

AAU Florida Gold Coast Cross Country Championship

November 18, 2017



The AAU Florida Gold Coast Cross Country Championship is the road to qualify for the National Championship in Alabama this year.

See age divisions and distance below:

Individual Divisions

AAU Individual Age Division G&B	Race Distance
6 and under	1000m 1K
7-8 years	2000m 2K
9 years	3000m 3K
10 years	3000m 3K
11 years	3000m 3K
12 years	3000m 3K
13 years	4000m 4K
14 years	4000m 4K
15-16 years	5000m 5K
17-18 years	5000m 5K

Team Divisions

AAU Team Age Division G&B	Race Distance
6 and under	1000m 1K
7-8 years	2000m 2K
9-10 years	3000m 3K
11-12 years	3000m 3K
13-14 years	4000m 4K
15-16 years	5000m 5K
17-18 years	5000m 5K

Awards: will be AAU awards for
1st – 3rd Medals for each Individual age division
1st – 3rd Medals for Team Division age division

Location: TBA

Races Times:

8:00am	Girls 15-18	5K
8:45am	Boys 15-18	5K
9:30am	Girls 13-14	4K
10:00am	Boys 13-14	4K
10:30am	Girls 9-12	3K
11:00am	Boys 9-12	3K
11:30am	Girls 7-8	2K
12:00pm	Boys 7-8	2K
12:30pm	6 and under	1K

Registration: \$20.00 per participant online at www.coacho.com. Look for AAU Florida Gold Coast Cross Country Championship in the calendar section of coacho.com.

Entry Deadline: November 14, 2017

Event Organization: FLYTAF

Meet Contact: Alex Armenteros, aateros@yahoo.com, (954)665-8027

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