



Event: **AAU XC Developmental Meet**, sponsored by AAU Georgia Cross Country, in conjunction with Carroll County Parks & Recreation

**Location:** McIntosh Reserve Park  
1046 West McIntosh Circle  
Whitesburg, GA 30185

**Date:** Sunday October 9<sup>th</sup>, 2011

**Schedule:** (Schedule may be altered to accommodate number of entries)

9:30 am Check-In/Course Walkthrough  
11:00 am Intermediate/Young Men 5K (15-18)  
11:30 am Intermediate/Young Women 5K (15-18)  
12:15 am Sub Youth/Youth Boys 4K (13-14)  
12:45 pm Sub Youth/Youth Girls 4K (13-14)  
1:15 pm Sub/Midget Boys 3K (11-12) & Sub-Bantam/Bantam Boys (9-10)  
1:45 pm Sub/Midget Girls 3K (11-12) & Sub-Bantam/Bantam Girls (9-10)  
2:15 pm Primary Boys & Girls 2K (8 & Under)

**Cost:**

Individual

\$ 10.00 per athlete (RSVP by email before Fri. Sept. 30<sup>th</sup>.)

\$ 12.00 per athlete on race day

Team (RSVP by email before Fri. Sept. 30<sup>th</sup>.)

5-9 Athletes (\$ 8.00 per athlete)

10 Plus Athletes (\$ 7 per athlete)

**Awards**

AAU Medals will be awarded based on the following age groups:

Primary Age Group (8 & under) – Boys and Girls awards  
Sub-Bantam Age Group (9 yrs old) – Boys and Girls awards  
Bantam Age Group (10 yrs old) - Boys and Girls awards  
Sub-Midget Age Group (11 yrs old) - Boys and Girls awards  
Midget Age Group (12 yrs old) - Boys and Girls awards  
Sub-Youth Age Group (13 yrs old) - Boys and Girls awards  
Youth Age Group (14 yrs old) - Boys and Girls awards  
Intermediate Age Group (15-16 yrs old) - Boys and Girls awards  
Young Men/Women Age Group (17-18 yrs old) - Boys and Girls awards



**Entry Instructions:**

Send an e-mail to Coach Charles Muhammad at [charlesmuhammad@bellsouth.net](mailto:charlesmuhammad@bellsouth.net) indicating your intent to participate no later than **Fri. Sept. 30<sup>th</sup>, 2011.**

Please include the following information about your athletes in your RSVP email:

Athlete Name

Age (on Dec. 31<sup>st</sup> 2011)

School/Club affiliation or Unattached

Any questions, call Coach Charles at (404) 936-2846 cell.

**Accommodations:**

Hampton Inn  
102 South Cottage Hill Road  
Carrollton, Georgia 30117  
770-838-7722

Hampton Inn  
50 Hampton Way  
Newnan, Georgia 30265  
770-253-9922

Holiday Inn Express  
104 S. Cottage Hills Road  
Carrollton, Georgia 30117  
770-838-0508

