

**2008 AAU CONNECTICUT DISTRICT CROSS COUNTRY  
NATIONAL QUALIFIER**



**HOST: NEW HAVEN AGE GROUP TRACK CLUB**

**DATE: Saturday November 8th, 2008 TIME: 11:00 am @ East Shore Park, New Haven CT.**

**PRE ENTRY FEE: Online entry - \$10.00 @ [www.coacho.com](http://www.coacho.com).**

**Deadline - 11/5/2008. \*\*\*\*Post entry fee -\$17.00. Deadline -10:00am 11/8/2008.**

\*All Athletes must have current AAU Membership Card. Membership can be purchased online @ [WWW.AAUathletic.com](http://WWW.AAUathletic.com)

**AGE QUALIFICATIONS: DISTANCE:**

**Primary - 2000 & after (2000 Meters)**

**Sub-Bantam - 1999& after (3000 Meters)**

**Bantam -1998 (3000 Meters)**

**Sub-Midget - 1997 (3000 Meters)**

**Midget -1996 (3000 Meters)**

**Sub-Youth - 1995 (4000 Meters)**

**Youth -1994 (4000 Meters)**

**Intermediate -1992-93 5K (5000 Meters)**

**Young Men/Women -1990-91 5K (5000 Meters)  
(Ages determined by age as of December 31st, 2008)**

**ADVANCEMENT: Top 20 individuals and top 3 teams in each category qualify for *2008 AAU Cross Country National Championships, Decatur, Alabama on December 6,2008***

**CONTACT: Meet Director: Major Ruth. Email: [Major.ruth@uinet.com](mailto:Major.ruth@uinet.com)  
Tel: 203-430-9456**

## AAU-CT – Youth Cross Country Championship

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

**10:30 am – Coaches meeting @ the registration table**

**10:45 am - Non Championship Fun Run (2000 M)**

**11:00 am – Primary Born 2000 & After (2000 M)**

**Boys**

**Girls**

**11:30 am – Bantams – 1999 and 1998 - (3000 M) ((Red))**

**Boys**

**Girls**

**12:00 pm – Midget – 1997 and 1996 - (3000 M) ((Blue))**

**Boys**

**Girls**

**12:30 pm - Youth - 1995 and 1994- (4000 M) ((Purple))**

**Boys**

**Girls**

**1:00 pm – Intermediate 1993 and 1992 - (5000 M) ((Black))**

**Boys**

**Girls**

**1:30 pm – Young 1990 and 1991 – (5000 M) ((Green))**

**Men**

**Women**

### 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.
- Ribbons to 4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup> place finishers
- Participation ribbons to all in the Non championship “fun run”
- Top 20 qualify for National Championship in Decatur AL.

### 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.