



WEST VIRGINIA District AAU YOUTH CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 16, 2013

Coonskin Park/Charleston, West Virginia

The meet is open to athletes from the state of West Virginia.

Athletes must enter on line via www.CoachO.com Entry fee is \$10.00

The top 20 youth individuals and top three teams in each age division qualify for the AAU National Championship meet December 7, 2013 at Ft Gordon. GA

AAU membership cards are required and they must be purchased on line at (aausports.org).

Age Division	Distance	Schedule
Primary BOYS & GIRLS(2004 <)	2000 meters	10:00 am
BANTAM GIRLS (born 2002 & 2003)	3000 meters	10:30 am BANTAM
BOYS (born 2002 & 2003)	3000 meters 10:30am	
MIDGET GIRLS (born 2000 - 2001)	3000 meters	11:00 am
MIDGET BOYS (born 2000 - 2001)	3000 meters	11:00 am
YOUTH GIRLS (born 1999 - 1998)	4000 meters	11:30 am
YOUTH BOYS (born 1999 - 1998)	4000 meters	11:30 am
INTERMEDIATE GIRLS (born 1997- 1996)	5000 meters	12:00 pm
INTERMEDIATE BOYS (born 1997 - 1996)	5000 meters	12:00 pm
YOUNG WOMEN (born 1995- 1994)	5000 meters	12:30 pm
YOUNG MEN (born 1995- 1994)	5000 meters	12:30 pm

Following the first race start times may change based on the number of competitors. Call meet director after entries have closed to confirm race start times.

Please enter on line at www.CoachO.com by midnight November 14, 2013

- ? This event is sanctioned 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

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