WEST VIRGINIA District AAU
YOUTH CROSS COUNTRY CHAMPIONSHIPS
Saturday, November 7, 2015
Coonskin Park/Charleston, 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 5, 2015 in Danville, Alabama.

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

Age Division	Distance	Schedule
8 - under BOYS & GIRLS(BORN 2007 <)	2000 meters	10:00 am
9 - 10 GIRLS (born 2005 & 2006)	3000 meters	10:30 am
9 - 10 BOYS (born 2005 & 2006)	3000 meters	10:30am
11 - 12 GIRLS (born 2004 - 2003)	3000 meters	11:00 am
11 -12 BOYS (born 2004 - 2003)	3000 meters	11:00 am
13 - 14 GIRLS (born 2002 - 2001)	4000 meters	11:30 am
13 - 14 BOYS (born 2002 - 2001)	4000 meters	11:30 am
15 -16 GIRLS (born 2000 - 1999)	5000 meters	12:00 pm
15 -16 BOYS (born 2000 - 1999)	5000 meters	12:00 pm
17-18 YOUNG WOMEN (born 1998 - 1997)	5000 meters	12:30 pm
17 -18 YOUNG MEN (born 1998 - 1997)	5000 meters	12:30 pm

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

Please enter on line at www.CoachO.com by midnight November 5, 2015

- **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.**
- **BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.**
- **Please allow at least 10 days for membership to be processed.**
- **Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.**

For more information phone Paul Gilmer   pjgilmer@aol.com   304-389-1982
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Paul Gilmer
WV AAU District Governor