 2007-06----5K 11:00 am (G) 11:00 am (B)
11yrs old 2013---3K 9:00 am (G) 9:00am (B)	
12yrs old 2012----3K 9:00 am (G) 9:00am (B)	

Girls and boys running together and in combined ages divisions will be scored separately. This will also be determined based on the number of entries.

Individuals : Unattached runners may participate without club affiliation.

Team Scoring : Teams must have no less than five or more than eight athletes. Clubs may have any number of teams.

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

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