



**WEST VIRGINIA District AAU  
YOUTH CROSS COUNTRY CHAMPIONSHIPS**  
**Sponsored by the West Virginia Beverage Association**  
**Saturday, November 11, 2017**  
**Coonskin Park/Charleston, West Virginia**

Athletes must enter on line via [www.CoachO.com](http://www.CoachO.com) Entry fee is \$10.00  
All individuals and top three teams in each age division qualify for the AAU National Championship meet December 2, 2017 at McAlpine Park in Charlotte NC.  
AAU membership cards are required and they must be purchased on line at ([aausports.org](http://aausports.org)).

| Age Division        | Distance    | First race |
|---------------------|-------------|------------|
| 5-6 BOYS & GIRLS    | 1000 meters | 10:00 am   |
| 7 - 8 BOYS & GIRLS  | 2000 meters |            |
| 9 - 10 BOYS & Girls | 3000 meters |            |
| 11 - 12 GIRLS       | 3000 meters |            |
| 11 -12 BOYS         | 3000 meters |            |
| 13 - 14 GIRLS       | 4000 meters |            |
| 13 - 14 BOYS        | 4000 meters |            |
| 15 -16 GIRLS        | 5000 meters |            |
| 15 -16 BOYS         | 5000 meters |            |
| 17-18 YOUNG WOMEN   | 5000 meters |            |
| 17 -18 YOUNG MEN    | 5000 meters |            |

**Following the first race start time schedule will roll forward Some age groups could be combined based on the number of competitors.**

Please enter on line at [www.CoachO.com](http://www.CoachO.com) by midnight November 3, 2016

- This event is **licensed** 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 Youth Athlete membership must be obtained before the competition begins.
- BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain **their membership.**

For more information phone Paul Gilmer [pjgilmer@aol.com](mailto:pjgilmer@aol.com) 304-389-1982  
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