

2017 AAU CENTRAL DISTRICT CROSS COUNTRY CHAMPIONSHIP

November 5, 2017



HOST: ILLINOIS RUSH TC/ RUSH ATHLETICS USA

DATE: Sunday, November 5, 2017

LOCATION: Community Park (175th & Maple) - Country Club Hills, IL

ENTRY FEE: \$5.00

ENTRY FEE PAYABLE TO: Illinois Rush TC

ENTRY DEADLINE: November 03, 2017

SIGN UP AT: www.coachoregistration.com

RULES: AAU XC Rules

- 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.
- **ADVANCEMENT:** All eligible participants will advance to the National Cross Country Championship on December 2, 2017 held at McAlpine Creek Park, 8711 Monroe Rd, Charlotte, NC 28212

Note: Any contacts listed within this flyer MUST have a current valid 2017 AAU Membership

AGE QUALIFICATIONS: DISTANCE:

(Ages determined by age as of December 31st, 2017)

8 and under - 2009 & after (2000 Meters)

9 and 10 – 2007 & 2008 (3000 Meters)

11 and 12 – 2005 & 2006 (3000 Meters)

13 and 14 - 2003 & 2004 (4000 Meters)

15 and 16 – 2001 & 2002 5K (5000 Meters)

17 and 18 – 1999 & 2000 5K (5000 Meters)

19 and up – 1903 to 1998 5K (5000 Meters)

CONTACT Meet Directors:

Marchan Avery Adkins (309) 838-4130 (marchan1967@gmail.com)

Coach Nicole Lincoln (815) 556-9650 (rush.athletics2010@gmail.com)

AAU-CENTRAL – Youth Cross Country Championship



*Event Schedule (Rain or shine)

DAYLIGHT SAVINGS TIME *** CLOCKS FALL BACK ONE HOUR!!!!

8:30am – Open and Masters (19 and up) - 5000 M (Finish will be determined by Age Group)

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 am – 11 and 12 year old – 3000 M

Boys

Girls

11:30 am – 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 grass, hills, multi-terrain, a couple small asphalt
- Medals to the top 25 runners in each age division.
- Top Team Award