

2019 AAU CONNECTICUT DISTRICT CROSS COUNTRY CHAMPIONSHIP



HOST: NEW HAVEN AGE GROUP TRACK CLUB

DATE: Sunday October 20, 2019 **TIME:** 10:00 am @ East Shore Park , New Haven CT.

PRE ENTRY FEE: Online entry - \$10.00 @ www.coacho.com . Deadline - 10/18 /2019 . ****Post entry fee -\$18.00. Deadline for Post Entry -8:30 am 10/20 /2019 .

- ? 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, 2019)

8 and under - 2011 & after (2000 Meters)

9 and 10 – 2009 & 2010 (3000 Meters)

11 and 12 – 2007 & 2008 (3000 Meters)

13 and 14 - 2005 & 2006 (4000 Meters)

15 and 19 – 2000 & 2004 5K (5000 Meters)

Open/Masters - 2000 or older – (5000 Meters)

CONTACT: Meet Director: Major Ruth. Email: entrustmajor@gmail.com Tel: 203-430-9456

AAU-CT – Youth Cross Country Championship

*Event Schedule (Rain or shine)

9:00 am – Coaches meeting @ the registration table

10:00 am - 8 and under - 2000 M
Boys

Girls

10:30 am – 9 and 10 year old – 3000 M

Boys

Girls

11:00 pm – 11 and 12 year old – 3000 M

Boys

Girls

11:30 pm – 13 and 14 year old - 4000 M

Boys

Girls

12:00 Noon – 15 to Open/Masters - 5000 M - (Finish will be determined by Age Group)

Boys

Girls

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.
- ? Course is very flat. Combination of grass concrete and gravel.
- ? Medals to the top 3 runners in each age division.

Directions to East Shore Park, New Haven
EAST SHORE PARK: I-95

From the south

Go north to Exit 50 (Woodward Ave), turn right onto Woodward and go $\frac{3}{4}$ mile to entrance of East Shore Park on right. Park in the lot closest to the tennis courts.

From the north

South to Exit 51, go 3 lights and turn left onto Woodward Ave, going over I-95. Follow above directions.