



*2009 AAU Youth Cross Country
National Championship
Official Information Packet*



*Disney's Wide World of Sports® Complex
Orlando, FL
December 5, 2009*

**2009 AAU YOUTH CROSS COUNTRY
NATIONAL CHAMPIONSHIP
Orlando, FL
DECEMBER 5, 2009**

Sanctioned by
Amateur Athletic Union

Meet Director
Chad Culver
AAU National Meet Director
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423-827-4977

AAU National Headquarters
Tony Staley
1910 Hotel Plaza Blvd
Lake Buena Vista, FL 32830
407-828-2892

Travel Information

www.aautravelplanner.org

ONLINE ENTRY: Each qualified athlete who plans to participate in the 2009 National Cross Country Championship meet must register online at www.aauathletics.org. Each athlete must bring proof of age, and his or her current 2009/2010 membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: New for 2009 –
\$30.00 per athlete, IF entered and paid online by November 15, 2009, 11:59 EST.
\$40.00 per athlete, after November 15, 2009 until Entry Deadline.
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 2009/2010 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 8-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 30th, 2009.

MEET QUALIFICATIONS: Qualification for the 2009 AAU National Cross Country Championship is only available through local AAU District Championships throughout the country.

New for 2009 - ALL athletes and Clubs/Teams will advance to the National Championship by competing first in a District Championship meet. If a District Championship meet is not held in your District, please contact Tony Staley, tony@aausports.org at the AAU National Office. **NO ALTERNATES ARE PERMITTED.**

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|---------------------------------------|-----------------------------|-------------------|------------------|
| AGE DIVISIONS & DISTANCES: | Primary Boys and Girls | Born 2001 & After | 2000 meters (2K) |
| | Bantam Boys and Girls | Born 2000 & 1999 | 3000 meters (3K) |
| | Midget Boys and Girls | Born 1998 & 1997 | 3000 meters (3K) |
| | Youth Boys and Girls | Born 1996 & 1995 | 4000 meters (4K) |
| | Intermediate Boys and Girls | Born 1994 & 1993 | 5000 meters (5K) |
| | Young Men and Young Women | Born 1992 & 1991 | 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 2008 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 2009/2010 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.aatravelplanner.org
Contact: Felipe Arboleda, 407-934-7200 or felipe@aausports.org

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, December 4th ONLY at the following:**

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| <u>Location</u> | <u>Time</u> |
| Disney's Wide World of Sports Complex | 10am-8pm |

Directions to Disney's Wide World of Sports

I-4 west bound: Take exit 65, Exit splits go right (Osceola Parkway) towards Disney. Turn left at 1st light Victory Way. You will see signs for Disney's Wide World of Sports. Registration signs will be located near the front gate of the complex.

I-4 east bound: Take exit 65, Osceola Parkway/Disney's Wide World of Sports.

ADMISSION PRICE: **COURSE:** Maps and Directions provided at www.aauathletics.org.
Adult \$12.75
Child \$10.00
Admission on Friday for packet pick up and course walk will be free

CREDENTIALS: Please note that the credentials issued to athletes and coaches are ATS tickets. These tickets are required to be used in the turnstiles to gain access to *Disney's Wide World of Sports*® Complex. **If an athlete or coach loses their credential, a replacement will be issued at the cost of an LOE ticket**

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 at 10pm 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.

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 |
| Youth Girls | 10:00 am | Youth Boys | 10:30 am |
| Midget Girls | 11:00 am | Midget Boys | 11:30 am |
| Bantam Girls | 12:00 pm | Bantam Boys | 12:30 pm |
| Primary Girls | 1:00 pm | Primary Boys | 1:30 pm |

AWARDS: AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for the Bantam, Midget & Youth divisions. Only the top 25 finishers in the Primary, Intermediate and Young Men/Women divisions will receive AAU National Championship medals. Twenty-six (26) place and after in each race will receive ribbons.

NEW for 2009 - A team trophy will be presented to the 1st - 3rd place teams 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.

NEW for 2009 – An Overall Team Champion will be crowned!

PARTICIPATION AWARDS: **New for 2009** - Each participant will receive an official AAU Cross Country Goodie Bag at packet pickup on December 4, 2009.

- AWARDS PRESENTATION:** After each race there will be an official awards ceremony. Each age division will have a time when they will be presented with their awards. Team (1st through 3rd) 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 30 minutes 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 5th.
- RESTROOMS:** Available throughout the complex.
- WEATHER:** The average temperature in Orlando, Florida ranges between **55 - 75 degrees F** in early December. Please come prepared and dress accordingly.
- MEDICAL:** Disney Sports Training room 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.

For More Information:

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