

# AAU Southeastern District Cross-Country Qualifier Meet

Saturday November 18, 2017

Montgomery, Alabama



Date: Saturday, November 18, 2017

Location: TBA

Host: YMCA of Greater Montgomery "Dream Team" Track and Field Club

Entry Deadline: Monday, November 13, 2017 – 3:00pm

Fee: \$10.00 per Athlete, An individual athlete who is unattached may compete in the Southeastern District Cross-Country Qualifying meet, however he/she must purchase an AAU membership prior to meet registration.

Central Time: Start Time – 9:00 am

Online Registration: [www.coacho.com](http://www.coacho.com)

AAU membership registration: <https://play.aausports.org/joinaa/membershipapplication>

YOUTH PROGRAM (All Sports)

Youth Program consists of athletic participation for ages as defined by AAU Youth sport rules. Youth Membership allows participation and insurance coverages in any and all youth sports.

Awards: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded in each age category

## Cross Country (Girls & Boys) Authorized Age Divisions & Race Distances

Race Distance 6 and under 1000m (1K) - exhibition 9:00am

8-Under 2000m (2K) 9:30 am

9 years – 10 years 3000m (3K) 10:00 am

11 years – 12 years 3000m (3K) 10:30am

13 years – 14 years 4000m (4K) 11:00 am

15-16 years 5000m (5K) 17-18 years 5000m (5K) 11:30am

Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start of their race

\*Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championship Meet shall be eligible to compete in the Young Men's or Young Women's division.

PROOF OF AGE: Proof of age is required when purchasing AAU Membership on-site at District, Regional and National events and whenever required and/or challenged. You are required to bring proof of age for the 2017 AAU Cross Country Nationals. Acceptable forms are as follows:

1. Original Birth Certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A Valid US Passport (not expired)

MEMBERSHIP: All participants are required to have a 2018 AAU membership card. Your AAU membership number must be provided on your official online individual athlete entry.

? No athlete will be permitted to run without a current AAU membership card. No entry forms will be processed without your AAU membership number. This event is licensed by the Amateur Athletic Union of the U.S., Inc.

RULES: The meet will be conducted under the AAU Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

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## MEET INFORMATION

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### ELIGIBILITY/AAU MEMBERSHIP:

Competition is open to all boys and girls who have a valid/current AAU membership card. AAU membership may be obtained online at [www.aausports.org](http://www.aausports.org). **AAU MEMBERSHIPS WILL NOT BE SOLD AT THE MEET!**

PROOF OF AGE: Proof of age may be required at District, Regional Qualifier, and National Championship events and whenever required and/or challenged. Participants must be prepared to show their AAU card at registration.

MEET ENTRY/REGISTRATION : Each athlete/team competing in this meet must complete the entry process on [www.coacho.com](http://www.coacho.com).

Registration will close on Monday, November 13, 2017 – 3:00pm Central Standard Time.

All entries must be received before the deadline. THERE WILL BE NO EXCEPTIONS.

ENTRY FEE: Entry fee is \$10.00 per individual athlete competing in Track & Field. Payments will only be accepted online at [www.coacho.com](http://www.coacho.com). Entry Fee must be paid online at the time of registration. ALL FEES ARE NON-REFUNDABLE AND NOT TRANSFERABLE. Visa and Master Card accepted online.

PARKING/DIRECTIONS: There is no charge for parking in designated areas. Team buses will be directed to a designated area to park.

### ATHLETES, COACHES, AND VENUE INFORMATION

TENTS: Tents will be allowed in the venue.

SHOWER & LOCKER ROOMS: There are no shower or locker room facilities available at the course venue. All competitors must come to the track dressed and ready to compete.

RESTROOM FACILITIES: Restroom facilities will be available at the course venue.

BIB NUMBERS: Competitor bib numbers will be issued at athlete check-in. All athletes will be required to wear their bib numbers on the front of their competition uniform at all times of competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the Registration Table/Tent.

AWARDS: AAU Championship Medals are awarded to the top three (3) finishers in each individual and team age division. Medals will be Medals will NOT be mailed to the athlete, coach, or parent.

FOOD/DRINKS/COOLERS : Team/Athlete coolers will be allowed, however, NO GLASS CONTAINERS ARE PERMITTED. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

INCLEMENT WEATHER: The Meet Director has the option of delaying or temporarily halting the meet in the event of inclement or bad weather and resume when weather permits. The format of the meet may be adjusted after weather delays, if deemed appropriate by the Meet Director and the Games Committee.

MEDICAL: Emergency medical personnel will be on call. Athletic trainers will be available to athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition.

Athletic Trainers are only available in case of injury. FLUIDS: Meet management will do its best to try and provide water in certain competition areas. It is strongly encouraged that athletes, teams, coaches and parents have water with them.