

**South Texas AAU**  
**Track and Field**  
**South Texas District Cross Country Championship**  
**November 12, 2023**

Hosted by South Texas AAU  
South Texas AAU Track and Field Admin Club, Helotes, TX

|                              |   |
|------------------------------|---|
| <b>AGE GROUPS:</b>           | <b>8 &amp; Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old</b> |
| <b>ENTRY FEE:</b>            | <b>\$20.00</b>  |
| <b>ENTRY FEE PAYABLE TO:</b> | <b>South Texas AAU</b>  |
| <b>ENTRY DEADLINE:</b>       | <b>November 05, 2023</b>  |
| <b>SIGN UP AT:</b>           | <b><a href="http://www.coachO.com">www.coachO.com</a></b>   |
| <b>AWARDS:</b>               | <b>Medals 1st, 2nd and 3rd , Top Club Champion Award and Donation</b>   |
| <b>RULES:</b>                | <b>AAU National Track and Field</b>   |

**FOR MORE INFORMATION:**

Rod Don Tanner  
[rodtannerjr@yahoo.com](mailto:rodtannerjr@yahoo.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 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 the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.