



WEST VIRGINIA AAU District CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 4, 2023

Coonskin Park/Charleston, West Virginia

Athletes must enter on-line via CoachO.com. Entry fee is \$20.00. All individuals and top three teams in each age division qualify for the AAU National Championship meet December 2, 2023, at Apalachee Regional Park in Tallahassee, FL. AAU membership cards are required, and they must be purchased on-line at aasports.org.

<u>Age</u>	<u>Division</u>	<u>Distance</u>	<u>Time</u>
6 and under	Girls & Boys	1000 meters	10:00 AM
7 - 8	Girls & Boys	2000 meters	10:45 AM
9 - 10	Girls & Boys	3000 meters	11:15 AM
11 - 12	Girls & Boys	3000 meters	11:15 AM
13 - 14	Girls & Boys	4000 meters	11:45 AM
15 -16	Girls & Boys	5000 meters	12:15 PM
17-18	Girls & Boys	5000 meters	12:15 PM
Masters	Men & Women	5000 meters	1:00 PM
Open	Men & Women	10000 meters	2:00 PM

Please enter online at CoachO.com by 11:59 pm November 3, 2023

- 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 the event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website www.aasports.org to obtain their membership.

For more information, please contact:

Marshall Cavender, Meet Director, 304-382-4662 (mecavender62@outlook.com)

Or

Coach William "Chip" Ferrell, 304-766-9478 or 304-552-5306 (coachchipferrell@gmail.com)
Capital City Striders, Inc.
150 Academy Drive
Dunbar, WV 25064

Information on the AAU National Championship Meet on December 2, 2023, in Tallahassee, FL may be found here: [AAU - Track and Field \(aautrackandfield.org\)](https://aautrackandfield.org)