

2016 AAU CONNECTICUT DISTRICT CROSS COUNTRY CHAMPIONSHIP



HOST: NEW HAVEN AGE GROUP TRACK CLUB

DATE: Sunday October 16, 2016 TIME: 10:00am @ East Shore Park, New Haven CT.

PRE ENTRY FEE: Online entry - \$9.00 @ www.coacho.com. Deadline - 10/14/2016. **Post entry fee -\$18.00. Deadline for Post Entry -8:30am 10/16/2016.**

- 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 except where the event operator has a laptop available with an internet connection.
- Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.
 - **Note: Any contacts listed within this flyer MUST have a current valid AAU Membership**

AGE QUALIFICATIONS: DISTANCE:

(Ages determined by age as of December 31st, 2016)

8 and under - 2008 & after (2000 Meters)

9 and 10 – 2006 & 2007 (3000 Meters)

11 and 12 – 2004 & 2005 (3000 Meters)

13 and 14 - 2002 & 2003 (4000 Meters)

15 and 16 – 2000 & 2001 5K (5000 Meters)

17 and 18 – 1998 & 1999 5K (5000 Meters)

CONTACT: Meet Director: Major Ruth. Email: entrustmajor@hotmail.com Tel: 203-430-9456

AAU-CT – Youth Cross Country Championship

***Event Schedule (Rain or shine)**

9:00 am – Coaches meeting @ the registration table

10:00 am - 8 and under - 2000 M
Boys
Girls

10:30 am – 9 and 10 year old – 3000 M
Boys
Girls

11:00 pm – 11 and 12 year old – 3000 M
Boys
Girls

11:30 pm – 13 and 14 year old - 4000 M
Boys
Girls

12:00 Noon – 15, 16, 17, and 18 year old - 5000 M - (Finish will be determined by Age Group)
Boys
Girls

Please Note:

- *Schedule is subject to change. Depending on the # of entrants, we may elect to combine races. Be prepared for the meet to run ahead of schedule.
- Course is very flat. Combination of grass concrete and gravel.
- Medals to the top 3 runners in each age division.

Directions to East Shore Park, New Haven

EAST SHORE PARK: I-95

From the south

Go north to Exit 50 (Woodward Ave), turn right onto Woodward and go $\frac{3}{4}$ mile to entrance of East Shore Park on right. Park in the lot closest to the tennis courts.

From the north

South to Exit 51, go 3 lights and turn left onto Woodward Ave, going over I-95. Follow above directions.