

**DATE: Sunday October 23, 2011 TIME: 11:00 @ East Shore Park, New Haven CT.**

**PRE ENTRY FEE: Online entry - \$8.00 @ [www.coacho.com](http://www.coacho.com).**

**Deadline - 10/21/2010. \*\*\*\*Post entry fee -\$16.00. Deadline - 9:30am 10/23/2011.**

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](http://www.aausports.org) to obtain their membership.

### **AGE QUALIFICATIONS: DISTANCE:**

(Ages determined by age as of December 31st, 2011)

**Primary - 2003 & after (2000 Meters)**

**Sub-Bantam – 2002 & after (3000 Meters)**

**Bantam -2001 (3000 Meters)**

**Sub-Midget - 2000 (3000 Meters)**

**Midget -1999 (3000 Meters)**

**Sub-Youth - 1998 (4000 Meters)**

**Youth -1997 (4000 Meters)**

**Intermediate -1995-96 5K (5000 Meters)**

**Young Men/Women -1993-94 5K (5000 Meters)**

**ADVANCEMENT: Top 16 individuals and top 3 teams in each category qualify for *National Championship on December 4, 2010 at Disney's Wide World of Sports Complex, Lake Buena Vista, FL.***

**CONTACT:** Meet Director: Major Ruth. Email: [Major.ruth@uinet.com](mailto:Major.ruth@uinet.com)

Tel: [203-430-9456](tel:203-430-9456)

**AAU-CT – Youth Cross Country Championship**

**\*Event Schedule (Rain or shine)**

**10:00 am – Coaches meeting @ the registration table**

**11:00am – Primary (2000 M)**

**Boys**

**Girls**

**11:30 am – Sub Bantam & Bantams – (3000 M)**

**Boys**

**Girls**

**12:00 pm – Sub Midget & Midget – (3000 M)**

**Boys**

**Girls**

**12:30 pm – Sub Youth & Youth - (4000 M)**

**Boys**

**Girls**

**1:10 pm – Intermediate - (5000 M)**

**Boys**

**Girls**

**1:35pm – Young - (5000 M)**

**Men**

**Women**

**Please Note:**

\*Schedule is subject to change. Depending on the # of entrants, we may elect to combine races. Be prepared for the meet to run ahead of schedule.

Course is very flat. Combination of grass concrete and gravel.

Medals to the top 3 runners in each age division.

Ribbons to 4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup> place finishers

Top 16 individual and top 3 teams qualify for National Championship in Disney Fl.

**Directions to East Shore Park, New Haven  
EAST SHORE PARK: I-95**

**From the south**

Go north to Exit 50 (Woodward Ave), turn right onto Woodward and go  $\frac{3}{4}$  mile to entrance of East Shore Park on right. Park in the lot closest to the tennis courts.

**From the north**

South to Exit 51, go 3 lights and turn left onto Woodward Ave, going over I-95. Follow above directions.