

2021 Oklahoma District Cross Country Qualifier

Saturday November 19th starting at 10am

Ruby Grant Park Norman, OK

AGE DIVISIONS &	6 & Under Boys & Girls	Born 2016 & After	1000 meters (1K)
DISTANCES:	7-8-Year-Old Boys & Girls	Born 2014 & 2015	2000 meters (2K)
	9-10-Year-Old Boys & Girls	Born 20012 & 2013	3000 meters (3K)
	11-12-Year-Old Boys & Girls	Born 2010 & 2011	3000 meters (3K)
	13-14-Year-Old Boys & Girls	Born 2008 & 2009	4000 meters(4K)
	15-18-Year-Old Men & Women	Born 2004 - 2007	5000 meters (5K)
	Open/Masters	Born 2001 – Before	5000 meters (5k)

Register Online: www.coacho.com

Get your AAU Membership at www.aausports.org

Deadline Friday November 18th

For more information contact:

Bryan Daniels - Sports Director Oklahoma AAU Cross Country

405.535.5443 or coachb.highsteppers@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 **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 an event.

Due to background screenings, please allow up to 10 days for adult memberships to be processed.

- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.