

# 2023 AAU Iowa Cross Country District Qualifier

**Meet date:** Sunday October 22, 2023

**AGE Groups:** 6U, 8U, 9 Year Old, 10 Year Old, 11 Year Old, 12 Year Old, 13 Year Old, 14 Year Old

**Hosted By:** MVP Track and Field Club

**Meet Director:** Jim McCool - [coach@mvptfclub.com](mailto:coach@mvptfclub.com)

**Location and Time:** DMACC Campus Soccer Fields, Ankeny, Iowa 1<sup>st</sup> Race at 12:00 p.m.

**Entry Fee:** \$20.00

**Entry Deadline:** October 22, 2023

**Awards:** 1-6 Medals

**Rules:** AAU Cross Country Handbook

## **Schedule:**

11:00: Course Walk Through

12:00: 6&U Girls and Boys 1K

12:15: 8&U Girls and Boys 2K

12:35: 9–10-Year-Old Girls and Boys 3K

1:00: 11–12-Year-Old Girls and Boys 3K

1:30: 13–14-Year-Old Girls and Boys 4K



This will be a rolling schedule. If we get done early with races, we will start the next age group. Awards will be given at the conclusion of each race prior to the next race.

***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 Youth Athlete membership must be obtained before the competition begins.***

***BE PREPARED! Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.***

***Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.***

