

MONTANA AAU DISTRICT CROSS COUNTRY MEET

HARDIN, MONTANA

OCTOBER 29, 2016

Location: Hardin High School Athletic Fields. Check in at north end of H.S. Football Field from 9 to 9:30. Walk through at 9:30 AM. Races start at 10:00 AM.

Age divisions and Distance of Races:

6 years old and under girls and boys	Born 2010 and after	1 km or .62 miles
7 and 8 year old girls and boys	Born 2008 and 2009	2 km or 1.24 miles
9 and 10 year old girls and boys	Born 2006 and 2007	3 km or 1.86 miles
11 and 12 year old girls and boys	Born 2004 and 2005	3 km or 1.86 miles
13 and 14 year old girls and boys	Born 2002 and 2003	4 km or 2.48 miles
15 and 16 year old girls and boys	Born 2000 and 2001	5 km or 3.1 miles
17 and 18 year old girls and boys	Born 1998 and 1999	5 km or 3.1 miles

(Athletes may compete only in the age division that corresponds with year of birth. Boys and girls of the same age group will be run in one race. Age divisions will also run together if the distance is the same.)

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 the event. Please allow at least 10 days for membership to be processed for these adult cards. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Current AAU card is required. Regular cards cost \$14.00 and added benefit cards cost \$16.00. Flag and tackle football kids will have already registered. Please bring a copy of your card and birth certificate.

Entry fee: \$5.00 per athlete

Awards: Top three in each age group receive medals. 4th – 6th receive ribbons. These will be presented as soon as possible after the race.

Advancement: The top runners in each age group advance to Nationals at Tallahassee, FL (Dec 3, 2016) or West Coast Nationals at Sparks, NV (Nov 12, 2016).

Questions: Call Walt or Karen Egged at 4406-665-2253 or e mail walt.egged34@outlook.com Mail entry form and check to 922 N Custer, Hardin, MT 59034 before Oct. 25,2016 or e mail entry or bring form and check with you.

ENTRY FORM

Name _____ AAU # _____ Sex M or F
Address _____ Birth Date _____ Age ____
City _____ State ____ Zip Code _____
Phone _____ e mail _____ Club _____

Hold Harmless Statement

In consideration for my being accepted, I intend to be legally bound and do hereby, for myself and/or team, my heirs, executors, and administrator, waive, release and forever discharge any and all rights and claims for damages, which may have or which may hereafter accrue to me against the Amateur Athletic Union of the U.S., Inc., the Montana AAU District, the Hardin Sports Club, the City of Hardin, and Hardin School District 17H and 1 , their agents, employees, representatives, successors and/or assignees, for any damages which may be sustained or suffered by me in conjunction with my association with or entry in the event, and arising out of my travel to, participating in and returning from the Montana AAU District Cross Country Meet to be held in Hardin, Montana on October 29, 2016.

_____ Date _____
Signature of Athlete

_____ Date _____
Signature of Parent or Guardian