



AAU GULF DISTRICT CROSS COUNTRY NATIONAL QUALIFYER

REGISTRATION AT WWW.COACHO.COM

***Duhacsek Park Sugar Land, Tx
Saturday November 18, 2017***

DATE: November 18, 2017

LOCATION: Duhacsek Park
17034 Old Richmond Rd (Near Hwy 6 & Voss Rd)
Sugar Land, TX 77498

HOST: AAU Gulf District -Jerrome Forest, aaugulfathletics@aol.com

ENTRY DEADLINE: **Wednesday November 15, 2017** Registration must be completed on www.Coacho.com

FEE: \$8 per competing athlete

AGE: 6- 18 (age as of 12/31/17)

TIME: 2:00pm

ORDER OF EVENTS

Cross Country Masters Event – Parents and Coaches – 1000M Run (Join the fun!!)

2000M Run – 8 & Under Girls and Boys	4000M Run- 13 & 14 Girls and Boys
3000M Run - 9 & 10 Girls and Boys	5000M Run - 15 & 16 Girls & Boys
3000M Run - 11 & 12 Girls and Boys	5000M Run - 17 & 18 Girls and Boys

MEDALS 1st – 3rd- MEDALS WILL BE AWARDED TO ALL COMPETITORS IN THE MEET!!

**Competition in the Gulf District Qualifier is Mandatory to advance to Nationals!!
All athletes that complete the course fairly will be qualified to compete in the AAU
Cross Country Nationals in Charlotte, NC December 1-3, 2017**

Directions: Take Hwy 90A or Hwy 59 South toward Sugar Land. Take the Highway 6 Exit. Turn right on Highway 6. Take Highway 6 to Voss Rd. Turn left on Voss Rd. Stay on Voss Rd. Approximately ½ mile down street will dead end into the park at intersection of Old Richmond Rd. Park gates will be open by 12:00pm. Please use designated parking areas unless otherwise instructed.

GENERAL REFRESHMENTS AND CONCESSIONS WILL BE AVAILABLE!!

WE ARE AAU!!

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

**FOR MORE INFORMATION:
JERROME FOREST
(281) 386-5349**