



2017 MARYLAND DISTRICT CROSS COUNTRY CHAMPIONSHIP



Host: Baltimore City Track & Field Club
Meet Director: Garfield Thompson **Phone:** (443) 314-2648
Date: Saturday, November 18, 2017
Time: 10:00 AM - on site Registration
Site: Patterson Park – 400 South Linwood Avenue
Baltimore Maryland 21224
Entry Fee: \$10 per athlete, AAU membership required.
Registration: www.CoachO.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 Youth Athlete 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 event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
- **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership**

AGE QUALIFICATIONS: DISTANCE: (Ages determined by age as of December 31st, 2017)

6 and under – 2011 & after 1K (1000 Meters)
7 and 8 – 2009 & 2010 2K (2000 Meters)
9 and 10 – 2007 & 2008 3K (3000 Meters)
11 and 12 – 2005 & 2006 3K (3000 Meters)
13 and 14 – 2003 & 2004 4K (4000 Meters)
15 and 16 – 2001 & 2002 5K (5000 Meters)
17 and 18 – 1999 & 2000 5K (5000 Meters)

Awards: Medals for 1st, 2nd, and 3rd places, ribbons for 4th, 5th, and 6th places.

Advancement: All athletes who participate in this event are eligible to register for the National Championship.

National Championship: The National Championship will be held on December 2, 2017 in Charlotte, NC.



2017 MARYLAND DISTRICT CROSS COUNTRY CHAMPIONSHIP



*Event Schedule (Rain or shine)

10:00 AM – Registration

11:00 AM – Coaches meeting @ the registration table

11:30 AM – Course walk

12:00 PM – 6 and under - 1000 Meters – Boys - Girls

12:00 PM – 7 and 8 - year old 2000 Meters – Boys - Girls

12:30 PM – 9 and 10 year old – 3000 Meters – Boys - Girls

1:00 PM – 11 and 12 year old – 3000 Meters – Boys - Girls

1:30 PM – 13 and 14 year old - 4000 Meters – Boys - Girls

2:00 PM – 15, 16, 17, and 18 year old - 5000 Meters – Boys - Girls

- (Finish will be determined by Age Group)

Please Note:

- Schedule is subject to change. Depending on the # of entrants, we may elect to combine races. Be prepared for the Meet to run ahead of schedule.
- Medals to the top 3 runners in each age

Directions:

Take I-95 towards Baltimore, MD. Exit I-95 using exit 53, I-395 N toward Downtown / Inner Harbor. Continue North on to N Howard St. Turn Right onto Pratt St. heading East. Turn Right onto President St. heading South. Turn Left onto Eastern Ave. heading East. When you pass Patterson Park Ave. the Park will be on the Left. Turn Left onto Linwood Ave. and parking is on this street, adjacent to the baseball diamonds.

Patterson Park – 400 South Linwood Avenue – Baltimore Maryland 21224

- ① Loop 1 – 1K
- ② Loop 2 – 2K
- ③ Loop 3 – 3K

4K = Loop 3 + Loop 1
5K = Loop 3 + Loop 2

