

# 2010 AAU CONNECTICUT DISTRICT CROSS COUNTRY NATIONAL QUALIFIER



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

**DATE: Sunday October 24, 2010 TIME: 11:00 @ East Shore Park, New Haven CT.**

**PRE ENTRY FEE: Online entry - \$8.00 @ [www.coacho.com](http://www.coacho.com). Deadline - 10/21/2010. \*\*\*\*Post entry fee -\$16.00. Deadline -9:00am 10/24/2010.**

- This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

## **AGE QUALIFICATIONS: DISTANCE:**

(Ages determined by age as of December 31st, 2010)

**Primary - 2002 & after (2000 Meters)**

**Sub-Bantam – 2001 & after (3000 Meters)**

**Bantam -2000 (3000 Meters)**

**Sub-Midget - 1999 (3000 Meters)**

**Midget -1998 (3000 Meters)**

**Sub-Youth - 1997 (4000 Meters)**

**Youth -1996 (4000 Meters)**

**Intermediate -1994-95 5K (5000 Meters)**

**Young Men/Women -1992-93 5K (5000 Meters)**

**ADVANCEMENT: Top 20 individuals and top 3 teams in each category qualify for *National Championship* on *December 4, 2010 at Disney's Wide World of Sports Complex, Lake Buena Vista, FL.***

**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)

**10:00 am – Coaches meeting @ the registration table**

**11:00 noon – Primary (2000 M)**

**Boys**

**Girls**

**11:30 am – Sub Bantam & Bantams – (3000 M)**

**Boys**

**Girls**

**12:00 pm – Sub Midget & Midget – (3000 M)**

**Boys**

**Girls**

**12:30 pm – Sub Youth & Youth - (4000 M)**

**Boys**

**Girls**

**1:10 pm – Intermediate - (5000 M)**

**Boys**

**Girls**

**1:35pm – Young - (5000 M)**

**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
- Top 20 individual and top 3 teams qualify for National Championship in Disney Fl.

### 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.