

***2007 AAU Youth Cross Country
National Championship***

Official Information Packet

Welcome AAU Cross Country



**Virginia Beach Sportsplex
Virginia Beach, VA
December 1, 2007**

2007 AAU YOUTH CROSS COUNTRY NATIONAL CHAMPIONSHIP

Virginia Beach Sportsplex
2181 Landstown Rd.

Virginia Beach, VA 23456

DECEMBER 1, 2007

Sanctioned by

Amateur Athletic Union

Meet Director

John Boyer

AAU National Meet Director

Phone Number 504-366-4242

AAU National Headquarters

Tony Staley

1910 Hotel Plaza Blvd

Lake Buena Vista, FL 32830

407-828-2892

Travel Information

www.globaljbs.com

**ONLINE
ENTRY:**

Each qualified athlete who plans to participate in the 2007 National Cross Country Championship meet must register online at www.aauathletics.org. Each athlete must bring proof of age, and his or her current 2007/2008 membership card. Please note that the mandated AAU membership year is September 1-August 31.

**ENTRY
FEE:**

\$40.00 per person.

ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted. No entry fee will be transferred or refunded.

ENTRY INFO:

Qualified teams must submit the official Online Team Entry Form at www.aauathletics.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2007/2008 AAU Club Membership. Note: There is no additional entry fee, but each team member **must** bring proof of current club membership.

IMPORTANT:

Since the number of athletes on a team in the Championship competition is restricted to a minimum of 5 and a maximum of 8 athletes, an Over The Limit competition has been setup for those teams that have more than 5-athletes but not enough to create a separate 5-athlete team. Athletes participating in the Over The Limit competition are eligible for any individual award but their place will not count in team scoring. All unattached athletes and all teams with 4 or fewer members should not enter the Over The Limit competition.

IMPORTANT:

Important note for large clubs: On-line entry is team oriented. If you are a large club that will be entering more than one team in any single age division, you will need to register each team separately. The unique team registration provides contact information and insures that each team entered is scored separately.

Example #1: The Tennessee Flyers has 2 teams in Bantam Boys. To enter on-line, the Tennessee Flyers club would register 2 clubs: Tennessee Flyers A and Tennessee Flyers B.

Example #2: The Kentucky Striders has 2 teams in both Bantam Boys and Youth Girls. To enter on-line, the Kentucky Striders would register 2 teams: Kentucky Striders A and Kentucky Striders B.

After each team is uniquely registered, you will then need to fill out a roster and submit a meet entry for each team.

ENTRY DEADLINE: ONLINE ENTRY MUST BE RECEIVED NOT LATER THAN NOVEMBER 26, 2007.

MEET QUALIFICATIONS: Qualification for the 2007 AAU National Cross Country Championship is only available through local AAU District Championships throughout the country. The top twenty (20) individuals from each AAU District, not including members of the top three (3) teams, advance to the AAU National Championship. Teams may consist of no more than eight (8) individuals. **NO ALTERNATES ARE PERMITTED.** Athletes may not advance in any level of competition without successfully qualifying through the District Championship. **NO WAIVERS WILL BE GRANTED.**

AGE DIVISIONS & DISTANCES:	Primary Boys and Girls	Born 1999 & after	2000 meters (2K)
	Sub Bantam Boys and Girls	Born 1998	3000 meters (3K)
	Bantam Boys and Girls	Born 1997	3000 meters (3K)
	Sub Midget Boys and Girls	Born 1996	3000 meters (3K)
	Midget Boys and Girls	Born 1995	3000 meters (3K)
	Sub Youth Boys and Girls	Born 1994	4000 meters (4K)
	Youth Boys and Girls	Born 1993	4000 meters (4K)
	Intermediate Boys and Girls	Born 1991-1992	5000 meters (5K)
	Young Men and Young Women	Born 1989-1990	5000 meters (5K)

*Athletes who are still 18 years of age on the day of the AAU National Cross Country National Championship Meet shall be eligible to compete in the Young Men's or Young Women's division.

PROOF OF AGE: Proof of age is required when purchasing AAU Membership on-site at District, Regional and National events and whenever required and/or challenged. You are required to bring proof of age for the 2007 AAU Cross Country Nationals. Acceptable forms are as follows:

1. Original Birth Certificate
2. A notarized original birth certificate form the appropriate issuing authority
3. A US Military Government Identification Card
4. A Valid passport (not expired)

MEMBERSHIP: All participants are required to have a 2007/2008 AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry Form. Participants must be prepared to show their AAU card at registration. **No athlete will be permitted to run without a current AAU membership card.** No entry forms will be processed without your AAU membership number on the form. Avoid penalties and delays – provide complete documentation.

