



NY METROPOLITAN DISTRICT XC CHAMPIONSHIP

on November 08, 2009
at Cunningham Park, Queens, NY

Host: Metro Eagles, Meet Director-Rhanda Hopkins (718) 764-7791 or (718)949-5511 fax,
rhappenin@aol.com, www.metroeagles.org

Online Entry deadline: Coach O November 2, 2009 @ midnight

Fee: \$ 8 per athlete if registered by 11/02/2009 ///AFTER 11/2/2009 FEE: \$15!

ALL REGISTRATIONS MUST TAKE PLACE ON LINE@ COACH O

Age group: 1)Primary-high age 8/ 2) Sub-bantam 9 , 3)bantam -10, 4)Sub-midget-11, 5)Midget 12,6)sub-youth -13,7) youth -14,8)Intermediate-15/16, 9)YM/W-17/18 (Ages as of 12/31/2009)

Time: 11:30am

Order of Events

Open/masters will start off @ 11:30 am 5000m

YM /IB will start off at 11:30 am 5000, YW /IG 11:45

Every age group will go off every 15 minutes

12 noon primary boys/12:15 primary girls

12:30 Sub-Bantam, Bantam Boys/ 12:45 sub/Bantam, Bantam Girls

1 pm- SMB-MB, 1:15-SMG-MG

1:30 pm SYB-YB, 1:45pm-SYG-YG

- 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 to obtain their membership.

For more information: Metro Eagles TC-(718) 528-5855 R. Hopkins (718) 764-7791