



Event: **AAU XC District Championship**, 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: Saturday November 5th, 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

\$ 20.00 per athlete

Registration via CoachO (www.coacho.com)

Registration Deadline is Monday October 31st, 2011

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:

Register online via CoachO by the registration deadline of **Monday, October 31st, 2011**. All registration information will be posted on the site. All athletes must have an AAU membership before registration. 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