HOTELS: www.globaljbs.com – Ramada on the Beach is the Host Hotel

RULES: The meet will be conducted under the AAU Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

PACKET PICK-UP & DIRECTIONS: Check in will be held on Friday November 30th ONLY at the following:

Location	Time
Ramada on the Beach 615 Atlantic Ave. Virginia Beach, VA 23451	10am – 10pm

Directions to Ramada on the Beach (From Norfolk Int'l Airport)

Take I-64 East towards Hampton Roads/Virginia Beach. Merge onto I-264 East via exit 284A towards Virginia Beach. Turn Right onto Pacific Ave. Turn Left onto 7th St. then make a Right onto Atlantic Ave. Arrive Ramada on the Beach, 615 Atlantic Ave.

Directions to Virginia Beach Sportsplex (From Norfolk Int'l Airport)

Take I-64 East towards Hampton Roads/Virginia Beach. Merge onto I-264 East via exit 284A towards Virginia Beach. Take exit 17A – Independence Blvd toward Princess Anne. Keep left at the fork and merge onto S. Independence Blvd. Turn Left onto Princess Anne Rd (VA 165 S). Turn Right onto Dam Neck Rd. and then Left onto Landstown Rd. Arrive at 2181 Landstown Rd.

COURSE: Maps and Directions provided at <http://www.aauathletics.org/>

COURSE WALK: Friday Guided walks will be as follows:

2000 M Course Walk: 11:45am – 12:30 pm

3000 M. Course Walk: 12:45 pm – 1:30 pm

4000 M. Course Walk: 1:45 pm – 2:30 pm

5000 M. Course Walk: 2:45 pm – 3:30 pm.

Friday & Saturday non-guided walk: course will be open after scheduled times until park closes on Friday, open Saturday morning at 7am

All Course Walk: 7:00 am – 7:30 am (Course closes at 7:30 am)

(In the case that there is any rain or inclement weather, the course walk will be CANCELLED.)

SPIKES: Athletes may wear spikes, but spikes may be no more than a maximum of ¼ inch. Athletes wearing any length greater than ¼ inch will not be allowed to participate.

STARTING POSITION: Athletes will be assigned starting position by team and unattached numbers. These positions will be randomly drawn for each race.

BIB NUMBERS: Each competitor will receive two bib numbers (front and back). Matching hip numbers will be worn on the hips (left and right)

RACE SCHEDULE: Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start.

Tentative schedule; subject to change

National Anthem	7:50 am		
Young Women	8:00 am	Young Men	8:30 am
Intermediate Girls	9:00 am	Intermediate Boys	9:30 am
Primary Girls	10:00 am	Primary Boys	10:30 am
Sub Bantam Girls	11:00 am	Sub Bantam Boys	11:30 am
Bantam Girls	12:00 pm	Bantam Boys	12:30 pm
Sub Midget Girls	1:00 pm	Sub Midget Boys	1:30 pm
Midget Girls	2:00 pm	Midget Boys	2:30 pm
Sub Youth Girls	3:00 pm	Sub Youth Boys	3:30 pm
Youth Girls	4:00 pm	Youth Boys	4:30 pm

AWARDS: AAU National Championship medals will be awarded to 1st–25th place. In addition, a team plaque will be presented to the 1st place team in each age division, and AAU National Championship medals will be presented to each member of the top three teams. All-American patches will be awarded to the 1st place finisher and the 1st place team in each age division.

PARTICIPATION AWARDS: Each participant will receive an official AAU National Championship souvenir t-shirt and certificate to commemorate the event at packet pickup on November 30th.

AWARDS PRESENTATION: After each race there will be an official awards ceremony. Each age division will have a time to when they will be presented with their awards. **Team and individual athlete** 1st through 8th medals will be awarded at this time. Other individual medals will be handed out at the conclusion of each race at the end of the finish line. The awards ceremony will be approximately 1 hour after each race.

- MERCHANDISE:** Will be available for purchase at registration on Friday and at the course on Saturday.
- CONCESSIONS:** Food and beverages will be available at the meet from 7:00 a.m. to 4:30 p.m. on Saturday, December 1st.
- RESTROOMS:** Available throughout the complex.
- WEATHER:** The average temperature in Virginia Beach ranges between **36 - 54 degrees F** in early December. Please come prepared and dress accordingly.
- MEDICAL:** Medical staff will be on site near the finish line in the designated area. Water stations will be located near the start and finish area. Please check the course map.

***** NEW TO THE AAU CROSS COUNTRY NATIONAL CHAMPIONSHIP**
THIS YEAR WILL BE A LIVE VIDEO FEED TO THE STADIUM JUMBO-
TRON. CAMERAS WILL BE SET UP THROUGHOUT THE COURSE SO
YOU CAN VIEW YOUR ATHLETES UNTIL THEY REACH THE FINISH
LINE!

For More Information:

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