



2012

**AAU Cross Country
National Championship**

Winthrop University

Rock Hill, SC

December 1, 2012

Official Information Packet

**** NEW ****

2012 NATIONALS

- **The Pee Wee division is an exhibition race for athletes born in 2006 or after. It is an 800m course, and participants will receive individual awards. Results will not be counted toward team scores.**
- **The Intermediate Girls & Young Women will run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Girls Team Division. Individual awards will be given to both the Intermediate Girls and Young Women age divisions.**
- **The Intermediate Boys & Young Men will run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Boys Team Division. Individual awards will be given to both the Intermediate Boys and Young Men age divisions.**

2012 AAU CROSS COUNTRY NATIONAL CHAMPIONSHIP

Winthrop University

968 Eden Terrace
Rock Hill, SC
DECEMBER 1, 2012

AAU National Meet Director:

Chad Culver
c2sports@aol.com
423-827-4977

AAU National Headquarters:

| | |
|--|--|
| Trevor Hartwig | Crystal Mannino |
| trevor@ausports.org | crystal@ausports.org |
| 407-828-2723 | 407-828-2660 |

ONLINE ENTRY: Each qualified athlete who plans to participate in the 2012 AAU Cross Country National Championship meet must register online at www.aauathletics.org. Each athlete must bring proof of age, and his or her current 2013 AAU Membership card. Please note that the mandated AAU membership year is September 1-August 31.

ENTRY FEE: \$40.00 per athlete. **ONLY DISCOVER, MASTER CARD, VISA and AMERICAN EXPRESS CREDIT CARDS WILL BE ACCEPTED. Cash, checks, and money orders will not be accepted. All Entry Fees are Non-Transferable and Non-Refundable.**

ENTRY DEADLINE: **ONLINE ENTRIES MUST BE RECEIVED NO LATER THAN NOVEMBER 26th, 2012 AT 11:59 PM EST.**

ENTRY INFO: Qualified teams must submit the official Online Team Entry through the Online Registration system at www.aauathletics.org and attach no more than eight (8) Individual Athletes. Teams must provide proof of current 2013 AAU Club Membership. Note: There is no additional entry fee, but each team member **must** bring proof of current club membership.

IMPORTANT: You may place a maximum of 8 athletes on a team within a division. Any teams with 5-8 athletes will be counted in the team scoring. Any teams with 4 or fewer will not be counted in the team scoring but will be eligible for individual awards. You will be permitted to create B, C, D, etc., teams depending upon the size of your roster in the division.

IMPORTANT: **Important note for large clubs:** Online 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.

MEET

QUALIFICATIONS: Qualification for the 2012 AAU National Cross Country Championship is only available through local AAU District Championships throughout the country. 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 or you have a conflict with the scheduled meet, please contact Trevor Hartwig, trevor@ausports.org or Crystal Mannino, crystal@ausports.org at the AAU National Office.

AGE DIVISIONS &

DISTANCES:

| | | |
|---------------------------|-------------------|------------------|
| Pewee Boys & Girls | Born 2006 & After | 800 meters |
| Primary Boys & Girls | Born 2004 & After | 2000 meters (2K) |
| Bantam Boys & Girls | Born 2003 & 2002 | 3000 meters (3K) |
| Midget Boys & Girls | Born 2001 & 2000 | 3000 meters (3K) |
| Youth Boys & Girls | Born 1999 & 1998 | 4000 meters (4K) |
| Intermediate Boys & Girls | Born 1997 & 1996 | 5000 meters (5K) |
| Young Men & Young Women | Born 1995 & 1994 | 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 2012 AAU Cross Country Nationals. Acceptable forms are as follows:

1. Original Birth Certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A Valid US Passport (not expired)

MEMBERSHIP:

All participants are required to have a 2013 AAU membership card. Your AAU membership number must be provided on your official online individual Athlete Entry. 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

RULES:

The meet will be conducted under the AAU Youth Athletics Rules for Cross Country, and the competitive rules of the National Governing Body.

HOTELS:

For Discounted Hotel rates, please [CLICK HERE](#). You may also call 505-346-0522 or email yorkcountyhotels@hbceventservices.com for more information.

PACKET

PICK-UP:

Packet Pick up will be held on Friday, November 30th, 2012 at the course at Winthrop University from 10 AM – 8 PM.

CREDENTIALS:

All athletes will receive a wristband along with their bib numbers. The athlete wristband must be worn throughout the meet and is required for entrance to the course.

COURSE:

Course maps have been provided online at www.aauathletics.org and at the end of this entry packet ONLY. Please print a copy of these maps. We will not have them available at Packet Pick-Up.

COURSE WALK:

Friday Guided walks will be as follows:

| | |
|---------------------|---------------------|
| 800 M Course Walk: | 10:45 am – 11:30 am |
| 2000 M Course Walk: | 11:45 am – 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 |

Non-Guided Course Walk (Sat. Morning): 7:00 am - 8:30 am (Course closes at 8:30 am)

Friday & Saturday non-guided walk: course will be open after scheduled times until Complex closes. Course Walks may be cancelled due to rain or severe weather conditions.

ADMISSION:

Admission for all spectators will be free

SPIKES:

Athletes may wear spikes.

STARTING

POSITIONS:

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 one bib number (to be worn on the front).

RACE SCHEDULE:

Athletes should be prepared to check in at the Clerk's Tent at least 45 minutes prior to the start of their race. (**Tentative schedule; subject to change**)

| | | | |
|----------------------------------|----------|---------------|----------|
| National Anthem | 8:50 am | Bantam Girls | 12:00 pm |
| Young Women & Intermediate Girls | 9:00 am | Bantam Boys | 12:30 pm |
| Young Men & Intermediate Boys | 9:30 am | Primary Girls | 1:00 pm |
| Youth Girls | 10:00 am | Primary Boys | 1:30 pm |
| Youth Boys | 10:30 am | Peewee Girls | 2:00 pm |
| Midget Girls | 11:00 am | Peewee Boys | 2:15 pm |
| Midget Boys | 11:30 am | | |

AWARDS:

AAU National Championship medals will be awarded to the first twenty-five (25) individual places based on year of birth for all age divisions. Twenty-six (26) place and after in each race will receive participation medals. 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. **An Overall Team Champion will be crowned!**

AWARD

PRESENTATIONS:

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.

PARTICIPATION

AWARDS:

Each participant will receive an official AAU National Championship Bag & T-Shirt at packet pickup on November 30th, 2012.

MERCHANDISE:

Will be available for purchase at registration on Friday and at the course on Saturday.

RESTROOMS:

Available throughout the complex.

WEATHER:

The average temperature in Rock Hill, SC ranges between **40 - 60 degrees F** in early December. Please come prepared and dress accordingly.

MEDICAL:

Medical 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.

COACHES'

EDUCATION:

The AAU National Office is happy to announce to its members, FREE Coaches' Education for all **AAU Non-Athletes**. This exciting program is **MANDATORY** for all AAU Non-Athletes and will be administered by **Positive Coaching Alliance (PCA)**. Please visit www.aausports.org and click on JOIN NOW in order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

- 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 to obtain their membership.

2012 AAU Cross Country Course Maps

2000 M:



2012 AAU Cross Country Course Maps

3000 M:



2012 AAU Cross Country Course Maps

4000 M:



2012 AAU Cross Country Course Maps

5000 M:

